

MY NEXT 30 DAYS
journal



MY NEXT 30 DAYS journal

Hello, gorgeous!

I'M SO HAPPY YOU'RE HERE!
READY TO MAKE THE NEXT 30 DAYS YOUR BEST 30 DAYS?

Welcome to creating your best self through focused journaling. These prompts will help you transform and live the life of your dreams.

Remember that conscious creation is a process that requires consistency and devotion. So, journal daily, at least for 10 minutes. (And, if possible, after your morning meditation.)

Let's get started!

”

*“The true alchemists
do not change lead
into gold; they
change the world
into words.”*

WILLIAM H. GASS



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AZMIA MAGANE

**ALL THE ALCHEMY: LIFE COACH •
REIKI • YOGA & MEDITATION • WRITING**

I believe in You!

WWW.ALCHEMYWITHAZMIA.COM

How to use this workbook

Hey gorgeous! Welcome to this workbook that's all about YOU. Are you ready to make your next 30 days the best 30 days of your life? Then you're in the right place.

This journal will help you examine the various aspects of your life: love and relationships, friendships, adventure, environment, health and fitness, spirituality, career, skills, intellectual life, creative life, family life, and community life. By taking time to examine each aspect of your life, you'll be able to identify areas that are already strong and areas where there's room for growth.

You'll be prompted to write out your goals for each individual area, as well as write out affirmations and action steps you can take to make your dreams come true. Getting clear on what you want is the first step to creating the life of your dreams! Once you've gotten clarity on what it is you want, your next steps will become clear to you. You can then use these discoveries to create a vision board that will serve as a visual reminder of all the things you desire for yourself.

YOUR LIFE BALANCE

What does life balance mean to you?

How are you feeling about life now?

Before we begin, I want you to think about where you are right now. Write down three to five words that describe how you feel about where you are in life right now. Are you frustrated with some areas but happy in others? Do you feel stuck? Are you feeling unmotivated? Unclear on what to do next? Overwhelmed?

Be honest. There's no judgment -- this is just for you, so you can get a better idea of how you've grown at the end of the 30 days.

Once you complete your first 30 days, you'll be asked to do this exercise again at the end.

Be ready to see some energetic shifts!

TAKE INVENTORY

How do I feel about my life right now?

12 AREAS OF LIFE BALANCE

LOVE RELATIONSHIPS

This is a measure of how happy you are in your current state of relationship – single and loving it, in a relationship, or desiring one.

FRIENDSHIPS

This is a measure of how strong of a support network you have. Do you have at least five people that you trust and love being around?

ADVENTURES

How much time do you get to travel, experience the world, and do things that open you up to new experiences and excitement?

ENVIRONMENT

This is the quality of your home, your car, your office, and the general spaces where you spend your time. What do you love? What can you improve?

HEALTH AND FITNESS

How would you rate your health, given your age and any physical conditions?

INTELLECTUAL LIFE

How much time do you set aside to learn new things, and how fast are you learning? (Reading books, listening to podcasts... it all counts!)

SKILLS

How are you improving the skills that make you unique and help you build a successful career, or enjoy doing as a meaningful past time?

SPIRITUAL LIFE

How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful?

CAREER

Are you growing, progressing, and excelling? Or do you feel stuck in a rut? If you have a business, is it thriving or stagnating?

CREATIVE LIFE

Do you paint, write, play music, or engage in other activities that channel your creativity? Or are you more of a consumer than a creator?

FAMILY LIFE

How is your relationship with your partner, parents, and siblings? If you don't have immediate family, how are your relationships with your closest friends and extended family?

COMMUNITY LIFE

Are you giving, contributing, and playing a definite role in your community?

