



MIA BOLDEN
EMPOWERMENT BUSINESS COACH

30 DAY
WOMEN'S

EMPOWERMENT JOURNAL

From stuck to
UNSTOPPABLE



START HERE

Journaling has been a huge part of changing my life and my career for the better.

Journaling helps get things out of your head so you can think clearer and figure out what you want and don't want in your life.

When I did this exercise I had things come up for me from my past that I thought I was over....

But to my surprise it was still there:/

Once I addressed the issues I was able to truly move forward and I want the same for YOU!

In this journal I'm going to give you prompts to help you get clarity on what has been holding you back.

As well as helping you get clear on where you're going which will help you feel more empowered and in control of your life!

Remember as you're filling out your "I AM" statements that they must feel good to you.

I like to use "juicy" words and words that make me feel good and put a smile on my face.

START HERE

Here are a few of mine....

“I AM living my best life”

“I AM in the flow of everything that is meant for me”

And

“I’m grateful for my pretty purple mani/pedi!”

“I’m grateful for the air I breathe easily and effortlessly!”

You’re going to go through the journal for 30 consecutive days.

Take 4 minutes preferably first thing in the morning to answer what I call the “Big 4” and the daily question.

YOU ARE WORTH 4 MINUTES!!

Congrats on taking the steps to living YOUR best life by starting here!

Let’s Do This!

Your Empowerment Coach

Mia Bolden

DAY 1



You Don't Have To Be Great To Get Started But You Have To Start To Get Great!

- L.B



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Will Make
Today Great**



**Today's Clarity Question?
What Are 4 Goals You Would Like To Accomplish In The Next 30 Days?**

DAY 2



Life Shrinks Or Expands In Proportion To One's Courage!

- A.N.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Things You're Grateful For



**Today's Clarity Question?
What Are 4 Things You Do For Self Care?**

DAY 3



There Is No Force Equal To A Woman Determined To Rise!

- W.E.B



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Songs That Make You Feel
Empowered**



Today's Clarity Question?

What Are The Biggest Challenges You Have Right Now Holding You Back From Your Goals?

DAY 4



I Never Dreamed Of Success I Worked For It!

- E.L.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 People That Inspire You



Today's Clarity Question?

**Using Yesterday's Prompt, What Are Ways You Can Overcome The Challenges You Have?
(You Must Have A Plan. Clarity Breeds Confidence)**

DAY 5



There Is Nothing Stronger Than A Broken Woman Who Has Rebuilt Herself!

- H.G.



THE BIG 4



4 Reasons I'm Proud Of Myself



4 Things That Bring You Joy



4 I AM Statements That FEEL Good To Me



4 Things That Relax You



**Today's Clarity Question?
What Does Success Look Like For You In The Area Of Business/Career?**



I Admire Women Phenomenally. Phenomenal Women, That's Me!

- M.A.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Songs That Make You Feel
Empowered**



Today's Clarity Question?

**What Is Something You've Overcome In Life That While You Were In It You Saw No Way Out
But You've Overcome And Still Here?! (You Must Remind Yourself Of How Strong You Are)**



Know Your Worth Then Add Tax!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Make You Feel
Special**



**Today's Clarity Question?
Do You Celebrate Your Accomplishments(Big or Small)?**



How Do You (Or Will You) Celebrate?

DAY 8



I Attribute My Success To This: I Never Gave Or Took An Excuse!
- F.N.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Things You're Grateful For



**Today's Clarity Question?
What Are 4 Ways You Bring Value To The World?**

DAY 9



There Is No Limit To What We, As Women, Can Accomplish!

- M.O.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 People You Can Count On



Today's Clarity Question?

What Are 4 Things You Want To Improve About Yourself? (Be Honest)



The Most Dangerous Animal In The World Is A Smiling Silent Woman!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Will Make
Today Great**



**Today's Clarity Question?
What Events In Your Life Have Caused You Pain?**



How Can You Release The Pain From Your Past?



She Believed She Could So She Did!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Non Materialistic Things
You're Grateful For**



**Today's Clarity Question?
What Are 4 Things You Love About Yourself?**



The Most Difficult Thing Is The Decision To Act, The Rest Is Merely Tenacity

- A.E.



THE BIG 4



4 Reasons I'm Proud Of Myself



4 Things That Bring You Joy



4 I AM Statements That FEEL Good To Me



4 Places You Want To Visit



Today's Clarity Question?

Do You Trust Yourself And The Decisions You Make? (No Judgment You Just Want To Be Aware) If No, Ask Yourself "Why?"



Strong Women Don't Have Attitudes, We Have Standards!

- M.M.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Of Your Favorite Personal
Items**



Today's Clarity Question?

Who Are The People In Your Life That You Need To Forgive In Order To Move On?



*Don't Sit Down And Wait For The Opportunities To Come Up. Get Up
And Make Them!*

- C.J.W.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things You Take For
Granted**



Today's Clarity Question?

