



KENYATTA
MCKINNON

AWAKENING YOUR SPIRIT AND INNER LIGHT JOURNAL

2 Week Journal to
Enlighten and Awaken
Your Spiritual Thoughts



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1st week Monday

GRATITUDE LIST:

Write down five things you are grateful for today. Why do they matter to you?

Handwriting practice area with ten horizontal gold lines on a white background.



DAILY HIGHLIGHT:

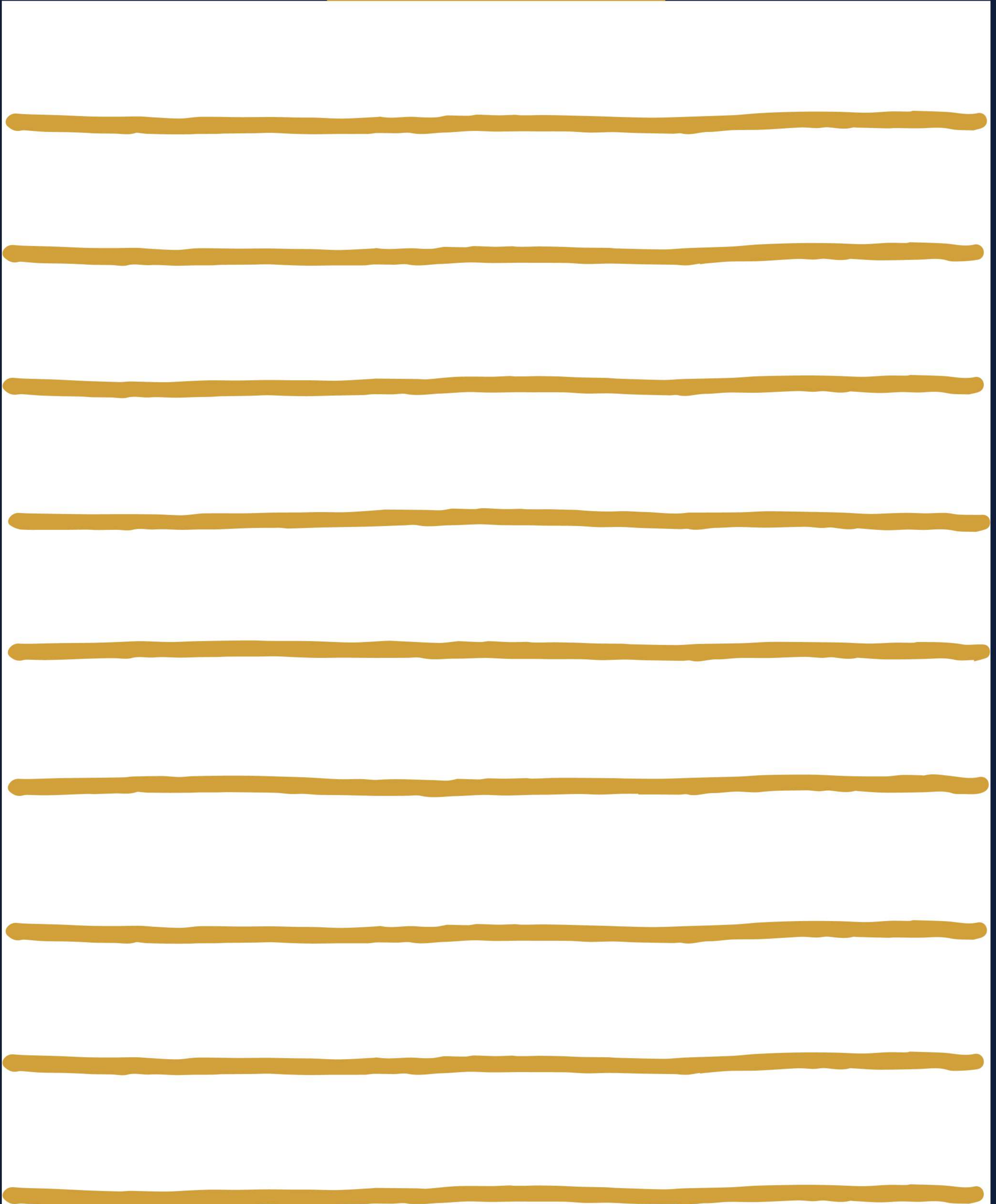
This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There is a small dark speck near the top left corner. The paper appears to be a standard notebook or ledger page.



