

IGNITED

5 STEPS TO REALIZING THE LIFE YOU
WERE CREATED TO LIVE

Journal



Jill Hart

hartlifecoach.com

Hi & Welcome

This journal is designed to help you create the life of your dreams and goes with the book Ignited: 5 Steps to Realizing the Life You Were Created to Live and the workbook by the same title

While you can use it as a standalone tool there are some pages specifically designed to go with the above mentioned book. You can find that book at HartLifeCoach.com

May your life journey be filled with many beautiful and soul satisfying moments.

Enneagram
Thoughts

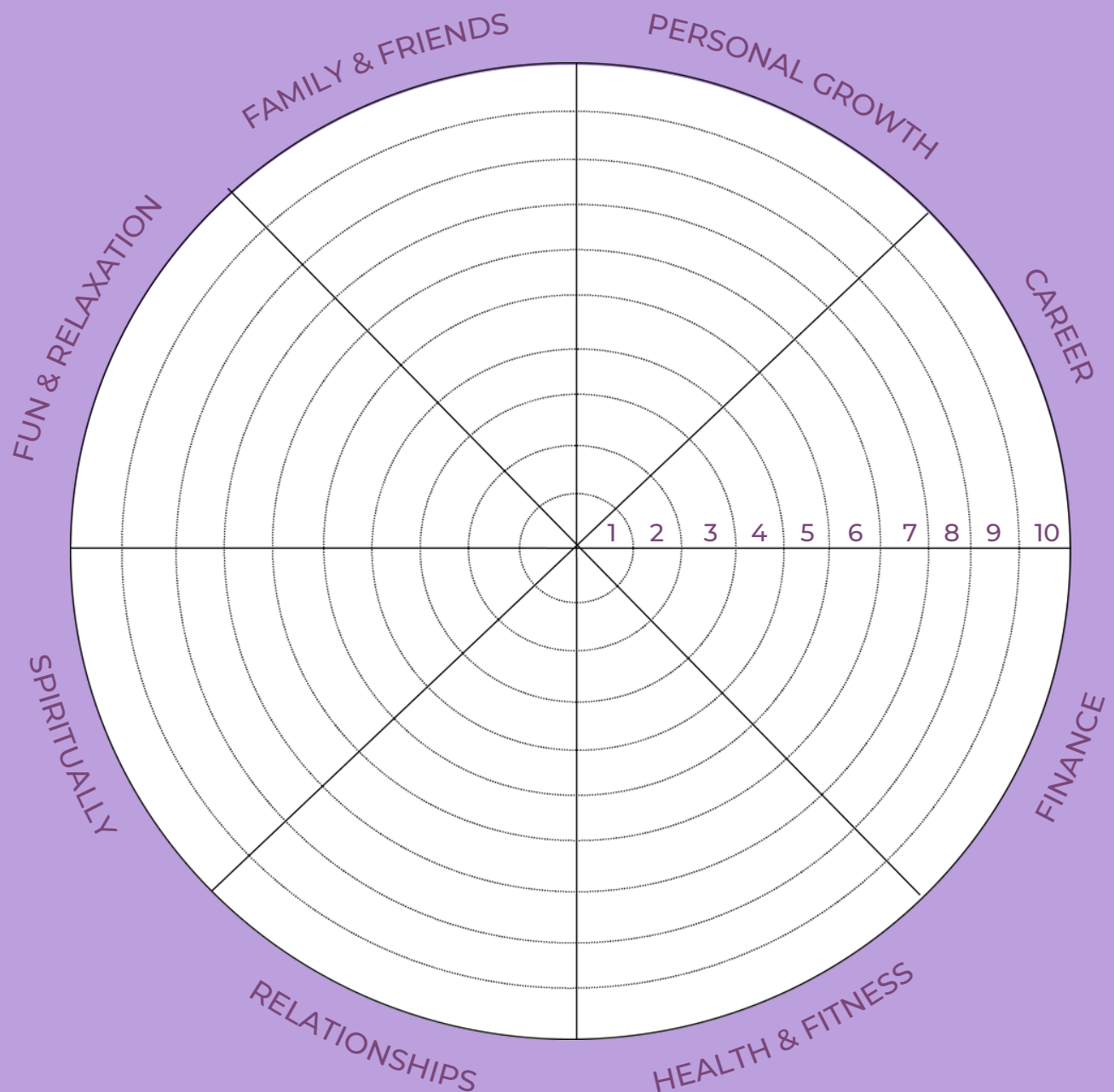


Type:

Lined writing area consisting of 20 horizontal lines.

circle of PERSPECTIVE

REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU. DRAW A LINE ACROSS EACH SEGMENT. SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)



Daily Journal

The balance of this journal is for you to track your progress, record your feelings and dream.



