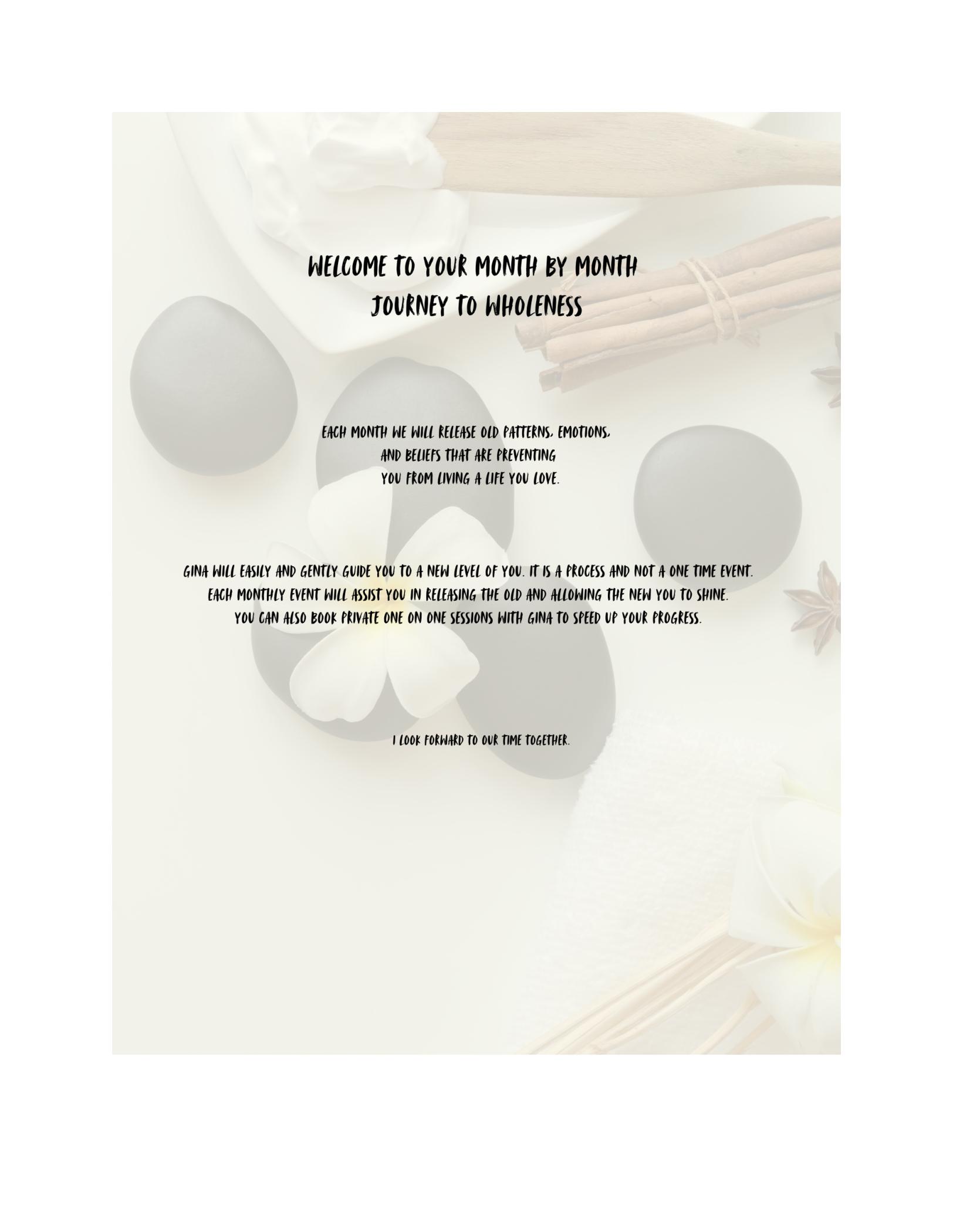


BY
GINA MARIN

MY
TIMELINE
JOURNAL

A MONTH BY MONTH JOURNEY TO WHOLENESS





**WELCOME TO YOUR MONTH BY MONTH
JOURNEY TO WHOLENESS**

**EACH MONTH WE WILL RELEASE OLD PATTERNS, EMOTIONS,
AND BELIEFS THAT ARE PREVENTING
YOU FROM LIVING A LIFE YOU LOVE.**

**GINA WILL EASILY AND GENTLY GUIDE YOU TO A NEW LEVEL OF YOU. IT IS A PROCESS AND NOT A ONE TIME EVENT.
EACH MONTHLY EVENT WILL ASSIST YOU IN RELEASING THE OLD AND ALLOWING THE NEW YOU TO SHINE.
YOU CAN ALSO BOOK PRIVATE ONE ON ONE SESSIONS WITH GINA TO SPEED UP YOUR PROGRESS.**

I LOOK FORWARD TO OUR TIME TOGETHER.

TIMELINE

Journal

JANUARY



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

FEBRUARY



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

MARCH



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

APRIL



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

MAY



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

JUNE



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



NEW EMPOWERING STATEMENT

MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

FOR NEXT SESSION

TIMELINE

Journal

JULY



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

AUGUST



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

SEPTEMBER



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

OCTOBER



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

NOVEMBER



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

TIMELINE

Journal

DECEMBER



AGE GROUP I AM WORKING WITH TODAY _____ YEARS OLD

1. Event _____
2. Belief _____
3. Emotion _____

WATER INTAKE



MOOD BEFORE AND AFTER SESSION



INSIGHTS/NOTES

NEW EMPOWERING STATEMENT

FOR NEXT SESSION

Vision Board

Write goals above the line and blocks below the line. Then attend one of Gina's Zoom meeting for each theme.
As you recode old event, beliefs, and memories you get closer and closer to your goals.

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO A FULFILLED LIFE.

<p>HEALTH</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>	<p>TRAVEL</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>
<p>CAREER</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>	<p>FINANCES</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>
<p>RELATIONSHIPS</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>	<p>SPIRITUALITY</p> <hr/> <p>BLOCKS/NEGATIVE EMOTIONS</p>