1st week Wednesday

LESSONS LEARNED:

Reflect on a recent challenge. What did you learn from it?

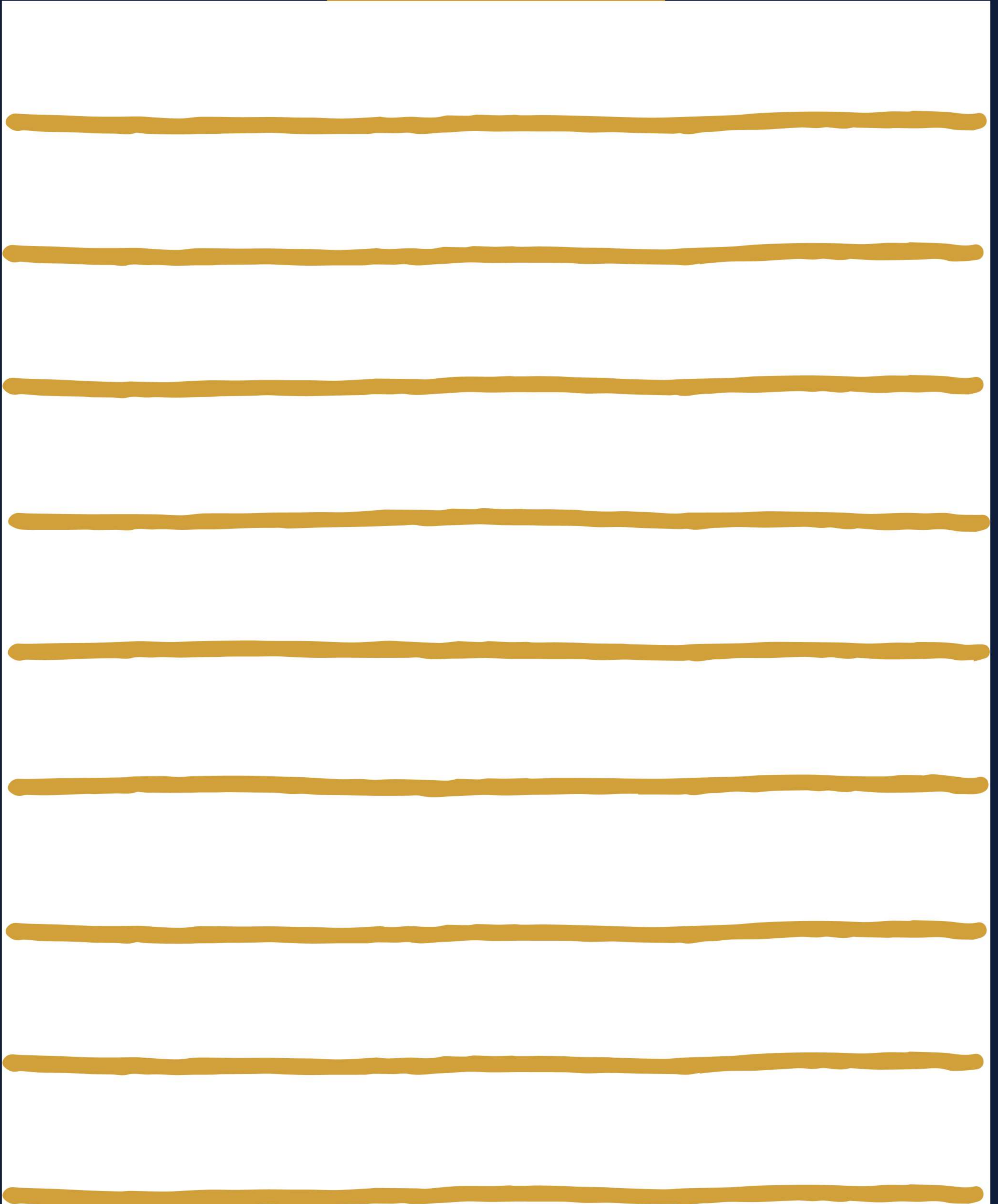




1st week Thursday

GOALS:

Write about one short-term goal and one long-term goal. What steps can you take to achieve them?