Date:



ONE THING I WANT TO REMEMBER ABOUT TODAY

TODAY I FELT...

TODAY I'M GREATFUL FOR

Date:



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5 minute journaling



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we are just a
CALL AWAY

SCHEDULE YOUR CONSULTATION!



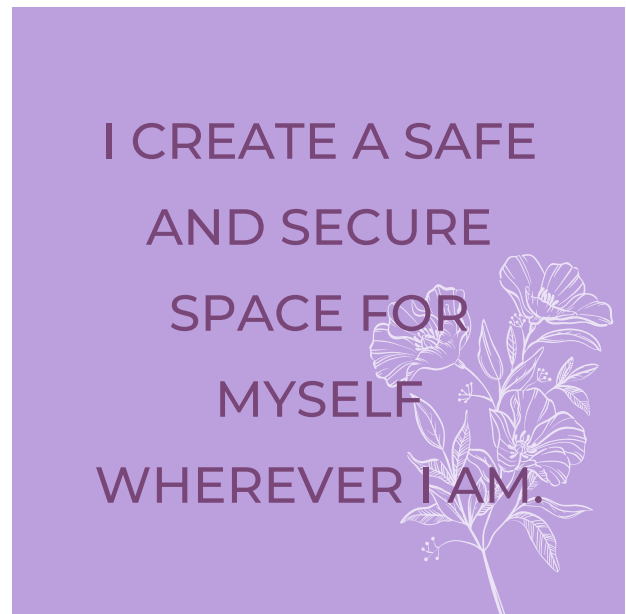
Get clarity on what you are trying to accomplish with your life
and help designing the soul satisfying life you were created to
live.

WHAT ARE YOU WAITING FOR?

