

Self-exploration and Empowerment Journal



My Exploration and Empowerment Journal

Date: _____

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 **Self-exploration and Empowerment 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.



Prepare for the best and plan for the worst.

Looking around at the wonder of living my life...

My enthusiasm is contagious; so is my indifference.

Do I own possessions or do my possessions own me?

Who is my competition?

Embrace interdependency for the synergizing power it yields.

Accept that living a good life consists of challenges, choices and change for growth.

Determine if God is a guest in your home or your roommate.



Grow hearts in your business because the business arena does not have to be cold and stagnant.

Ways to put forth your best; how do you always bring your best?

Refine the habit of paying close attention to your thoughts because thinking is powerful.

Strive to be a leader of action.

Look for ways to expand and enhance all your energies.

Anticipate contingencies and use them as growth opportunities.

Learn what you need to know in order to get what you need to grow.

Realize it's important to always be a good neighbor (personal or professional)...

Stand ready because nothing in life is “a given”...

Believe in the Strength of “I AM”.

Don't block your blessings by allowing others take away your shine!

Practice aiming your emotions to keep your self-esteem safe.

If a budding entrepreneur, appreciate the business world does not show favorites; a good thing.

Know that knowledge creates an awareness to seek your own facts instead of settling for the opinions of others.

Become proactive, as hoping and wishing is not a success formula.

Know that your core values are crucial to your success.

Believe that everything is possible.

Explore different ways of doing (the same) thing.

Allow your thoughts create the life you want to live.

Develop your inner toughness; remember "sticks and stones..."

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.

