

Awaken to Transformation



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This Journal of Inner Transformation

belongs to

“Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power.”

- Lao Tzu

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The Power of Journaling

- 1, Show up every day (whether you feel like it or not). Commitment shows your intention to change and grow.
2. Become still – quiet the distractions (TV, phone, laptop, other people).
3. Daily journaling allows the mind to calm down and for an environment of inner order to be created.
4. This is a time to get to know yourself – warts and all! So, write down both your experiences and how you FELT.
5. This is a time to release and let go of private fears, anxiety, depression, anger, and overwhelming feelings. It's also a time to celebrate joy, excitement, and happiness.
6. Now stop, breathe, and SMILE to yourself.
7. Write down 3 things you are grateful for. To help you start, print out the daily affirmations below.
8. Become still and notice if any thought or words of encouragement, any images, or songs pop into your mind. Write these down and reflect on them. You are beginning to listen to your intuition (that voice inside you that encourages you to be the best version of yourself).

Congratulations

You are beginning to see yourself and this is the first step to loving yourself.

You deserve to be loved!

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How to Grow in Gratitude

Each morning: Read the daily affirmation on waking. Then close your eyes and repeat the affirmation three times (either aloud or in your head). Now you're ready to start the day.

Each evening: Write down something that you are grateful for. It doesn't matter how small or insignificant this may be, what is important is that we start to reprogramme our minds to look out for the good things that life offers us, no matter the size or shape in which they appear.

Day 1:

Affirmation: Every day my life is transforming for the better

I am grateful for:

Day 2:

Affirmation: Today is a new day and I'm moving towards joy.

I am grateful for:

Day 3:

Affirmation: I am beginning to radiate light from the inside out.

I am grateful for:

Day 4:

Affirmation: Peace, joy and love are possible for me.

I am grateful for:

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Day 5:

Affirmation: My heart and mind are beginning to heal.

I am grateful for:

Day 6:

Affirmation: I am worthy of transformation.

I am grateful for:

Day 7:

Affirmation: Every day my life is changing for the better.

I am grateful for:

Reflections:

Congratulations on taking the first steps to your own transformation!

Now take a few moments to consider how it has made you feel to:

1. Say something 'nice' to yourself.
2. Look out for something that you are grateful for.

Continue with this exercise until it becomes a part of your daily routine.

Changing our mindset and our limiting beliefs is the start of true transformation.

The more we transform our minds, the more our whole lives will begin to change, and we will discover that we are truly on the journey to peace, love, light, and joy.

Wishing you much light and love,

Lee-Anne x 