




BE WELL
JOURNAL

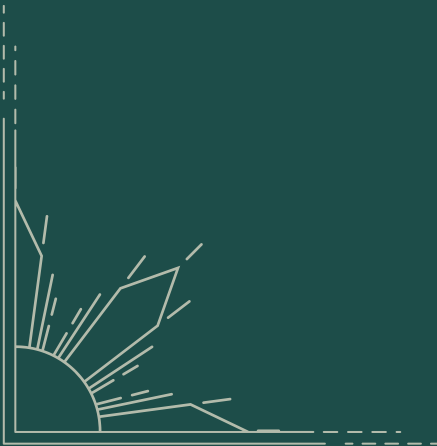




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CROWD

IT OUT



There are things we do out of routine and there are things we want our lives to be! **This diary helps you create anew by living consciously, building novel adventures in healthy living, and making it uniquely personal.**

Life is pure potential. Sunshine and water and air is always available to us. **When we feel good, life feels good.** The right conditions lead to miraculous growth and sustainability.

Step into the light, take a deep breath, and allow the healing waters to nourish you.



GETTING STARTED



ENJOY YOURSELF

When we are happy we are surrounded with positive pleasing circumstances. Our attitudes respond from our thoughts and feelings. Conditioning is what we notice and respond to.

“Dwell as near as possible to the channel in which your life flows.” - Henry David Thoreau

FOCUS ON WHAT YOU DO BEST

Living is just existing within an environment. Choices led us to where we are, and no matter where that is... Life source exists. Human experience has built upon the Natural World, and evidence of our Human History of Lives Well-Lived abound.

Where are you?

How did you get there?

Who are you in relation to that place?

BE ALIVE



Terrain is not level. Weather is not controllable or predictable. **Living is the amazing way we experience our life and the world** that surrounds us.

What does peace, beauty & joy look like to you?

Seek Peace ~

Seek Beauty ~

Seek Joy ~

Noticing... where would put our attention.... what experiences we walk through.... An ever changing spectrum of life rolls out before us... awaken to your life, to what you want this life to be.



MAKE IT YOUR OWN

WHAT IS BEAUTIFUL TO YOU?

We awaken to a new day, the past is over, but we bring forth elements of that past into this brand new day.

Those elements have grown us into who we are, and today's elements will fortify tomorrow's. What will you take from today into your tomorrow?

“We delight in the beauty of the butterfly, but we rarely admit the changes it has gone through to achieve that beauty.”

- Maya Angelou


HONOR YOUR BECOMING

Nature thrives in a balance of conditions. Enjoy conditions that surround you to thrive. Honor the changing stages of life.



BE

WELL



As one notices the gifts and choices that abound, the Self and Setting meld in excitement to our Becoming!

We are all special and unique individuals within a Time and Place to enjoy. Sun and rain has its benefits. Sun and moon exist because of each other not in spite of one another. Same is true for one's existence with this precious life that is YOU.

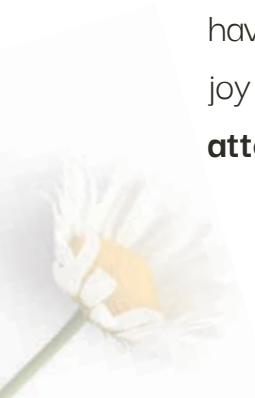
Contemplation:

Your Birthday: What was that day?

Why did you receive your name?

What paths have your life taken to bring you here?

In the pages that follow you are invited to consciously shape the experience you have in your life. To bring wellness and joy and contentment. **Where is your attention? How do you thrive?**



What do you desire?

DESIRES

1

2

3

4

5

6

7

8

9

10



What are you grateful for?

GRATEFUL

1

2

3

4

5

6

7

8

9

10



What are things you love to do?

LOVE

1

2

3

4

5

6

7

8

9

10





Daily Log A

Take a few moments to record your thoughts,
set goals, and reflect on the day.

TODAY IS...

I AM FEELING...

WAKING THOUGHTS...

GOALS FOR TODAY:

NUTRITION PLAN: HYDRATE & NOURISH

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

BEDTIME THOUGHTS...

I AM GRATEFUL FOR:

WATER/TEA



PROTEIN



VEG/FRUIT



HERB/SUPP



EXCERCISE



RELAX



NATURE



LAUGHTER



BEAUTY



RELATIONS



GOALS



NEW





Daily Log B

Take a few moments to record your thoughts,
set goals, and reflect on the day.

TODAY IS...

I AM FEELING...

WAKING THOUGHTS...

GOALS FOR TODAY:

MY AFFIRMATION TODAY:

3 AMAZING
THINGS THAT HAPPENED TODAY:

BEDTIME THOUGHTS...

HOW COULD I HAVE MADE TODAY
EVEN BETTER?

I AM GRATEFUL FOR:



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BE WELL