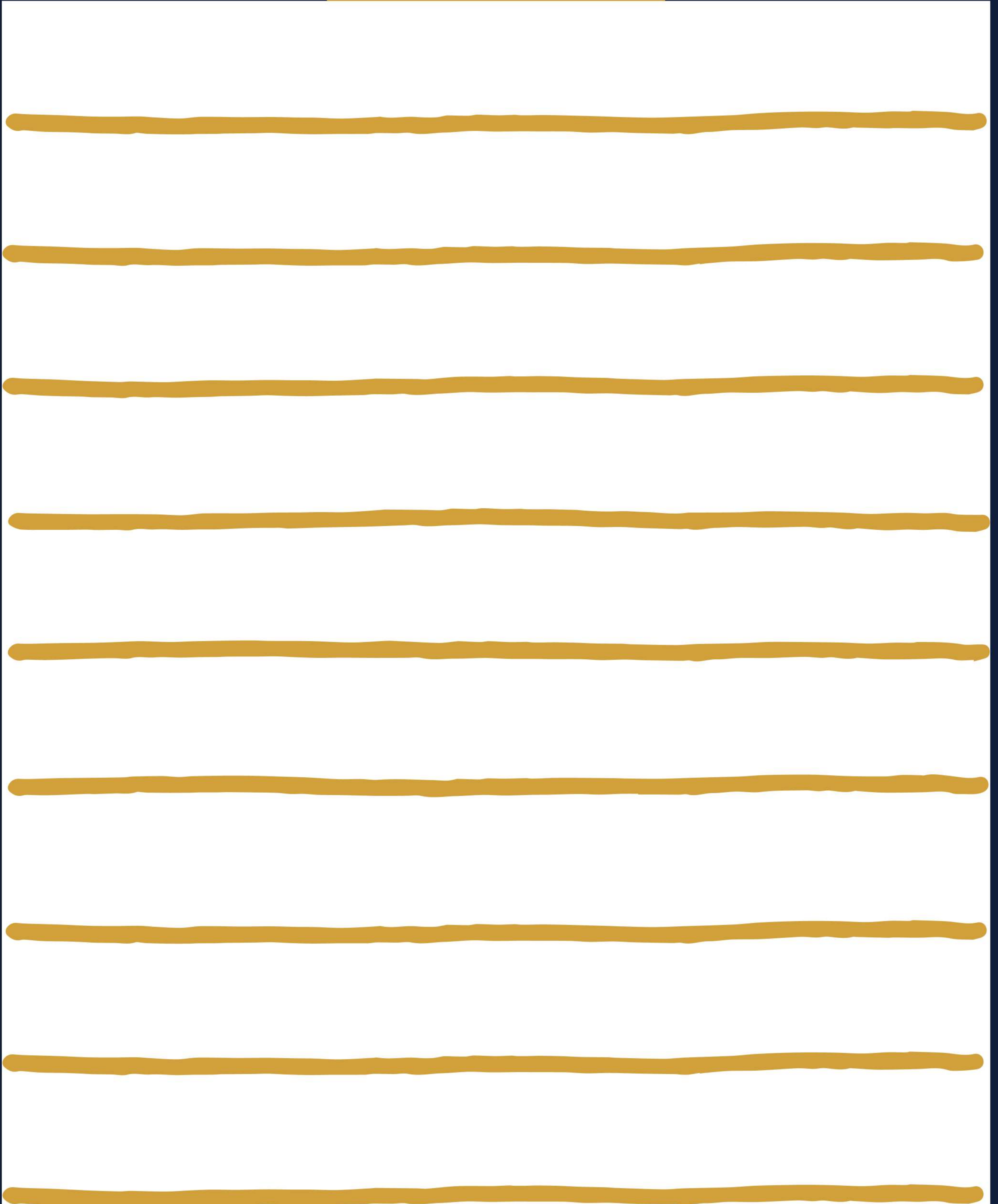




1st week Friday

FEELINGS CHECK:

How are you feeling right now?
Explore why you feel this way.





