

Soul Choices Journal

This journal is an extension of the Celebration Movie.

It is the companion that will assist you in your movement forward.

We are committed to fostering growth and momentum and that is what the movie is all about.

Watch the movie twice daily and see how simply things become magic.

Designed to assist you in your transformation, living the life you want to live today.

This Journal will take you through a series of probing question that will direct you.

A look at where you are now and where you want to go will begin with some thought from you. When you want to make a move in any direction of your life assessment is the first course of action. This is set up so you can print it off and complete.

Simply questions can lead to the most profound discoveries...

Who am I today?

Look at how you feel about things.

Define it here.

Examine what creates a certain feeling for you.

Define it here.

Envision your reactions to situations or issues

Define it here

What are your dreams and aspirations?

Define it here.

Discover who you are....

Define your life today!

Where do I go from here?

Making decision for the present or future can be overwhelming.
Small decisions enable you to create a more relaxed and gentler
transition into the larger picture.

Assessment from this position allows you to move toward your goals
and still maintain daily forward momentum.
Assess your position.

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What are my goals?

This is a broad question, let's break it down
Take each one and break it down again
A week can be broken into days, a month into weeks etc.
Decide on your goals: where you want to go and how
you are going to get there from here
Building daily on your goals will assist you in seeing the larger picture
in smaller pieces and you are able to manage and reach them
more efficiently.

My goals for the day are...

My goals for the week are....

My goals for the month are.....

My goals for the next 3 months are....

My goals for the next 6 months are...

My goals for the next year are....