

# REMEMBER ME.



*Your life is a  
direct reflection of  
your mindset.*

# HOW TO USE YOUR NEW JOURNAL

*Created by Coach Mia*  
[www.miajerritt.com](http://www.miajerritt.com)

Your journal is a reflection of you and therefore, can be practiced in whatever way feels right for you.

It's not about making sure you write daily – it's about developing a practice of reflection on what is working or not working; what needs to be done or let go of; what is important to acknowledge and celebrate; witnessing your fears without allowing them to lead; re-connecting to You.

Let this be FROM you, through you and FOR you.

Progress instead of perfection.

Commitment instead of judgement.

Reflection instead of dissection.

# DAILY/WEEKLY JOURNAL

MON TUE WED THU FRI SAT SUN

DATE: \_\_\_\_\_

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*I am grateful for...*

# DAILY/WEEKLY JOURNAL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

*I am grateful for...*

## UNDERSTANDING MY FEARS

Take some time to identify situations which trigger fear in you, the reasons why, and the emotions attached to the fears. Then, list the strategies you use to protect these fears. Shining a light on your fears helps to disable them.

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*"I am stronger than my fears."*

# AREAS TO EXPLORE

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Old Me

New Me

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yes!

Journal with Coach Mia.

# REWRITE HISTORY

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Make a list of times this week that feel like failures AND then note how you overcame them, or managed to move on from them. Awareness always creates the opportunity for new choices.

*Failure is a beautiful teacher.*

# WHAT DO I WANT IN MY LIFE THIS WEEK?

MORE OF

LESS OF

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Now reframe your 'less of' statements into 'more of' statements such as I want less drama might become I want more peace and quiet.



# LISTEN TO YOUR WORDS

Created by Coach Mia  
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- Pay attention to how you speak to yourself.
- If it's positive, give it your full attention and believe it.
- If it's critical, check in to see what is a fact.
- Apply the no name-calling rule.
- Watch for the bankruptcy words - but, should, could, try, hope, wish, need, overwhelm, lucky, hard, fair, wish, stop, don't.
- Replace with neutral words like: will, choose, and, can.

Notice negative self-talk here and record what you choose as a positive or neutral statement.

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What I focus on grows.

# YOU CAN'T HEAL IF YOU DON'T FEEL

Triggers are the human way of learning what is in our blinders, what we cannot see, or what we cannot feel. They are meant to teach us a lesson and to help us grow into bigger and bolder versions of ourselves. Triggers are also an opportunity to create new and improved choices.

List all of your triggers here and the emotions they create and then notice how often these show up for you this week. What will you do with this new awareness.

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Triggers help us to heal.

# TIPS FOR SELF-LOVE & COMPASSION

- **You are responsible for your life!** Stop waiting for someone else to do it for you. Life can happen because of you or in-spite-of you.
- **Believe in yourself** like no one else. Have a chat with your shadow self. What you believe IS true and your choices come from your beliefs which ultimately become your reality.
- There are no mistakes unless you keep repeating the same one. Your challenges are your greatest teachers – without them, there is no growth.
- Quiet time daily in the form of walking, journaling, meditating etc.
- **Take care of yourself** like you take care of others. Keep yourself so full that you have an abundance to give.
- Focus on what you have to be grateful for. A gratitude journal is a powerful place to create positive mind shifts.
- Be obedient to the call of the **DREAM**. Believe you can and you can.
- Keep your vibration high by surrounding yourself with people and things that support your high vibration. Eliminate energy drains.
- It begins and ends with you. Ask the difficult questions and wait for the answers. Do the difficult work and watch what you create.
- Always remember your body is an instrument not an ornament. Love it with all its imperfections.
- Treat your body in a way that no one else can or will. Nourish it with good food, water, rest, fresh air.

# TIPS FOR SELF-LOVE & COMPASSION

- No is a complete sentence – sometimes it just needs to be followed up with the words, 'thank-you'.
- Keep your energy clean. What you read, watch on tv, follow on social media, surround yourself with, join in groups, all contribute to the energy you absorb.
- Your beliefs determine your behaviors. Your behaviors influence your relationships. Your beliefs and behaviors affect your results. And your results reinforce your beliefs.
- **You always have a choice** and sometimes the belief, 'I don't have a choice', is a choice. Stand back to see the other hidden choices.
- Assumptions are false facts created to fit a narrative. They are created by our thinking and come from our past experiences in life. Get clear on the difference between facts and assumptions in all stories and situations.
- **LOVE** is the frequency for both acceptance and forgiveness. When we forgive, accept and surrender, we release the energy that is trapped and create space for something new. **FORGIVENESS** is **POWERFUL!**
- Intuition – in-to-me-I-see. Your intuition is a powerful gift, and it resides in each of us. The more we lean back and allow the Universe to match our vibration, the easier it is to access intuition.
- **LASTLY** – be your own best friend, mentor, champion, and cheerleader. Celebrate your wins regardless of how significant and let go of the mean girl that's living rent free in your head. It's time for her to find new accommodations.