INSPIRATIONAL QUOTE:

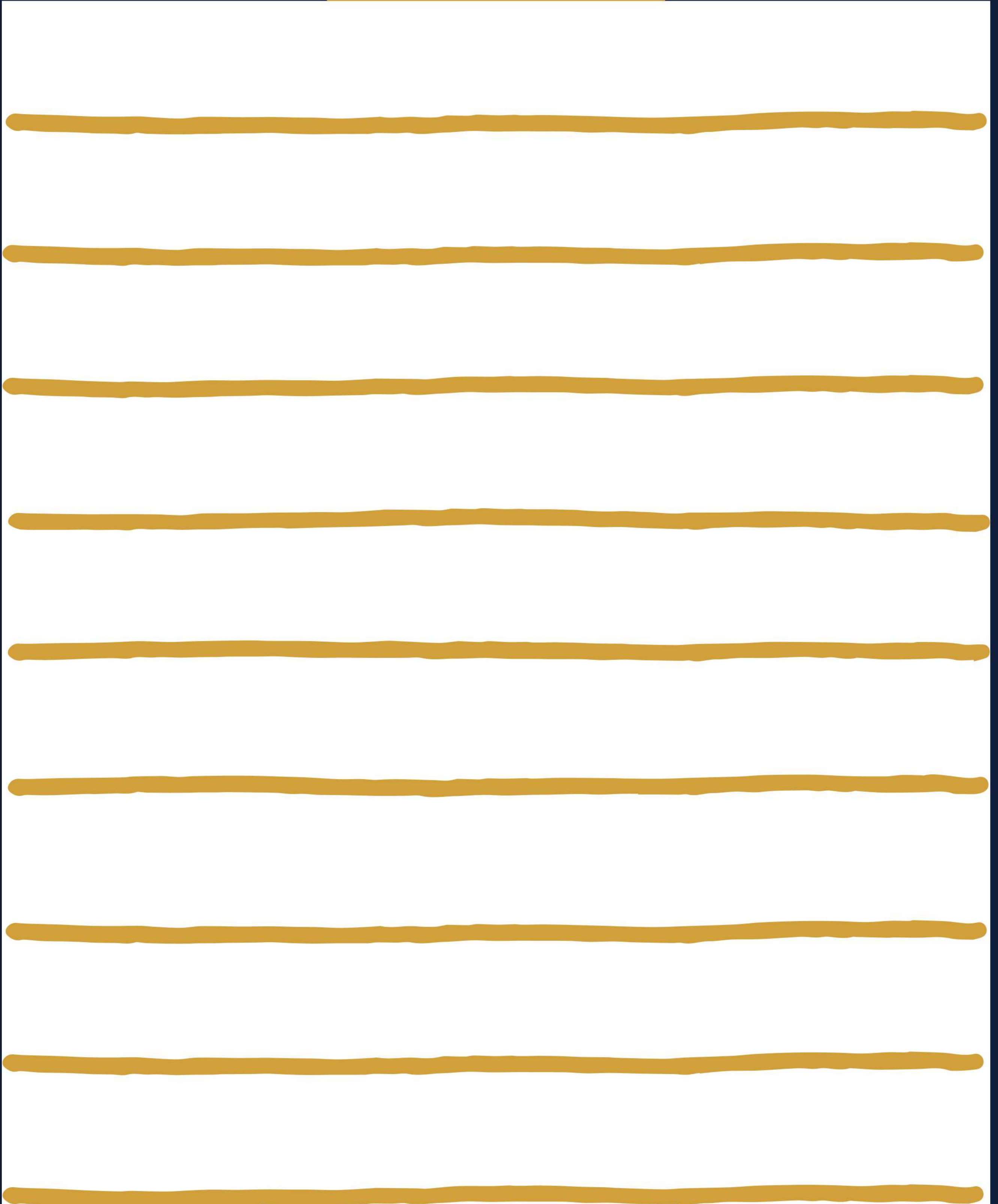
This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



1st week Sunday

FUTURE SELF:

Write a letter to your future self five years from now.
What do you hope to achieve or experience?

