FLOURISH
30 DAY JOURNAL

CREATED BY

Kim Williams

CONTENTS

Welcome, beautiful.

Welcome to a new way of living life - with intention and on purpose.

This 30 day journal has been created to assist you in keeping yourself on track and accountable in creating your best life.

To feeling connected to self, aware of the power, kindness and energy you bring to the room just being you and for being willing to say yes yes to living your best life.

I am truly excited to see you bring your light to the world without apology.

Kim Williams

How to use this journal

This space is for you to explore your biggest boldest vision of playing the game of life fully, all out, shining brightly.

The following pages will take you on a journey of self discovery that may at times have you celebrating, recognising sadness of what has been and shifting into a space of creating a life you are fully ready to live on your terms.

STEP ONE

This is your time honey.

Your time to go all out and truly imagine how amazing life can be but to also start living it.

Take a few deep breaths and ground your energy. Pop on some music that inspires you and then step fully into how you want your life to feel, smell, taste and be.

How would your day go?
What work would you be doing?
What kind of house would you be living in?
What car are you driving or bike are you riding?
How often are you going on vacation?
Do you spend more time at the beach or in the garden?

Really start your future tripping now as its a great way to then align your actions and feels to where you want to go.

If you are unsure, please recognise that sometimes our imagination just needs a little assistance in waking up again. Don't get frustrated or annoyed. Pop on some music or go for a walking as these can assist you to open up your creative vibes.

"Be so happy that, when other people look at you, they become happy too."

REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS

STEP TWO

Now is the time to have a look or just a peek at those things that needs to be released so that better can come on in.

So often, we tend to try and start something new without being honest in what needs to be wrapped up and finished.

There is only so much baggage we can take on the trip with us so grab the lessons and the blessings and leave the rest behind.

Picture from Believe in Your Own Magic deck by Amanda Lovelace

"A truly happy person is one who can enjoy the scenery while on a detour."

RELEASE THE OLD

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST DREAMS

STEP THREE

Now it's time to go deep into creation mode and really become super laser focused on who you are and what it is that you want in your life.

Your are the magician, director and main actor in this fabulous blockbuster movie and it's your time to create the script.

The little girl you were is asking you to twirl, play, create, have fun and try on all the different things.

Lets start with some more enquiry questions to have you narrow down your focus on who you want to be as the main player in this game of life.

"Those who live in the past limit what's possible in their future."

RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO **FEEL**?

WHAT DO YOU WANT TO **ACCOMPLISH**?

WHO YOU DO WANT TO **BECOME**?

“Life isn't about finding yourself. Life is about creating yourself.”

