

September 2022

Consistency is KEY!

Journal Exercise:

Journaling is an INCREDIBLE tool to help you access your subconscious mind! The place inside of you that holds learned behaviour, memories, old habits, traumas etc. Cultivating a journaling practice that feels empowering to you will not only help you feel good in the moment you do your writing but it will significantly impact the way you experience your life! With more joy, love, and confidence!

This month's theme helps you align with the gift of consistency. Absolving any notion of perfection and allowing

yourself to love the process of your life.
Answer the following:
1. What does living a life of alignment look like to me? If I were to describe myself as my most authentic self, who would I be?
2. Reflect on the goal you want to commit towhat is your WHY? Why do you want to commit to this? Wha will keep you consistent?

3. Write out the joy that accompanies the journey of your goal rather than the impact of the destination.