

The Empowerment Journal



Place left hand on right shoulder.
Right hand on left shoulder.
And Hug!

Welcome to your empowerment journal! This guided journal is your next best step to accessing and focusing the power within you to create and live your fulfilled square of life – love, health, wealth, and perfect self-expression.

As you know... everything is energy. The energy of your thoughts/words broadcast out to the universe a frequency that the universe mirrors back to you as an experience. This experience can be with people, an event/situation or a material thing. Your energy is the cause and the universe mirrors back to you the effect – cause and effect in action.

When you're in survival mode... reacting to an outside simulant of adversity, that fearful adversity energy becomes the cause, and your anger, anxiety, shame, resentment, stress, overwhelm, all fear energy is the effect. Until you change it, this cycle of awful experiences becomes your unhappy life.

Nothing changes when nothing changes.

However,... you have the power within you to implement change through your internal energy. When you raise your vibration to LOVE or above... you stop the cycle of fear, and your external experiences improve – your life changes.

When you consciously change your internal energy to the higher vibration of LOVE energy, the universe mirrors back to you experiences of that same LOVE vibration energy.

These journal pages have been strategically designed to support you to become more aware of your internal energy – guiding you to raise your vibration and use your power more effectively – opening the way for you to create and live your empowered, happier, new life.

Let's dive in!

Sign and Date – You'll notice each page has a place at the bottom for you to sign and date the page. This creates your contract with yourself and the universe to fulfill what you've written on the page.

Commitment to Myself Gameboard – This gameboard supports you to decide and anchor how you want to show up for yourself and holds you accountable for your growth and awareness. What are you willing to do? Fill in this gameboard weekly to get clarity on who you are and who you want to become.

Upon Waking Journal Page – Write out each guided prompt to solidify the intention for your writing.

- ✓ Begin by claiming your perfect day with a jumpstart of gratitude!
- ✓ Accept what your life IS in this moment to stop the internal battle going on over what you don't have.

- ✓ With gratitude, accept your power and anchor how you're going to USE it.
- ✓ Consciously choose to Be LOVE energy, then in deepest gratitude, infuse all aspects of your day/life with LOVE and anchor your magnetic pull. Use the power of "I Am" to claim BE-ing a magnet for LOVE energy experiences.
- ✓ Ask Infinite Spirit to "show you" what you need to know.
- ✓ Solidify manifesting with your subconscious power THIS or Better – and FEEL that magnetic energy.
- ✓ Dearest Angels... surround yourself with an impenetrable barrier. Example: *Dearest Angels, please surround me with your Diamond Steep forcefield shield of protection filled with strength, stamina and healing love energy that deflects negativity and ALL Viruses.*
- ✓ Use the power of "I Am" and claim – I Am SAFE. Further your claim with: It is SAFE to BE ME.
- ✓ Commit: I Breathe Deeply!
- ✓ Confirm the last two commitments to yourself by writing or checking the blank.

Before Sleeping Journal Page – Write out each guided prompt to solidify the intention for your writing.

- ✓ Begin by acknowledging and BE-ing grateful.
- ✓ Acknowledge whether you took deep breaths – or not – and recommit to yourself.
- ✓ Evaluate how you used your power – or if you didn't – discover your strengths and where you need support. If you did not use your power – it's not too late. Infuse all with LOVE to raise your vibration and heal any pain associated with the experience. Document your experience.
- ✓ Give thanks to Infinite Spirit in deepest gratitude as if what you wish to experience has already happened – this anchors and solidifies your intention – and gives you insight as to what you really want.
- ✓ Release the need to know 'how' you will manifest your heart's desires.
- ✓ Anchor/claim: I wake up happy! – writing this claim will reveal any worry energy you may be holding on to.
- ✓ Remind yourself to keep your Worry Angel employed.

When you fill in the daily journal pages, you'll become more aware of your energy throughout the day – learning where/when you ARE using your power and where/when you AREN'T so you can course correct as necessary.

Weekly Progress Gameboard –This gameboard supports you to acknowledge your growth and guides you to be accountable as to how you did or did not use your power. If you did NOT use your power, do-NOT-judge – simply acknowledge and bless/infuse LOVE into the situation where you did not use your power – see the third segment of the Before Sleep journal page for directions to infuse love. In the first section, explore what your biggest "Aha!" moment was for the week. Then reflect and write about how you used your power. Again, if you discover you did NOT use your power, it's not too late. You can use it now to infuse people and situations with LOVE energy with the intention of creating a higher outcome. Perhaps realizing you didn't use your power, and learning why, is your "Aha" moment.

Defining your "Aha!" moments support you to become more *aware* of your energy, your thoughts and your behaviors. While acknowledging and defining how you used your power, supports your awareness to USE your power during *the moment* the next time an uncomfortable 'moment' happens.

Gratitude Manifesting Gameboard – Write to Infinite Spirit, God, your Angelic Team, in deepest gratitude, thanking them for what you wish to manifest as if what you want is *already yours*. Write about how you feel, what you experienced, how it has changed/improved your life. As you write ‘become’ the energetic state of Gratitude – gratitude being the ultimate state of receivership. Using this gameboard will support you to get clarity on what you want and magnify your manifesting energy. If there is an energy blocking you from manifesting what you want, you’ll feel that uncomfortable energy as you write, giving you the opportunity to observe it, heal it and free yourself.

When you write in your journal pages daily, life begins to magically improve.

You have the power within you to create and live your happiest life. USE it.

Remember... no matter what you have or have not done in your life, you DESERVE to BE Happy. It's your birthright.

I believe in you. Have fun being the YOU that you came here to be – Empowered!

Blessings, love, and light,

Love, Kate xo

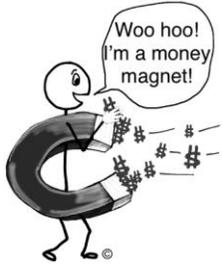
Commitment to Myself Gameboard

I make these commitments to myself



Be Sure To ~~~~~

Sign & Date



Upon Waking Journal Page

Date: _____

I give thanks, in deepest gratitude for this prosperous, productive, perfect day!

I accept *“what my life IS in this moment.”*

In deepest gratitude I accept, claim and use my power to

I consciously choose to BE LOVE Energy. In deepest gratitude I infuse all aspects of my day and life with LOVE. I am a magnet for experiences of LOVE Energy.

Infinite Spirit, open the way and “show me” the action steps to

I consciously direct my Subconscious Power to manifest THIS or BETTER. In deepest gratitude I give thanks for THIS or BETTER - and so it is.

Dearest Angels, please...

I am SAFE. It is SAFE to BE ME.

I Breathe Deeply!

___ I will remember to use my Chaos Flush energy system if I need it!

___ I will check-in and be AWARE of my energetic vibration.

Sign _____ Date _____

Before Sleep Journal Page

THREE things I'm grateful for today:

I took Deep Breaths today ____ Yes ____ No I commit to breathing deeply.

Today I did or did not use my power - I learned this about myself (I used these support tools, took these action steps and my results were):

Infinite Spirit, in deepest gratitude I thank you for

I didn't know how I would do this ... but I did it anyway! I manifested *THIS or Better!*

I wake up happy!

____ My Worry Angel is employed!

Sign _____ Date _____

Weekly Progress Gameboard



Week _____

This was my biggest "Aha!" moment this week:



This is how I used my power this week:



Sign & Date _____

Gratitude Manifesting Gameboard

I see it! I see
* what I want *
manifested!!

Dearest Infinite Spirit,



Sign & Date