— GEORGE BERNARD SHAW

STEP FOUR

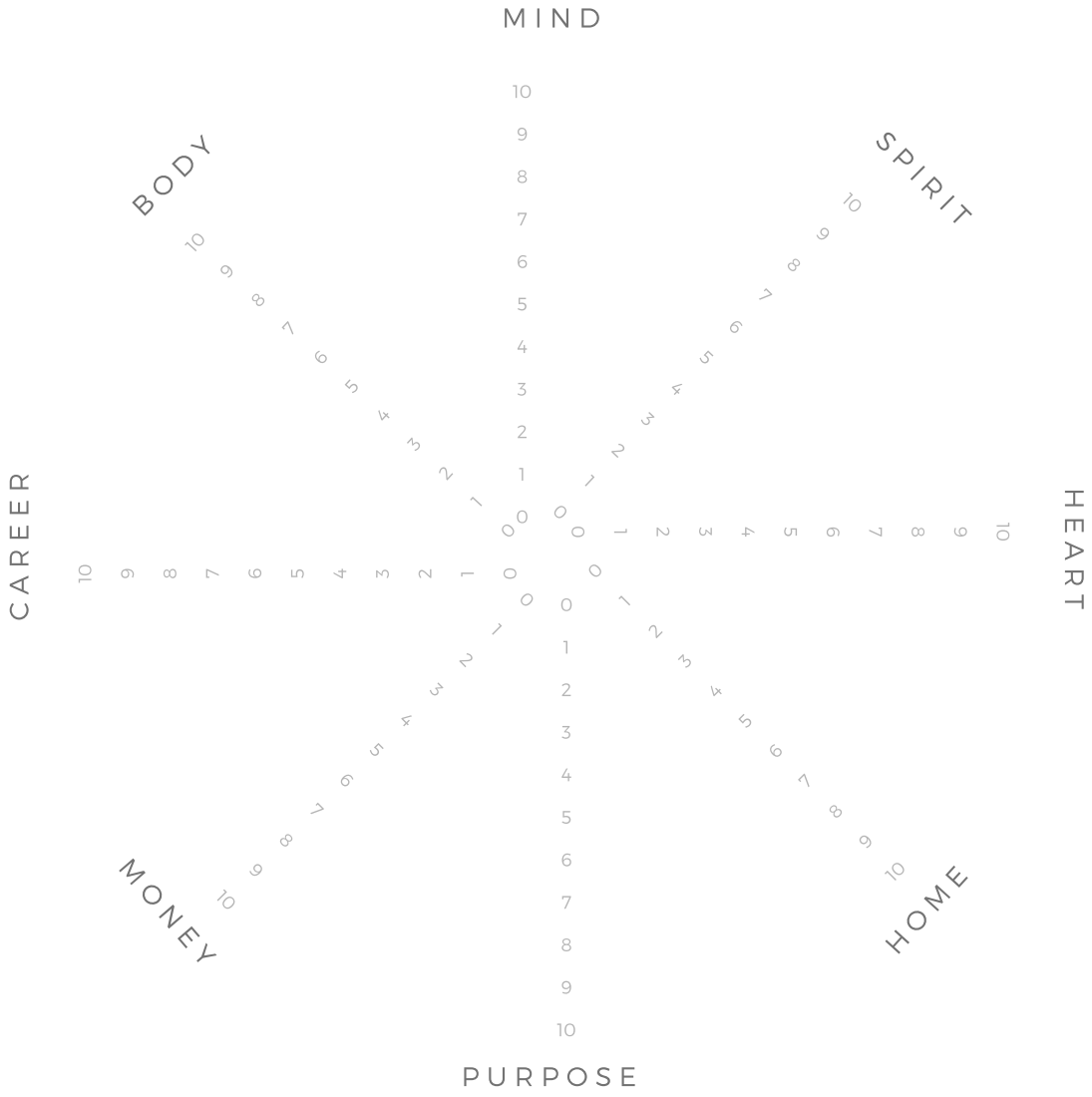
Now you are able to start putting in some really solid foundations for the next 30 days to help you in all areas of your life.

Remember that all areas of your life are just as important as the next and will indeed be impacted as you choose you in moving forward.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is. This is a beautiful visual in which to see how your web may be focused too far in one area and where you need to balance a bit more,



RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journalling pages every single day!

Day 1

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

TODAY I AM GRATEFUL FOR

1.

2.

3.

AFFIRMATION/QUOTE/CARD

REMEMBER

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 2

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

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How did you feel today?

What did you accomplish today?

Journal Space

Day 3

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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How did you feel today?

What did you accomplish today?

Journal Space

Day 4

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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How did you feel today?

What did you accomplish today?

Journal Space

Day S

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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How did you feel today?

What did you accomplish today?

Journal Space

Day 6

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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EVENING REFLECTIONS

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How did you feel today?

What did you accomplish today?

Journal Space

Day 1

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
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How did you feel today?

What did you accomplish today?

Journal Space

Day 8

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 9

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 10

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 11

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 12

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 13

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 14

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 15

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 16

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 17

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 18

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 19

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 20

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 21

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 22

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 23

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 24

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 25

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
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Morning Thoughts Feelings & Intuitions

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 26

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
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MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 27

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 28

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
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- [ ] Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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TODAY I AM GRATEFUL FOR

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AFFIRMATION/QUOTE/CARD

REMEMBER

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 29

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 30

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

Day 31

Date:

S/M/T/W/T/F/S

- [ ] Set intentions
- [ ] Journalling
- [ ] Meditation
- [ ] Nourishing Foods
- [ ] Mindful Eating
- [ ] Went outside
- [ ] Moved My Body
- [ ] Expressed Gratitude
- [ ] Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

Journal Space

FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

MEET KIM

My name is Kim Williams and I provide a safe space, support and resources for awakening women who are ready to create change in their lives.

As a Life Coach, Psychic and Energy Healer, I have the ability to reach right to the core of a situation, find solutions and provide strategies and actions to create a life they engage in fully.

If you are ready to live your life by your own design in co-creation with Universal energy and a healthy dose of modern day practical magic, then get in touch.

Kim xx

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MARY ANN RADMACHER

"Sometimes the smallest step in the right direction ends up being the biggest step of your life."