

LIV
Vibrantly

BY LV

Change the Narrative

**CREATE A
BEAUTIFUL DAY
JOURNAL
FOR WOMEN**



LIVE A STORY THAT
YOU WANT
TO HAVE READ



Welcome

The Create a Beautiful Day Journal was designed to support you on your beautiful journey. This journal is a gentle reminder that you are **Strong, Healthy, and Empowered.**

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 the 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

I AM worthy and valuable just as I AM

I AM bold, brilliant, and beautifully blessed.

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

I allow myself to be healthy and happy.

I treat everyone I meet with love and respect.

I AM able to face this day and rise.

I AM surrounded by love.
Love flows through my words, thoughts, and actions.

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

BEAUTIFUL 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?**

BEAUTIFUL THINGS HAPPEN TO ME EVERY DAY

Mindful Monday

TODAY'S AFFIRMATION

MY INTENTION IS.....

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

GIVE THANKS FOR WHAT WENT WELL TODAY.

BEAUTIFUL 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.

BEAUTIFUL THINGS HAPPEN TO ME EVERY DAY

Wellness Wednesday

TODAY'S AFFIRMATION

MY INTENTION IS.....

HOW WILL YOU INVITE WELLNESS INTO YOUR LIFE TODAY?

GIVE THANKS FOR WHAT WENT WELL TODAY.

BEAUTIFUL 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?

BEAUTIFUL 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 JOY PRACTICES?**

ONE THING YOU DID TODAY THAT BROUGHT YOU JOY.

BEAUTIFUL THINGS HAPPEN TO ME EVERY DAY

Self-Care Saturday

TODAY'S AFFIRMATION

MY INTENTION IS.....

LIST 3 SELF-CARE ACTIONS THAT WILL RESTORE AND NOURISH YOU.

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-
-

WHICH ONE DID YOU CHOOSE TODAY AND WHY?

SELF-CARE BINGO

GOT DRESSED IN MY FAVORITE OUTFIT	READ SOMETHING INSPIRATIONAL	REPEATED THIS MANTRA OFTEN "PEACE BE STILL"	PROCESSED MY FEELINGS WITHOUT JUDGMENT	COMPLIMENTED SOMEONE ELSE
TOOK TIME TO MEDITATE AND PRAY	ATE GOOD FOOD	LISTENED TO MY BODY	LAUGHED JUST BECAUSE	ASKED FOR SUPPORT
LIT AN AROMATHERAPY CANDLE	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	REFRAMED A NEGATIVE THOUGHT	LISTENED TO MY FAVORITE SONGS	DISCOVERED SOMETHING NEW TO LOVE ABOUT MYSELF
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.

DO YOU NEED A LITTLE ENCOURAGEMENT OR KNOW SOMEONE WHO DOES?

LIV VIBRANTLY OFFERS:

- Personalized Affirmation & Scripture/Prayer Boxes with your name
- Your Favorite Scripture on a Tile or Canvas Board
- Inspirational Swag Bags for your sister circle or special virtual celebrations
- Send a Secret Sister 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 for more inspiration

Click here to join the Liv Vibrantly Facebook Group

