Self-exploration

and

Empowerment Journal



Self-ercise

Save or copy this tiny booklet and use it as a personal self-exploration and empowerment journal and daily affirmation tool. Create your own items to add to this Journal. Now, it is a good idea to work in this **Journal** daily.

Allow your <u>Self-exploration</u> and <u>Empowerment</u> Journal complement and serve as a summation of the Life enriching CYCLES stirring your desire to better your best self through SELF-exploration, leading to self-knowing and self-appreciation.

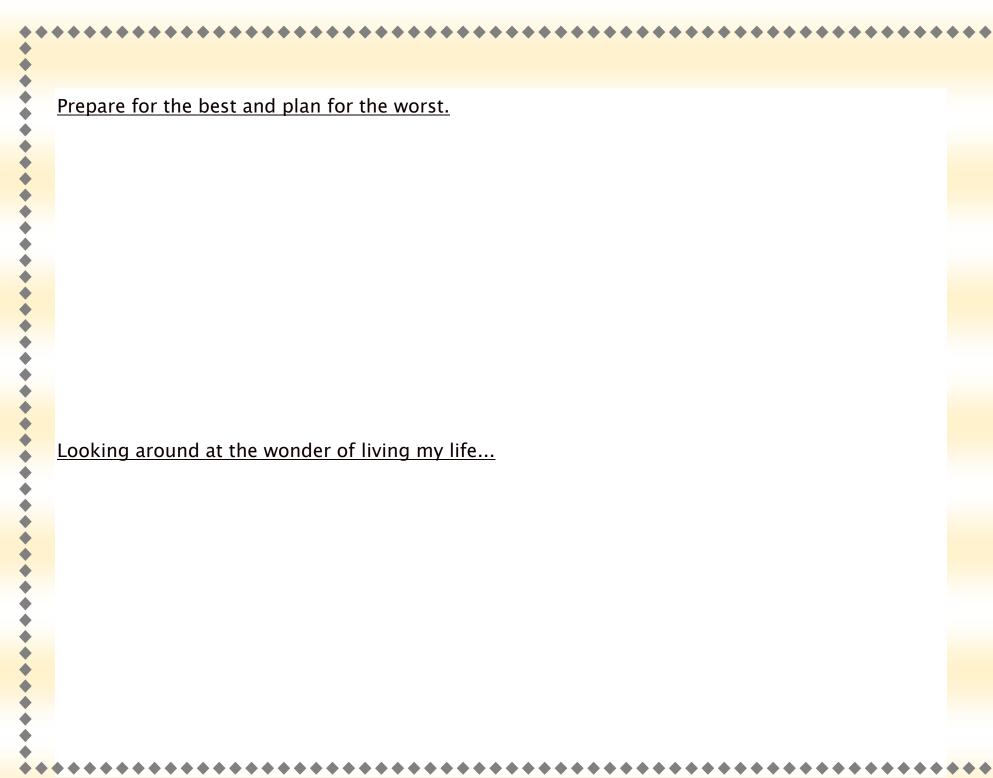
At one time we keep a diary, today we journal - progress!