Book a call:
HartLifeCoach.com

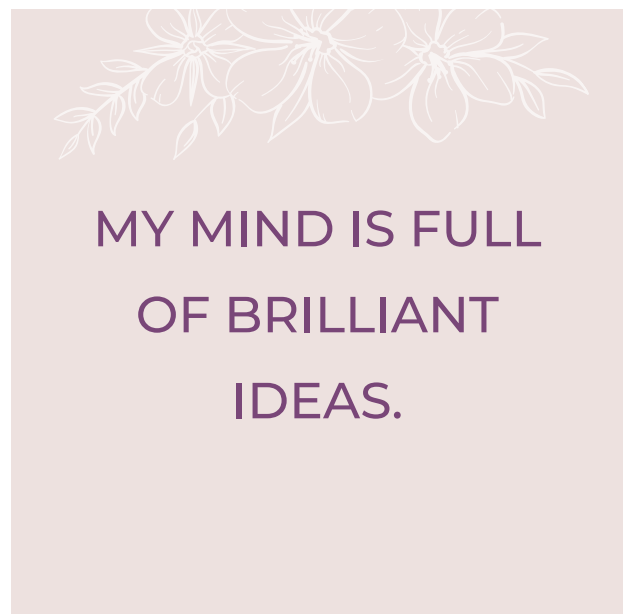
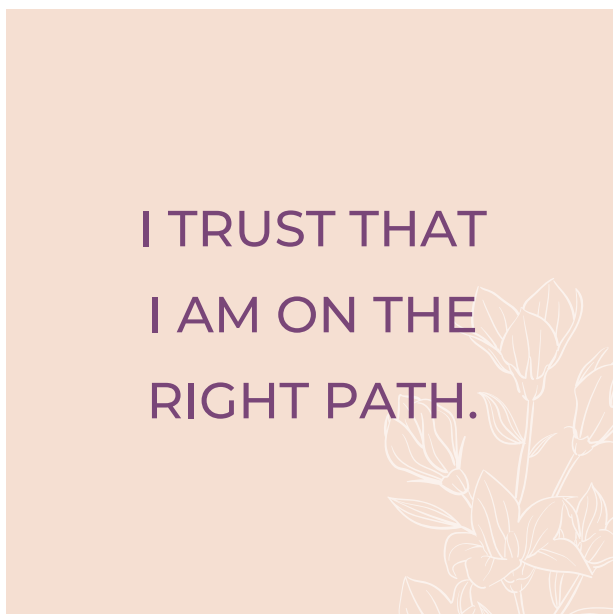
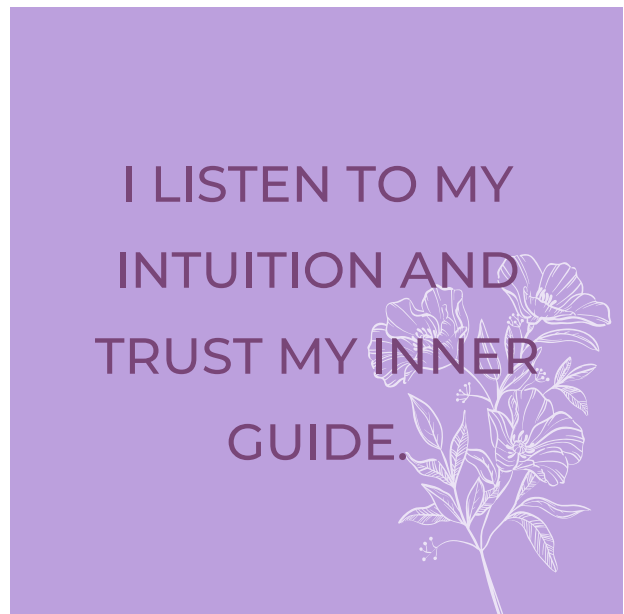
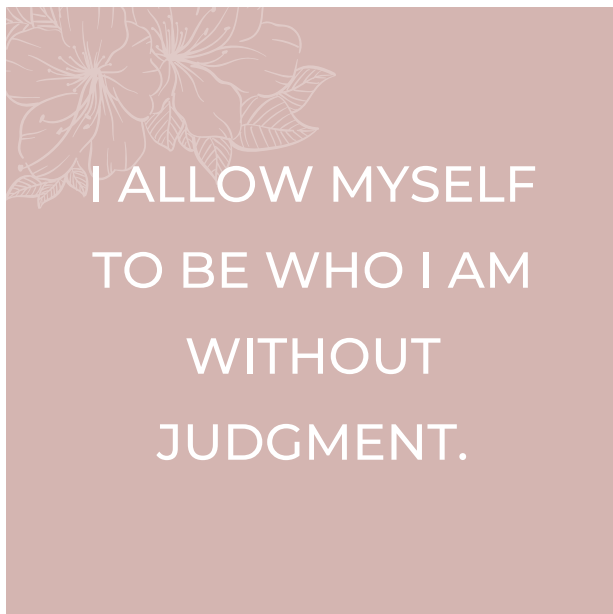
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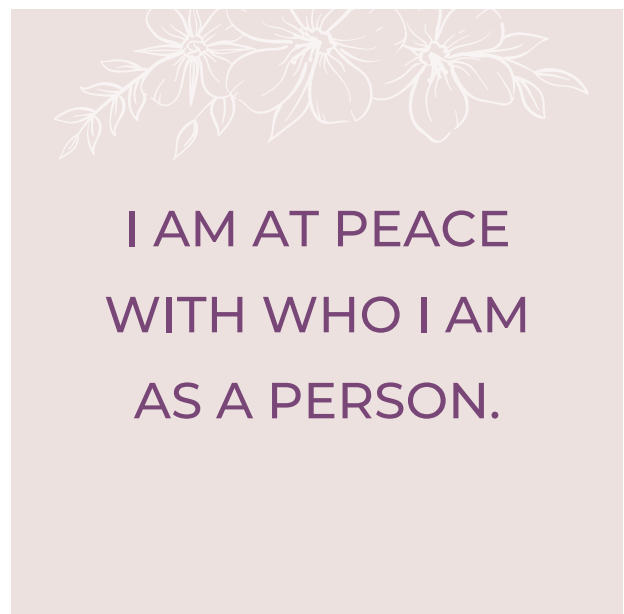
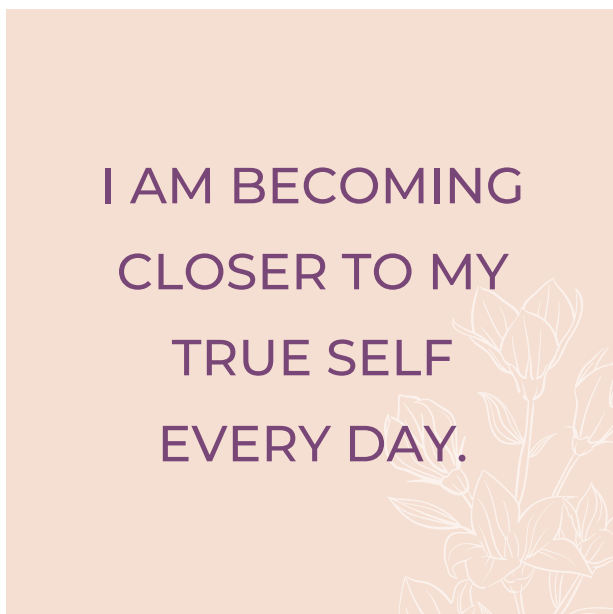
