

TRIGGER JOURNAL



Date: _____

Trigger: _____

Automatic Thought: _____

Is it True?: _____

When have I felt this or experienced this feeling in the past:

New thought: _____



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IGNITE YOUR TRUE SELF



30-Days to Design Your Clear Path Forward

Unlock the clarity and confidence you need to lead your life authentically

- Daily reflective prompts for immediate clarity.
- Empowering practices to break free from limiting patterns.
- Inspirational messages that fuel your bold journey.

Activate Your Alignment Journey Now

START YOUR JOURNEY TODAY AND TRANSFORM YOUR TOMORROW.

This course is designed to help you:

- Uncover your core values and break free from old patterns.
- Discover daily practices that fuel your energy and empower your decisions.
- Embrace the bold, authentic life you were destined to live.

This process can be started anytime and offers an opportunity to align your mindset, actions, and energy with the life you truly desire.

Sign Up Here