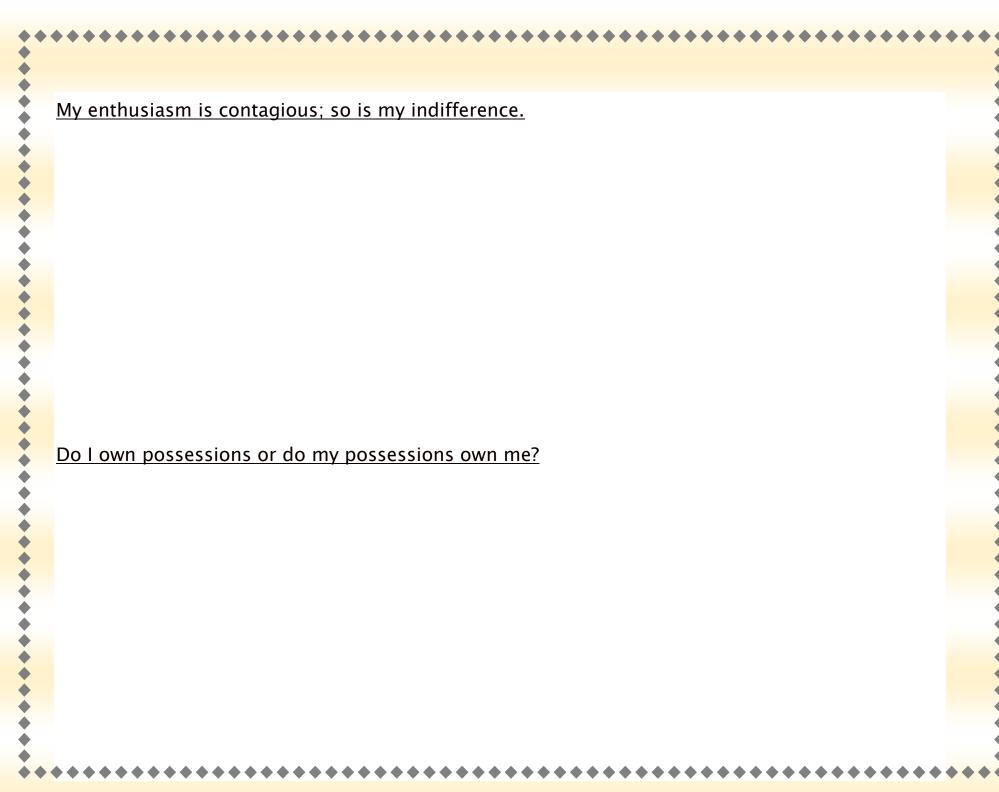
Have fun growing!

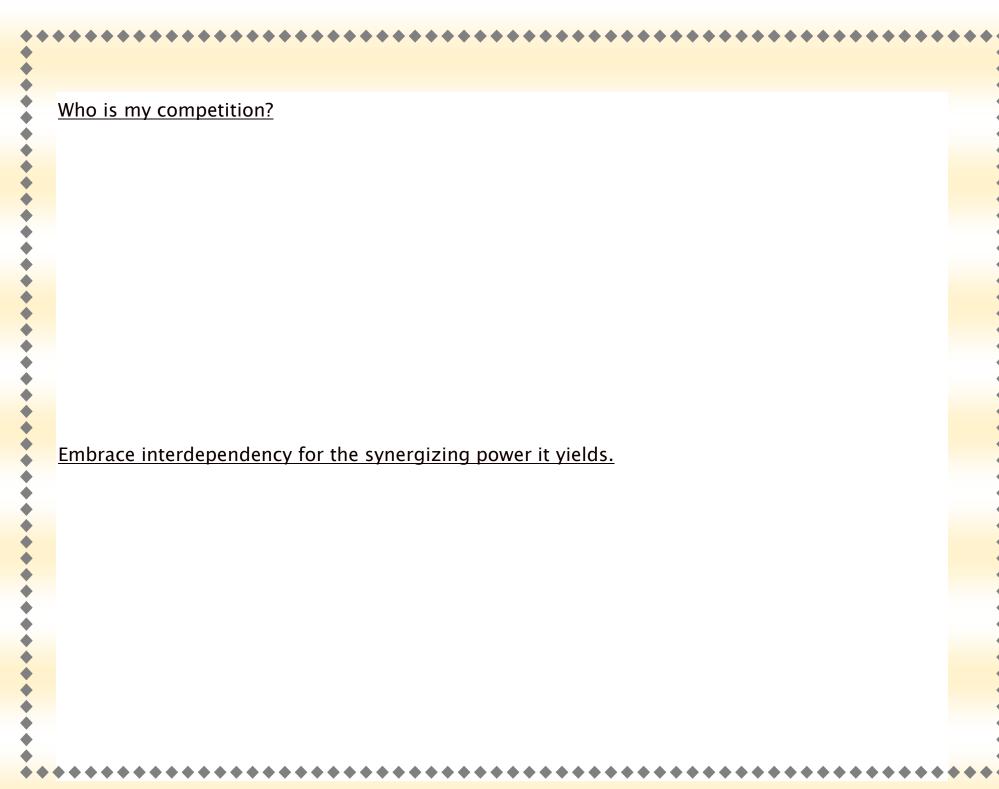
My faith empowers me! As a good business neighbor, I recognize value in my community.

