



Maud Briscoe-Renaud
Navigate Your Path To Fulfillment & Freedom

How to use your Journaling for Fulfilment and Growth sheets?

- Treat yourself... Print the sheets on a nice paper, like a coloured one for instance. This way, filling it each day will feel like a pampering you give to yourself!
- Write it down with a pen, pencil... old school way 😊 This is because it will allow you to slow down, connect within and feel what you are writing. Your body and internal system will remember it during the day this way.
- Check-in your day in the morning and check out at night. It's like giving yourself a mini personal growth objective for the day! You set a good vibe for your day and you finish your day on a good note too 😊
- Why will it give you fulfilment and growth?

Journaling this way will give you fulfilment because it will help you focus on the beauties inside you and how you can live them on a daily basis.

You will have a better image of yourself and you will feel happier because you will be living -and wanting to live- more and more these qualities and values of yours.

Doing so, you will automatically grow in being more and more yourself!

JOURNALING FOR FULFILMENT AND GROWTH		
Date		
Morning	What quality of mine would I like to celebrate today?	
Evening	When did I live this quality today?	
	Did I notice I lived another quality too?	
	Did I live something vitalizing today?	
	What can I be grateful for today?	
	If the day was hard, what can I give myself right now to show compassion for myself?	

JOURNALING FOR FULFILMENT AND GROWTH		
Date		
Morning	What quality of mine would I like to celebrate today?	
Evening	When did I live this quality today?	
	Did I notice I lived another quality too?	
	Did I live something vitalizing today?	
	What can I be grateful for today?	
	If the day was hard, what can I give myself right now to show compassion for myself?	