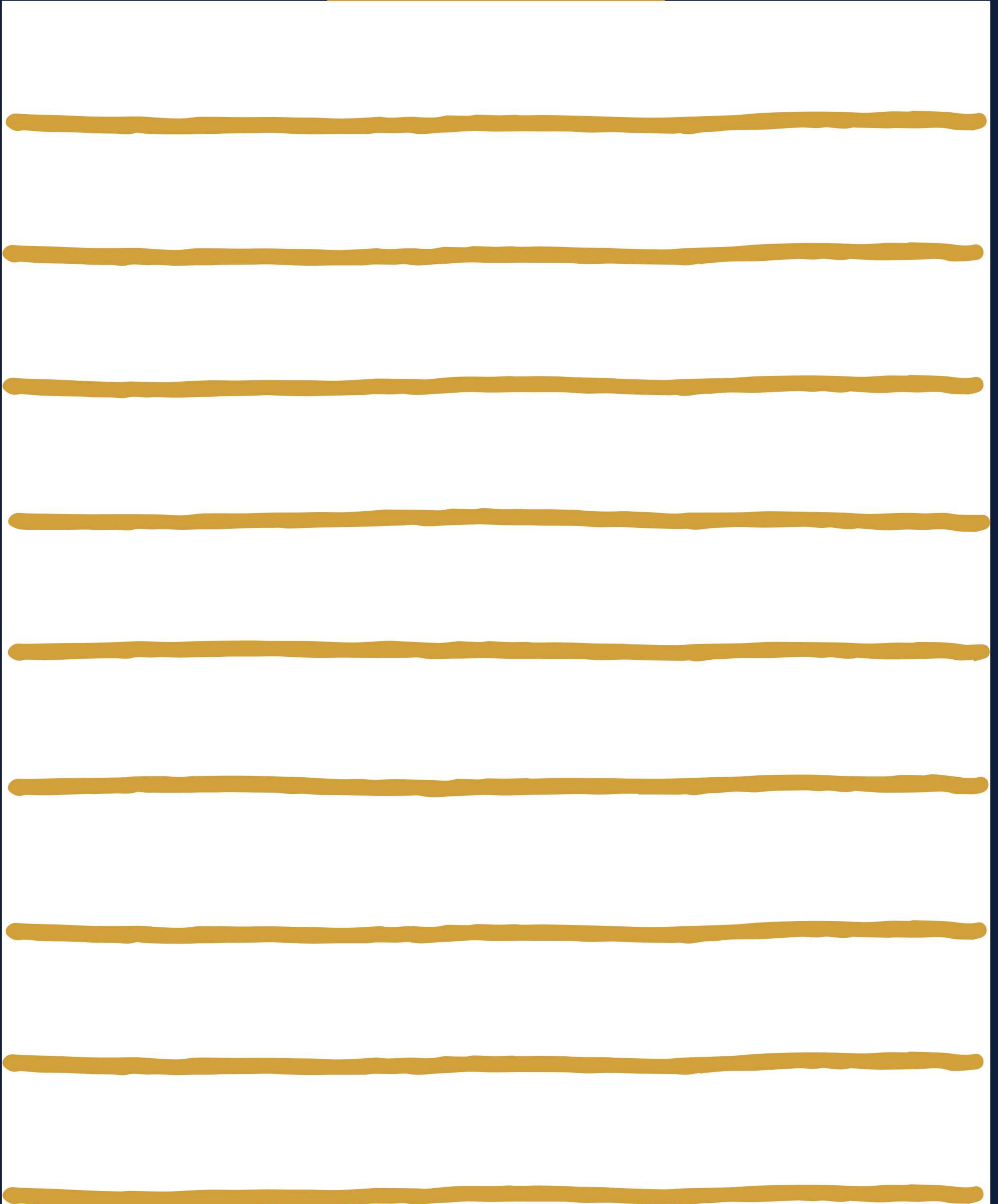




2nd week Monday

DREAMS AND ASPIRATIONS:

If you could pursue any career without limitation, what would it be? Why?