**Using Yesterday's List, How Are You Going To Forgive The People From Your Past?(Talking
With Them, Writing A Letter, Prayer) And WHEN Will You Do It**



Money Will Always Match Your Mindset



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Will Make
Today Great**



Today's Clarity Question?

What Was Your Money Story Growing Up? Did You Always Hear Things Like "You Must Work Hard For Money" "Money Don't Grow On Trees" "Rich People Are Greedy"



No One Ever Got Rich By Thinking About And Studying Poverty!

- W.W.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Make You
Smile**



Today's Clarity Question?

Using Yesterdays Answer Rewrite Your Money Story? What You Tell Yourself & Believe You Conceive. "Money Flows To Me Easily And Effortlessly" "There's More Than Enough Money For Everyone Including Me" "The More Many I Make The More I Can Give"



You Don't Find The Happy Life You Make It!

- C.K.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Ways You've Brought Joy
To Others**



Today's Clarity Question?

What Does Success Look Like To You In The Area Of Your Health And Body?



This Is Your Moment. Own It!

- O.W.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 People You Look Up To



**Today's Clarity Question?
How Do You Feel About Yourself When You're Alone Deep Down Inside?**



It Always Seems Impossible Until It's Done!

- N.M.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Inspirational Movies



Today's Clarity Question?

What Do You Want People To Say About You When You're Not Here Anymore? (And Ask Yourself Are You Moving From That Space)



The Best Protection Any Woman Can Have Is Courage!

- E.S.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Things You're Grateful For



Today's Clarity Question?

Is There A Past Disappointment Or Failure You Can't Forgive Yourself For?





Relax. Don't Be So Hard On Yourself. You Are Living And Learning. Forgive Yourself And Grow From The Experience!

- M.A.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 People You Love And
Haven't Talked To In Awhile**



Today's Clarity Question?

**Name One Thing You Learned From Each Failure Or Disappointment From Yesterday's List?
(NOW Forgive Yourself And Move On Sista)**



Stop Shrinking To Fit Places You've Outgrown!

- F.J.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Ways To Show Yourself
Self Care**



Today's Clarity Question?

What Does Success Look Like To You In The Area Of Love/Romance?



*You Are Never Too Old To Set Another Goal Or To Dream
A New Dream !*

- C.S.L.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Good Things That
Happened To You Lately**



Today's Clarity Question?

**Are There People In Your Life That You Have A Hard Time Telling "No" And You Know You
Need To Set Boundaries With Them? (Make A List)**



Take The Risk Or Lose The Chance!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Will Make
Today Great**



Today's Clarity Question?

Using Yesterday's List "How" And "When" Will You Start Setting Those Boundaries? (People Will Treat You The Way You LET Them Treat You!)



A Woman With A Voice Is, By Definition, A Strong Woman!

- M.G.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Of Your Favorite Foods



Today's Clarity Question?

What Is One Goal You Want To Accomplish This Week/Month/Year?(Add These Goals To Your Calendar)



You Never Fail Until You Stop Trying!

- A.E.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 Things You're Grateful For



Today's Clarity Question?

What Is Your Relationship With Your Higher Power? How Can You Improve That Relationship?



Be Messy, Complicated, Afraid And Show Up Anyways..!

- G.M.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things You're Naturally
Good At**



Today's Clarity Question?

What Does Success Look Like For You In The Area Of Family/Home Life?



The Best Protection Any Woman Can Have Is Courage!

- E.S.



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 People Who Make You
Feel Loved**



Today's Clarity Question?

**What Is Your Greatest Fear? (Ask Yourself..Is This A Reasonable Fear? Is There Something
You Can Do About It? Is This What's Been Holding You Back?)**



A Woman Is Unstoppable After She Realizes She Deserves Better!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



4 People Who Inspire You



Today's Clarity Question?

What Are 4 Things You Are The Most Proud Of In Your Life That You've Accomplished?



She Overcame Everything That Was Meant To Destroy Her!



THE BIG 4



**4 Reasons I'm Proud Of
Myself**



4 Things That Bring You Joy



**4 I AM Statements That FEEL
Good To Me**



**4 Things That Will Make
Today Great**



Today's Clarity Question?

**Who Are You Improving Yourself For?(Your "WHY" Needs To Be Strong Because This Is What
Will Keep You Going!)**

YES GIRL YOU DID IT!!

Hey

Lady!

I'm so proud of you girlfriend!

You did it!

To be honest it's a fact that 80% of the women who started this journal will not stay consistent and finish it.

But not you superstar you made it to the finish line!

If you're ready to take it up a notch and you're truly ready to come out of your shell and live a life that you've been dreaming about!

Then send me a message with the word "READY" to my email below and let's see if I'm the Empowerment Coach to help you get there!

Let's Do This!

MIA

✉ mia@miaboldencoaching.com
🌐 www.miaboldencoaching.com
f www.facebook.com/groups/newseasonnewreason444