Define your perfect

LIFE BALANCE AREAS

1 LOVE & RELATIONSHIPS

2 FRIENDSHIPS

3 ADVENTURES

4 ENVIRONMENT

5 HEALTH AND FITNESS

6 INTELLECTUAL LIFE

Define your perfect

LIFE BALANCE AREAS

7 SKILLS

8 SPIRITUAL LIFE

9 CAREER

10 CREATIVE LIFE

11 FAMILY LIFE

12 COMMUNITY LIFE

Love & Relationships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. *"I want to feel more intimate with my partner"* or *"I want to place personal boundaries in a loving way."*

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. *"I am showered with appreciation & love"* or *"I am worthy of self-care time."*

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. *"Create a vision board"*, *"Script my boundary setting for a challenging situation and rehearse it."*

Friendships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want my friendship to be less gossipy and more mindful" or "I want to allow more time for socializing."

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AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I place my boundaries gently but firmly" or "I am free to meet my friends weekly."

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Set a reminder to meet with friends," "Delegate chores to free up time to see friends."

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Adventures

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to travel once a month," or "I want to explore exciting opportunities."

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AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, such as "I am an explorer and a free soul by nature."

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize local trips every month," or "Visit a new place locally each weekend."

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Environment

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to live in an inviting home that brings me joy" or "An inspiring, minimalist workspace."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "My home is well-organized, clean, and filled with quality items."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Create a home budget and contribute to it monthly," "Declutter home & purge once a month."

Health and Fitness

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Feeling energized and strong," "Improving my sleep routine" or "Eating nourishing food."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "My body is vibrant and powerful " or "I eat nourishing foods."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Develop a weekly workout routine," or "Prepare homemade food twice a week."

Intellectual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Expand my worldview" or "Learn new things that interest me."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "My consciousness is infinitely expansive" or "I learn new things with ease."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Subscribe to a quality podcast", "Read a book every month."

Skills

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Learn to play the Moonlight Sonata" or "Become proficient in handling conflicts gracefully."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I am devoted and persistent" or "I am a good communicator."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Master one section of the Sonata every week," "Role play conflicts to prepare in advance."

Spiritual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Being in touch with my inner being" or "Tapping into the flow zone with ease."

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AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I am universally loved and supported" or "Flow and focus come naturally."

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Meditate and journal daily," "Speak mindfully and never gossip."

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Career

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Establish a stream of passive income" or "Be recognized as an expert in my field."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I work less and earn more" or "I am one of the best at what I do."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Launch a templates webshop," "I share my knowledge actively on social media."

Creative Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I practice my favorite form of creative expression daily."

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AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "Creativity is my natural state. I deserve daily time to be creative."

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Block a time every day/on the weekends to express myself creatively."

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Family Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Show more love and spend more quality time with my family."

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AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I have enough time and desire to be present and playful with my family."

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ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize weekly board game nights" or "Spend 20 mins/daily with each family member."

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Community Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Sign up for that plant-a-tree action with the local NGO" or "Share my expert knowledge on social media."

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. "I happily give back through my engagement in the local community."

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Open up an Instagram account and post expert posts 3x a week."

Yearly Vision Calendar

FOCUS ON ONE LIFE AREA EACH MONTH

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| JANUARY | FEBRUARY | MARCH |
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| APRIL | MAY | JUNE |
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| JULY | AUGUST | SEPTEMBER |
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| OCTOBER | NOVEMBER | DECEMBER |
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Monthly Planner

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

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DATES TO REMEMBER

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Daily

PLANNER

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NOTE:



3 THINGS I AM GRATEFUL FOR

TOP PRIORITY

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THINGS TO GET DONE

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Congrats! You did it!

WHAT A JOURNEY!

Jot down three words that describe how you feel now that you've been working towards your goals with clarity and confidence the past 30 days:

WORK WITH ME:

Life coaching | Distance reiki | Private yoga & meditation | Copy for your biz

EMAIL ME AND LET'S CONTINUE YOUR AMAZING TRANSFORMATION:

HELLO@ALCHEMYWITHAZMIA.COM

”

*“The true alchemists
do not change lead
into gold; they
change the world
into words.”*

WILLIAM H. GASS



@alchemywithazmia



hello@alchemywithazmia.com

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REIKI • YOGA & MEDITATION • WRITING**

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