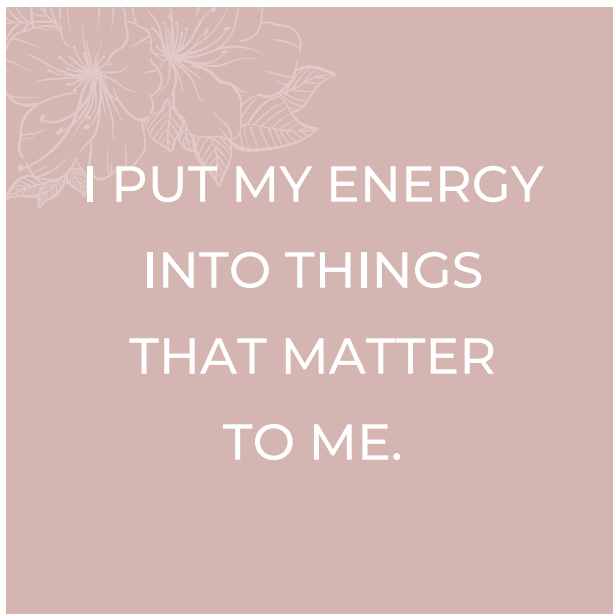
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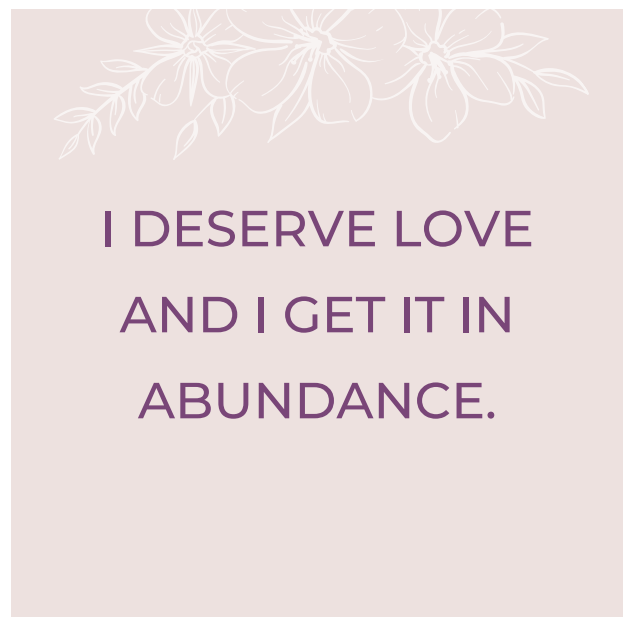
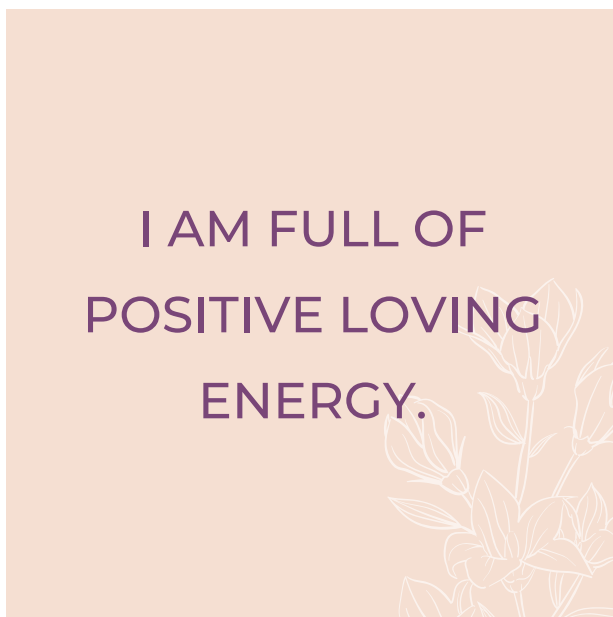
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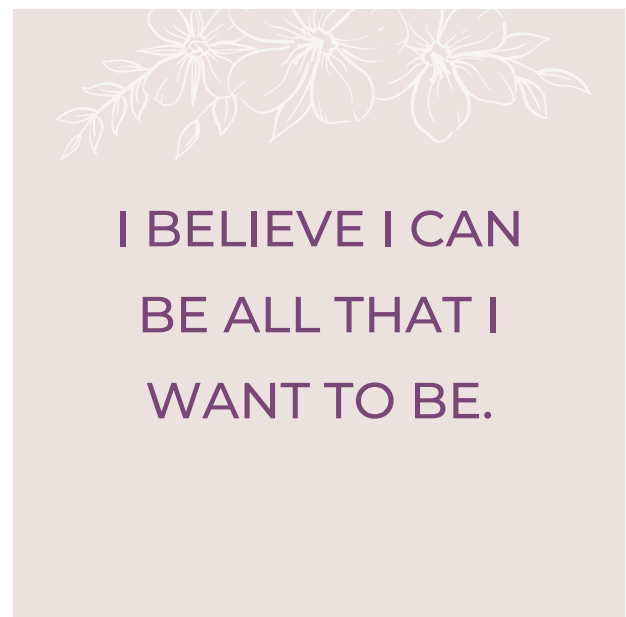
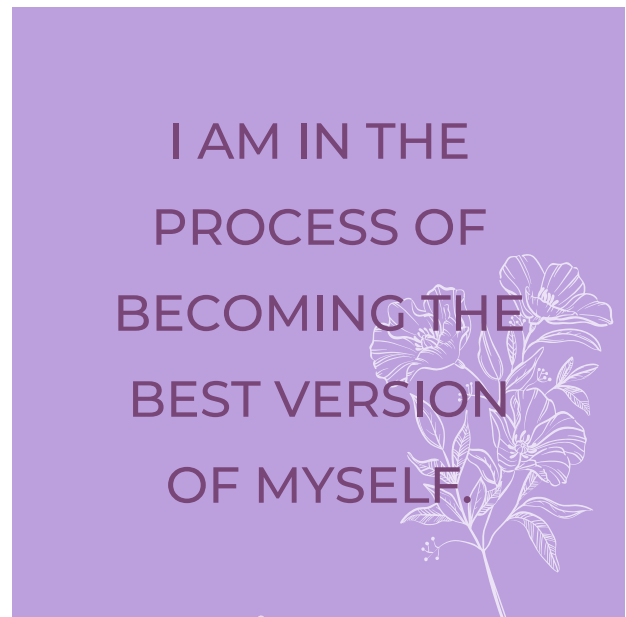