Date:

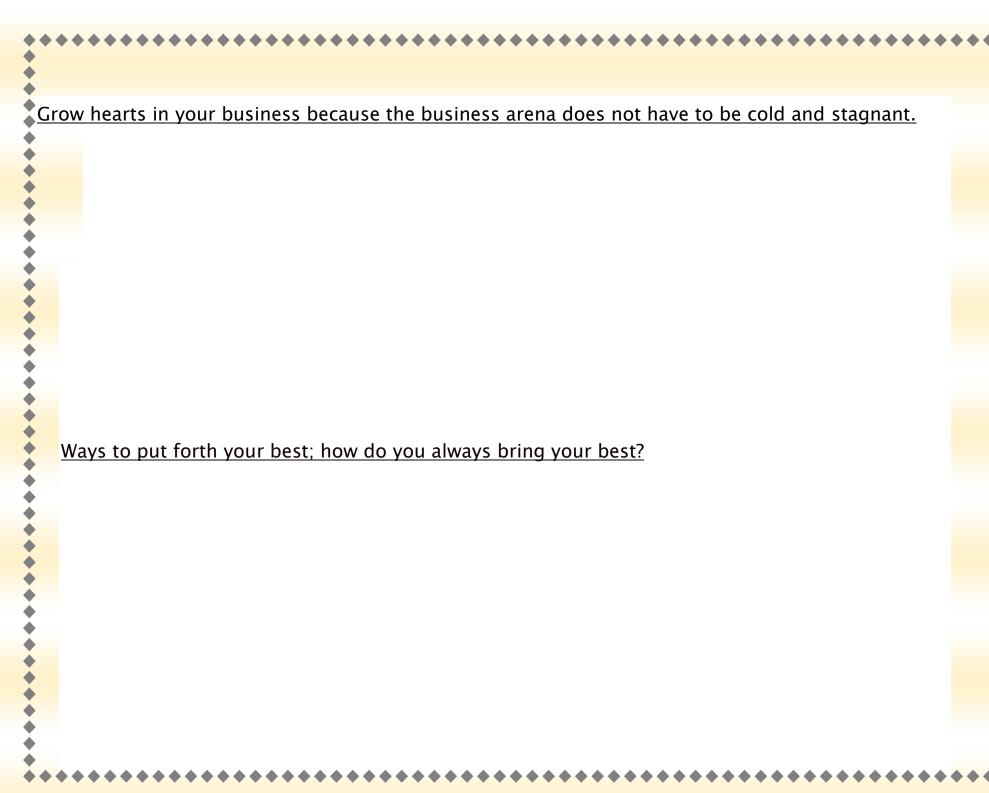
My Exploration and Empowerment Journal

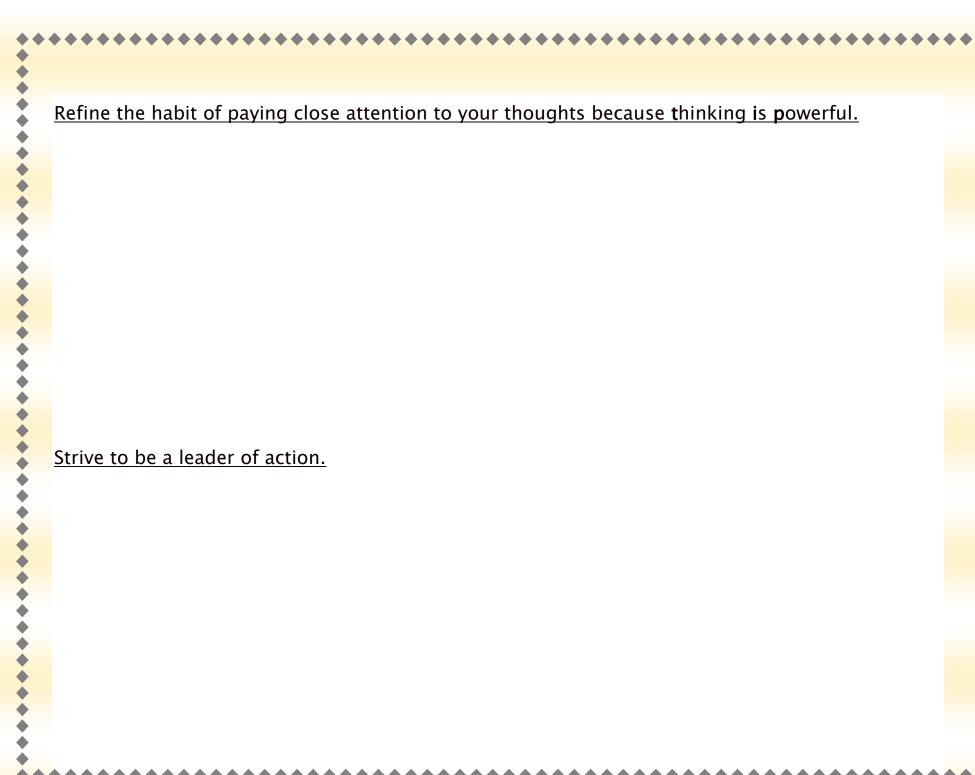


