



QUANTUM
LIVING LIFESTYLE

Structure for your Highest Alignment - Journal Prompt and Examples

Rising Journal:

Greeting to Self Examples: Grand Rising, Hi Beautiful / Handsome,

1. Gratitude:

- A. Write what you're grateful for; list as many things as you can come up with.
 - 1. I am grateful for _____
 - 2. I am grateful for _____
 - 3. I am grateful for _____

2. Body:

- A. What is your highest vision for your body? What are those daily rituals that allow you to show up as that being already? How do you feel about it?
- B. Examples: intentional body movement, hydration, minerals / vitamins, alkalinity, grounding.

3. Being:

- A. Declare your new ways of being and utilize those tools to support and anchor yourself into this physical vessel.
- B. Examples: journaling, meditation, affirmations, breathwork, tapping, shadow work (check out our PDF for shadow work), getting a different perspective and finding your blind spots (mentoring / coaching).

4. Balance:

- C. Create a vision of how unconditional are your relationships and all of your relationships will reflect the relationship with yourself. In this portion you are deeply connecting to a relationship of your choice or of your choosing.
- D. Examples: appreciation notes, date with self, genuine listening, and practicing vulnerability with others as well.

5. Business:

- A. Lucrative Passion: where purpose, authentic expression and your desired lifestyle aligns. Life is your business, business is your life. When you lead through your heart, your business thrives.
- B. Get clarity on what your vision is and how exuberant you feel about it. Utilize journaling for little steps to check what is working and what is not so you can lead with ease.

6. Brain Dump:

- A. Utilize this portion of your journal for a brain dump if anything arises (old stories, energy of doubt, mental conversation of I can't). These get to be left here before you step into your day.

7. Declarations:

- A. What kind of ways am I required to be to identify with someone who already has a lifestyle that I desire. My commitment is:
 - 1. I am _____
 - 2. I am _____
 - 3. I am _____

AM Journal Example:

I am grateful for my body and how it's transforming with ease! Getting stronger each day.

I am grateful for clarity of mind and enthusiasm to start the day!

Body: Gym ✓

Being: Breath work 5 minutes ✓

Balance: Call or text Mom & friend ✓

Business: Make plan for Friday to get tasks done in excellence (oil change, car wash, collaboration call, etc.) ✓

I am loving, worthy, and inspired. I connect to my divine essence with ease. I am responsible for how I feel and respond to my environment. I take care of my body and show it love with movement. I love taking the time to feel into my breath upon waking to support my clarity of mind and calmness. Going to the gym and doing breath work support my focus and I celebrate myself for investing in myself with these practices. I appreciate my Mom for being a strong woman and showing me where I still feel resistance in myself and get to heal. I get to let go of old frames of thinking, and ask myself to reflect on what is working for me? And then do more of that. I choose to be an exceptional leader and I make and experience miracles effortlessly.

Evening Journal:

1. Check in with all your B's.

- A. How aligned were you able to stay to your vision today? Check off the tasks / steps / rituals that you got done.
- B. If something didn't get done, what got in the way? No matter what happened today, can you see the value in all of your experiences and find appreciation for what happened? Can you celebrate your wins, no matter how small or large they seem?

2. Appreciation

- A. A sentence to yourself for what you have learned or unlearned today. You can write more if you feel called to.

PM Journal Example:

Body ✓ Being ✓ Balance ✓ Business ✓

I'm being me. I'm happy. I'm not thinking too much, rather doing and being like ok this is what it is and I get to take inspired action and do my best. Had a few glasses of wine at dinner with my fiancé, that was nice and a fun treat. I don't do it often, and we had great conversations. Grateful for my openness and being present at dinner. Came home and really felt the flowing energy that was present from dinner.

The intimacy in our relationship is growing deeper and we continue to open and share. Sometimes we may feel a resistance to talk about a topic, yet we support each other and do our best anyways. Tonight, I also started writing what feels like a book? Maybe on intimacy and love, I don't know we'll see. Maybe I'm writing to write. Giving myself permission to just do shit and create because it feels good. Gosh, wow, I get to do this because I can and I want to. I am an incredible author and I get to support my craft. I appreciate myself for letting go of what the end product needs to look like, and instead focusing on enjoying the process of creating because it's fun!