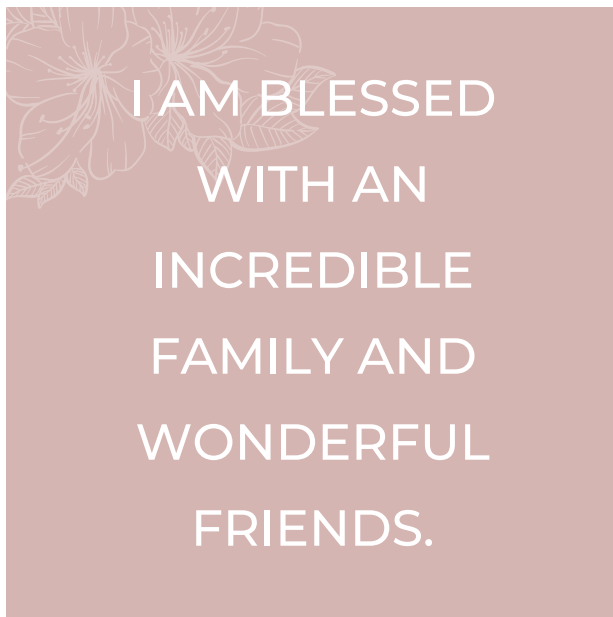
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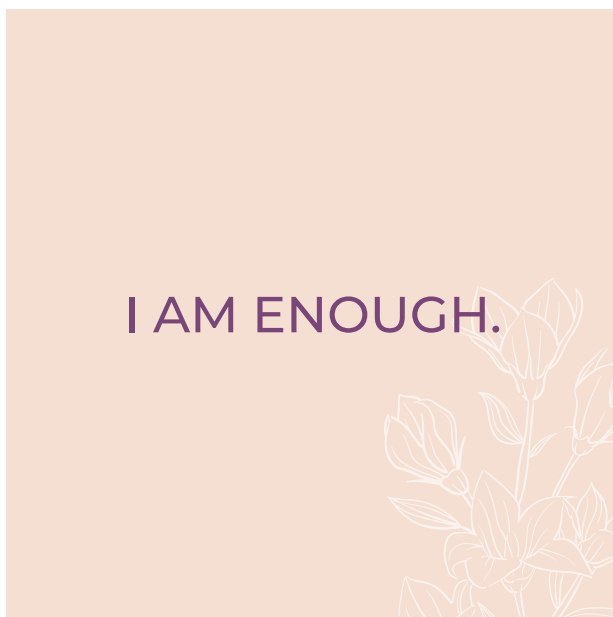
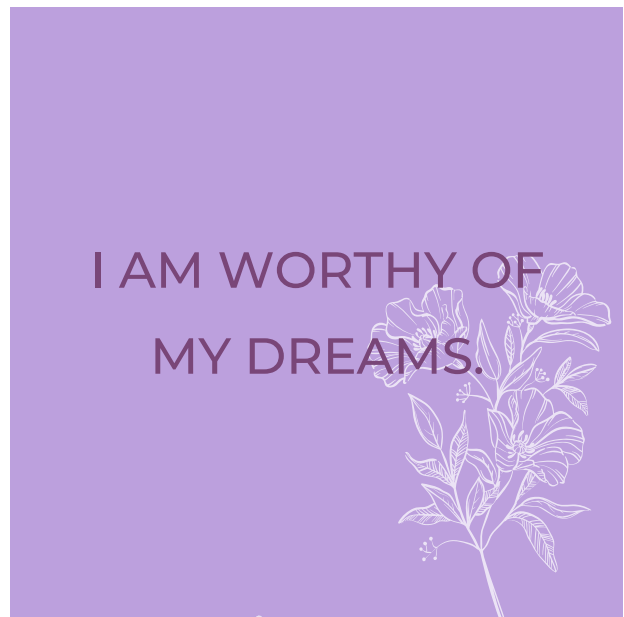
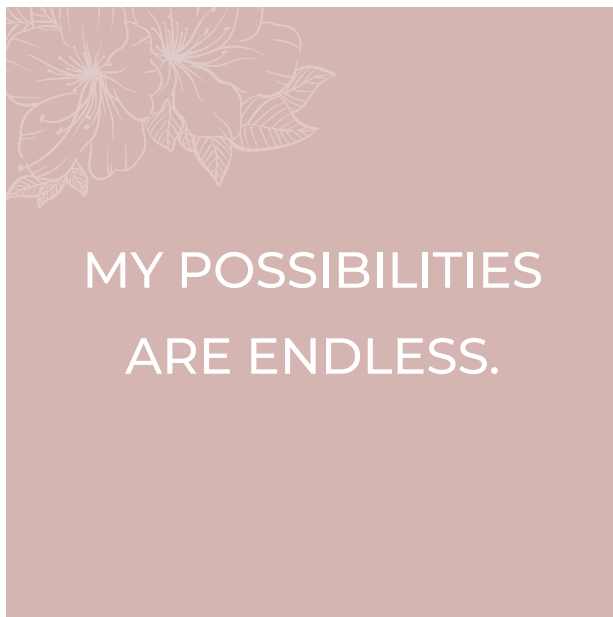
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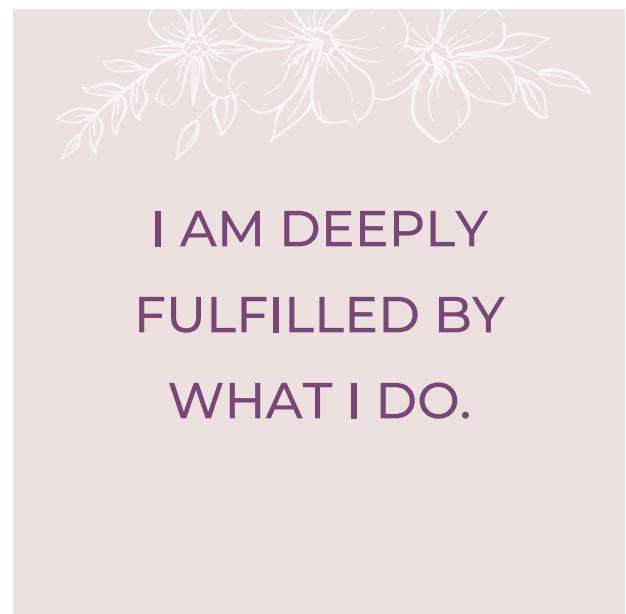