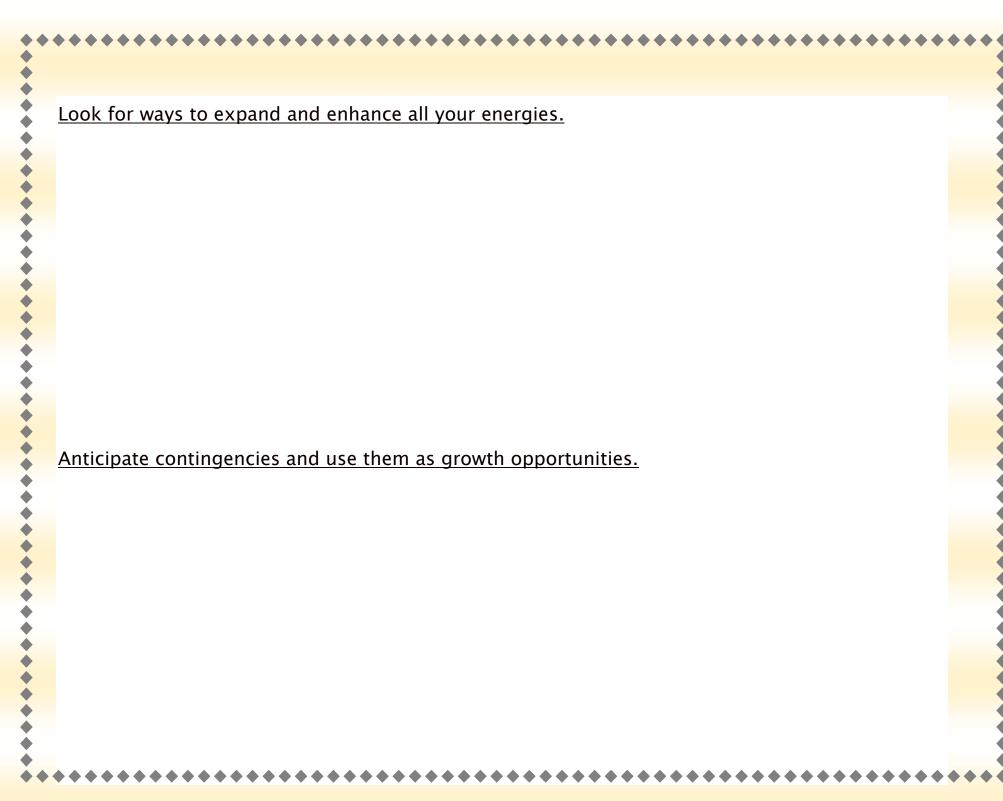


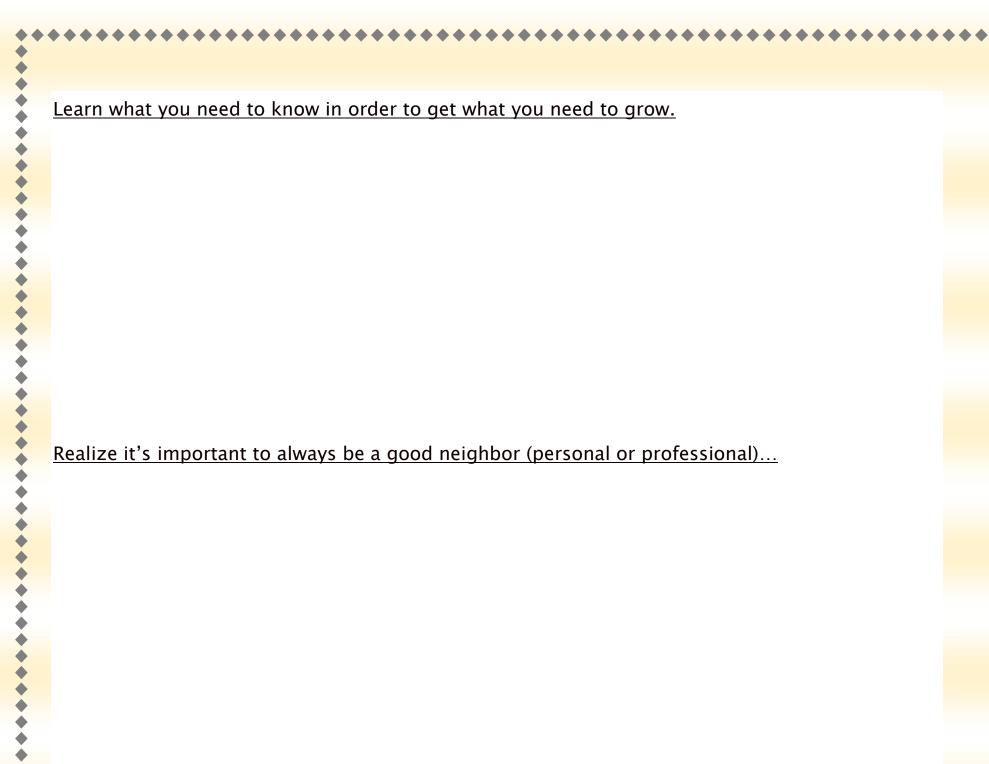


