

# Authentic Life Journey Coaching Six-Session Series

## Journaling Week 4

Date: \_\_\_\_\_

**1) What action are you putting into your desires? What actions may be standing in the way of your desires? What action would you like to take next?**

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**Meditation: "Gratitude"**

**2) What mindfulness practices do I enjoy and do for myself today? What other mindfulness practices do I want to experience? What mindfulness practices did I experience today & how did it make me feel?**

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**Meditation: "Visualization of my Intention"**

**3) What did I visualize? What is my intuition saying to me in my visualizations?**

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**4) What am I doing for me now? What other ways can I take care of me? When is my me time?**

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**Meditation: “Loving Kindness”**

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Remember this is a journey and there is no right or wrong and you are always staying in a mind of loving kindness. No matter what you surface how on task or off task you may feel just be gentle and know you are doing the best you can. All is happening in perfect order and time. Start working on eliminating the blocks that keep you from your Authentic Life!

**Enjoy your process, don't hold onto any expectations of how it will go, just let it flow!**

**Namaste**