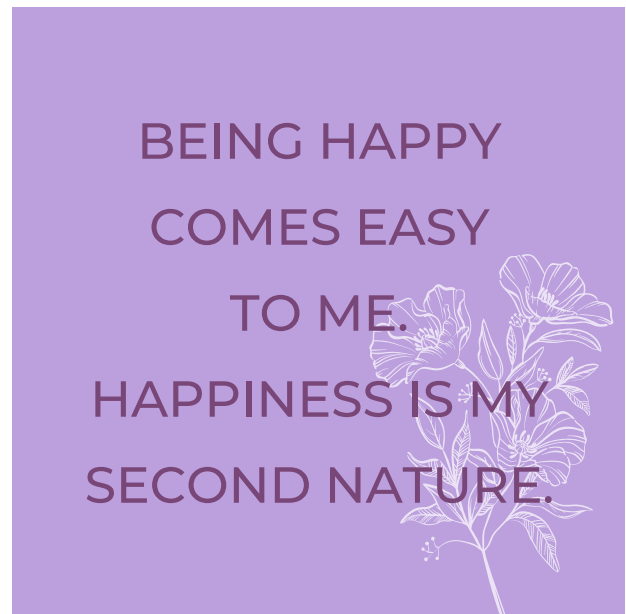
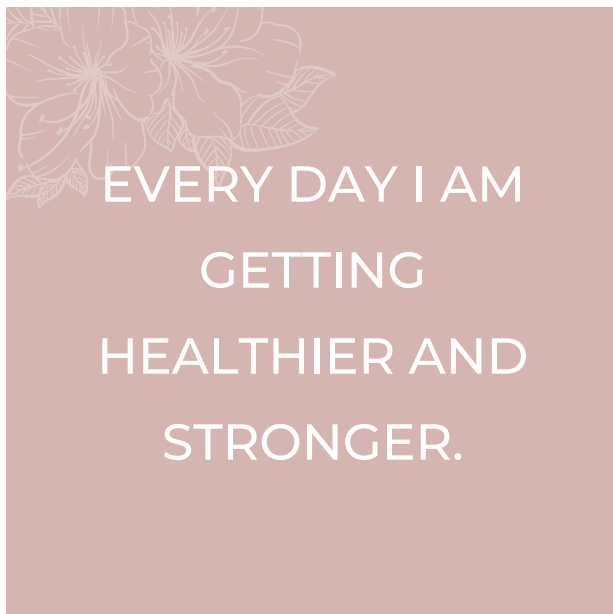
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bon voyage



This is only the beginning!! A life well lived is a day-to-day endeavor. Though you have completed this workbook you are just getting started on a most marvelous adventure. Feel free to look us up on Facebook and share your progress. Think of it as sending us a post card.

Jill Hart
Life Coach

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Printed in the United States of
America First Printing, 2022

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