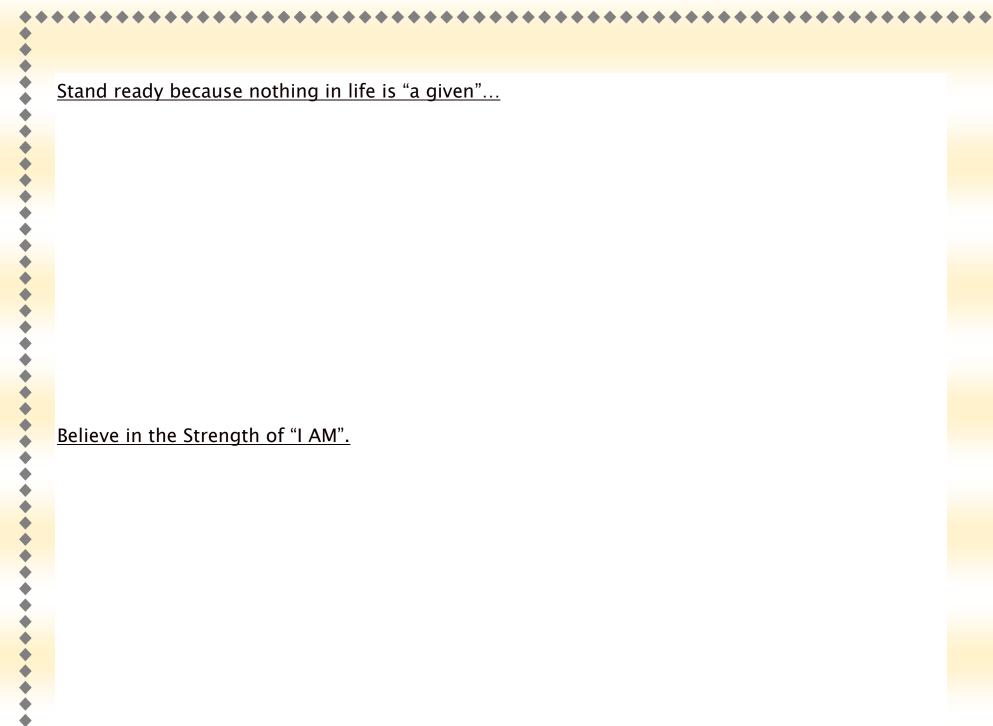


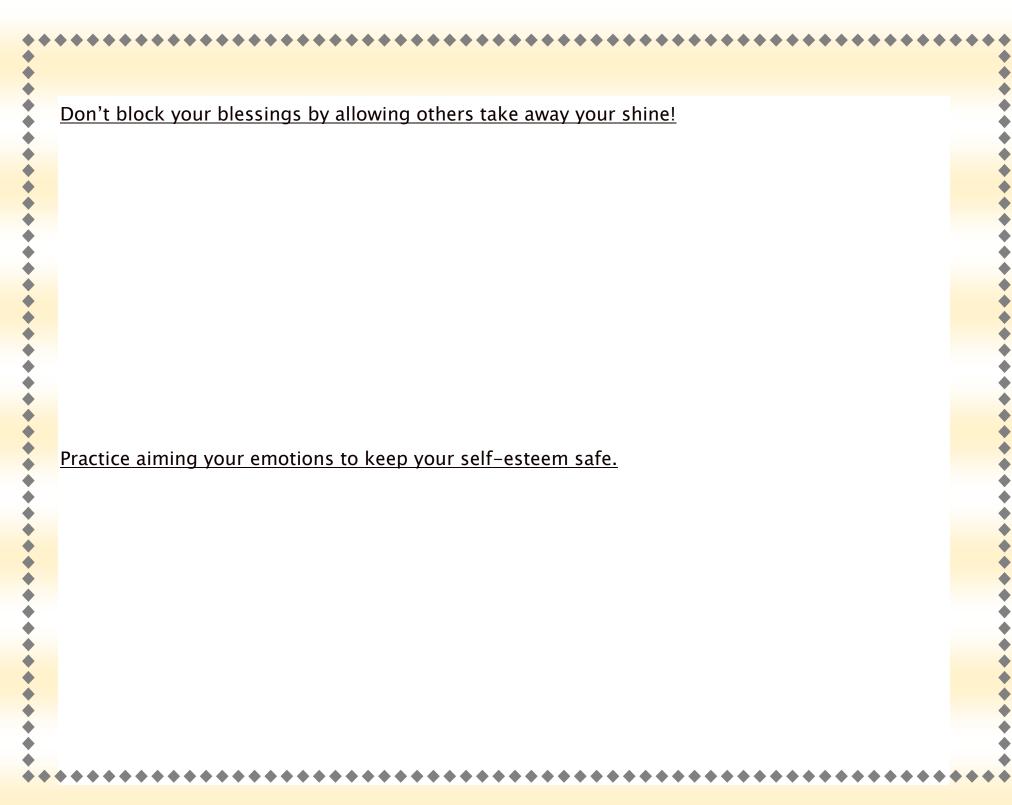


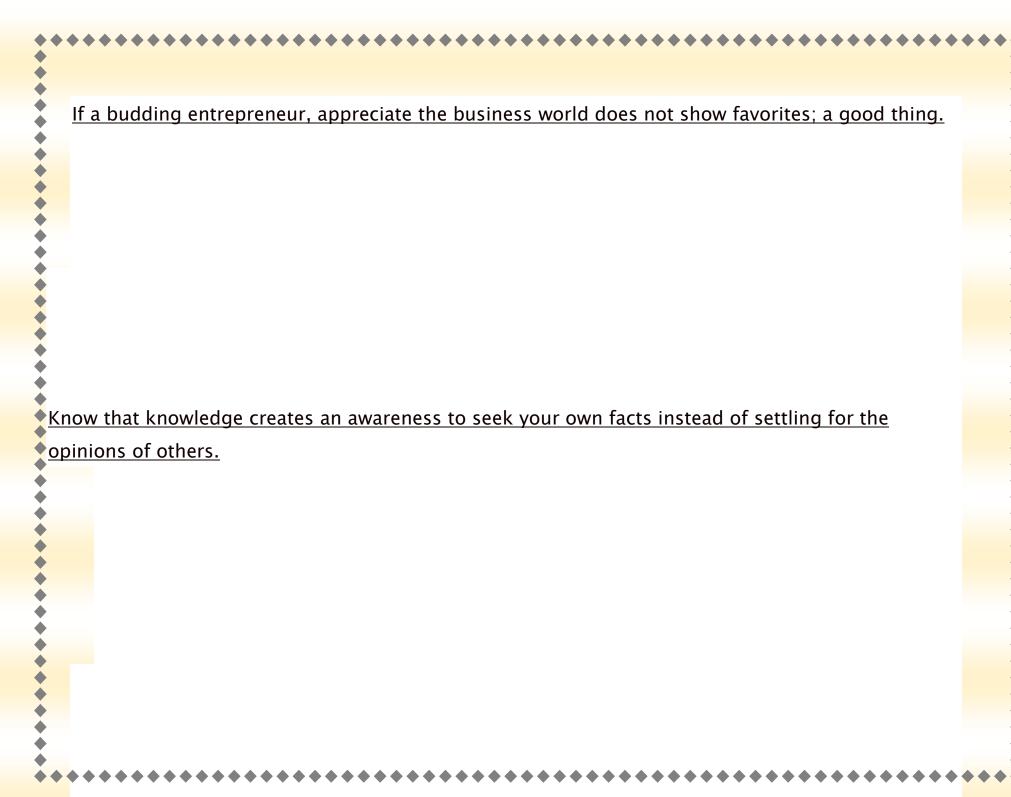


