

Change the Narrative

**CREATE A
GREAT DAY
JOURNAL FOR MEN**



**LIVE A STORY THAT
YOU WANT
TO HAVE READ**

LIV
Vibrantly
By LV



Welcome

The Create a Great Day Journal was designed to support you on your beautiful journey. This journal is a gentle reminder that you are **H**ealthy and **E**mpowered.

It is possible for you to equip yourself with the necessary tools and strategies to keep moving forward. As you become more aware of your words, thoughts, and actions you have the power to make choices that will bless your life. Journaling is an excellent tool to help clear your mind and create space for new options.

Each day offers new promises and new possibilities. Believe that all things are working in your favor — Express gratitude for every step that you take. Never miss an opportunity to create change.

Be Well | Be Blessed | Be Authentic
Liv Vibrantly

AFFIRMATIONS

This is a great day to be intentional.

I AM worthy and valuable just as I AM.

I embrace change with calmness, courage, and clarity.

I choose to create a life filled with peace and joy.

I allow myself to be healthy and happy.

I AM choosing my words wisely.

I AM able to face this day and rise.

I trust myself to make wise decisions. I choose by faith.

I choose to think well of myself, others, and
the world around me.

GREAT THINGS HAPPEN TO ME EVERY DAY

Soulful Sunday

TODAY'S AFFIRMATION

MY INTENTION IS.....

WHAT I NEED TODAY IS.....

WHAT SIMPLE THINGS WILL YOU DO TODAY THAT WILL NOURISH AND RESTORE YOUR SPIRITUAL, MENTAL, OR EMOTIONAL WELL-BEING?

GREAT THINGS HAPPEN TO ME EVERY DAY

Mindful Monday

TODAY'S AFFIRMATION

MY INTENTION IS.....

TODAY, I AM INSPIRED TO LEARN, CHANGE, OR CREATE...

GIVE THANKS FOR WHAT WENT WELL TODAY.

GREAT THINGS HAPPEN TO ME EVERY DAY

Transformational Tuesday

TODAY'S AFFIRMATION

MY INTENTION IS.....

WHAT CHALLENGE CAN YOU TRANSFORM INTO AN OPPORTUNITY AND CREATE A BETTER OUTCOME?

GIVE THANKS FOR WHAT WENT WELL TODAY.

GREAT THINGS HAPPEN TO ME EVERY DAY
Wellness Wednesday

TODAY'S AFFIRMATION

MY INTENTION IS.....

**WHAT RADICAL ACT OF WELLNESS WILL YOU
EMBRACE TODAY?**

GIVE THANKS FOR WHAT WENT WELL TODAY.

GREAT THINGS HAPPEN TO ME EVERY DAY
Thankful Thursday

TODAY'S AFFIRMATION

MY INTENTION IS.....

WHO AM I MOST GRATEFUL FOR IN MY LIFE AND WHY?

GREAT THINGS HAPPEN TO ME EVERY DAY
Feel Good Friday

TODAY'S AFFIRMATION

MY INTENTION IS.....

WHAT BRINGS YOU JOY?
HOW CAN YOU CREATE SPACE FOR MORE JOY IN YOUR LIFE?

ONE THING YOU DID TODAY THAT BROUGHT YOU JOY WAS...

GREAT THINGS HAPPEN TO ME EVERY DAY
Self-Care Saturday

TODAY'S AFFIRMATION

MY INTENTION IS.....

LIST 3 SELF-CARE ACTIONS THAT WORK WELL FOR YOU.

-
-
-

WHICH ONE DID YOU CHOOSE TODAY AND WHY?

SELF-CARE BINGO

GOT DRESSED IN MY FAVORITE OUTFIT	READ SOMETHING INSPIRATIONAL	REPEATED THE WORDS "PEACE BE STILL" OFTEN	PROCESSED MY FEELINGS WITHOUT JUDGMENT	COMPLIMENTED SOMEONE ELSE
MEDITATED OR TOOK QUIET TIME	ATE GOOD FOOD	LISTENED TO MY BODY	LAUGHED JUST BECAUSE	ASKED FOR SUPPORT
LIT A WHITE CANDLE FOR TO WELCOME CLARITY	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	FORGAVE MYSELF
ENJOYED A GOOD CUP OF HERBAL TEA	GOT 6-8 HOURS OF SLEEP	CANCELED A NEGATIVE THOUGHT	LISTENED TO MY FAVORITE SONGS	TOOK INVENTORY OF MY STRENGTHS
BREATHE ON PURPOSE	GOT CREATIVE AND MADE SOME ART	DECLUTTERED A SPACE	WROTE IN MY JOURNAL	PRACTICED SELF - COMPASSION

Let's Connect



I am La Vonne Weaver,
I CREATE FOR CHANGE.

Liv Vibrantly is a purpose-filled community where you will find beautiful art, affirmations, apparel, resources, and workshops that will empower and inspire you.

WOULD YOU LIKE A PERSONAL TOUCH OR KNOW SOMEONE WHO DOES?

Liv Vibrantly Specialties are.....

- Personalized Affirmation & Scripture / Prayer Boxes with your name
- Your Favorite Scripture on a Tile or Canvas Board
- Inspirational Swag Bags for your groups or virtual celebrations
- Send an Encouragement Box directly to someone you love, care about, and who could use some positivity.

Inspiration Never Goes Out of Style!

Click here to shop Inspiration

Click here to join the Liv Vibrantly Facebook Group