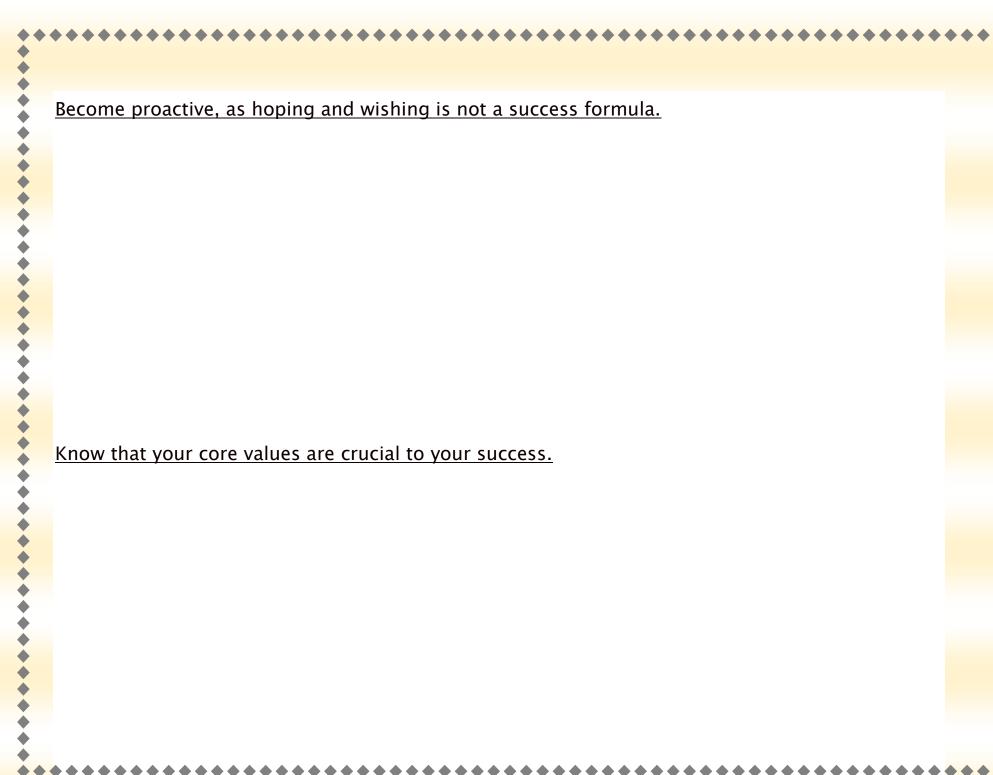


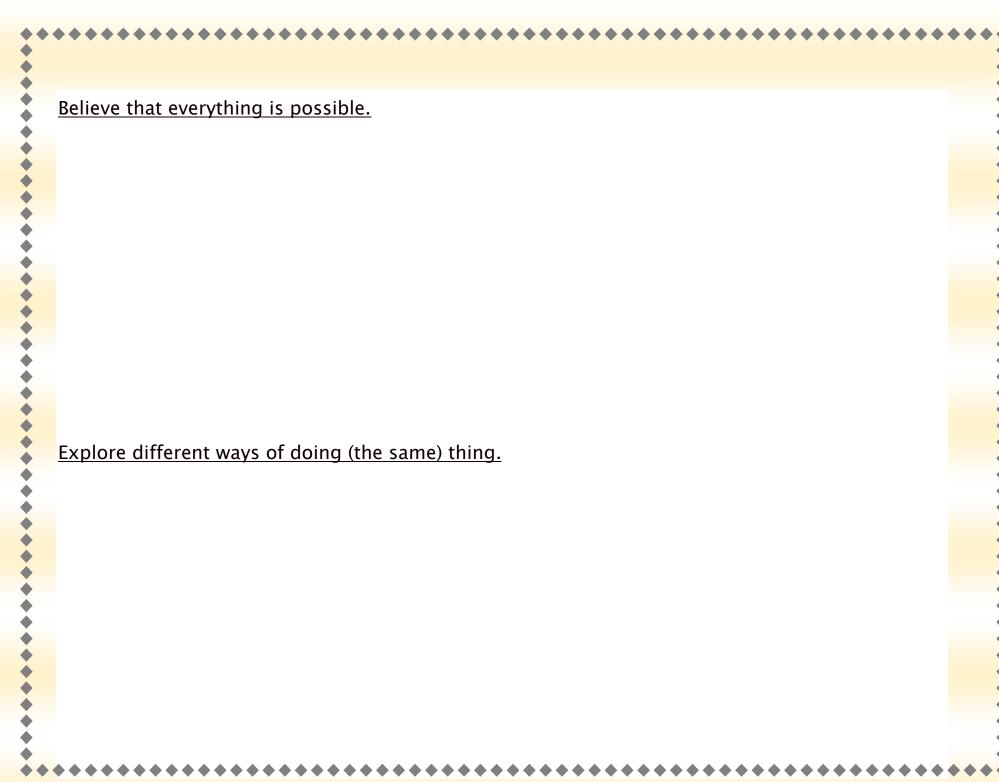


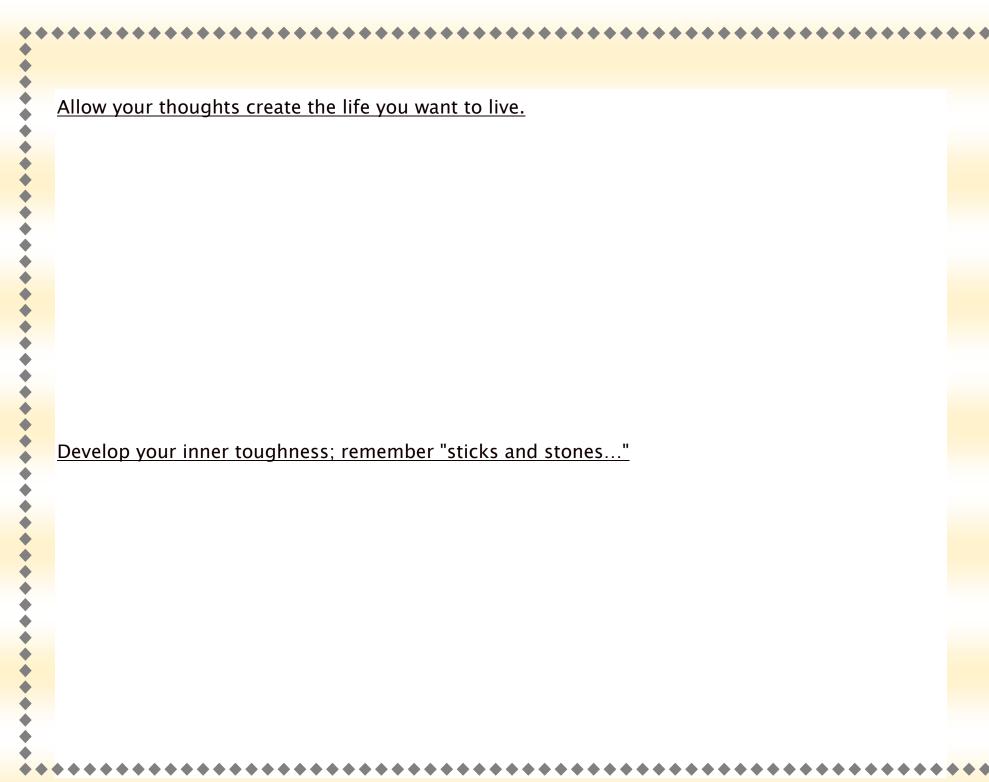












Learn from purposeful observation.

Take-away - Consider number seven, now, who is your greatest competition?

The only answer - you. Only compete with yourself by knowing self in order to better your best self.