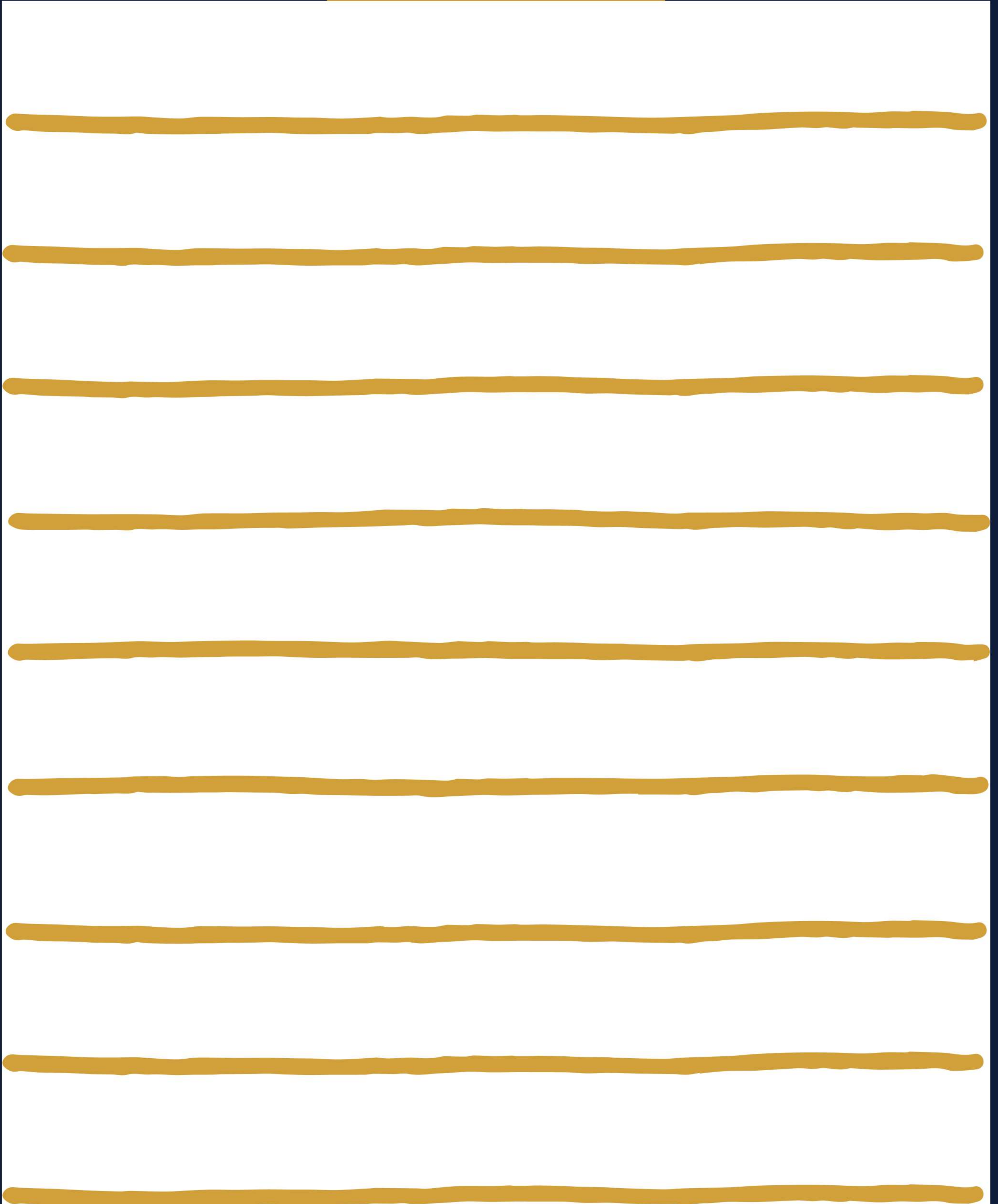




2nd week Tuesday

SELF-CARE REFLECTION:

What does self-care mean to you? Write about your favorite self-care activities.





2nd week Wednesday

NATURE CONNECTION:

Describe a time you felt connected to nature. What did you experience?

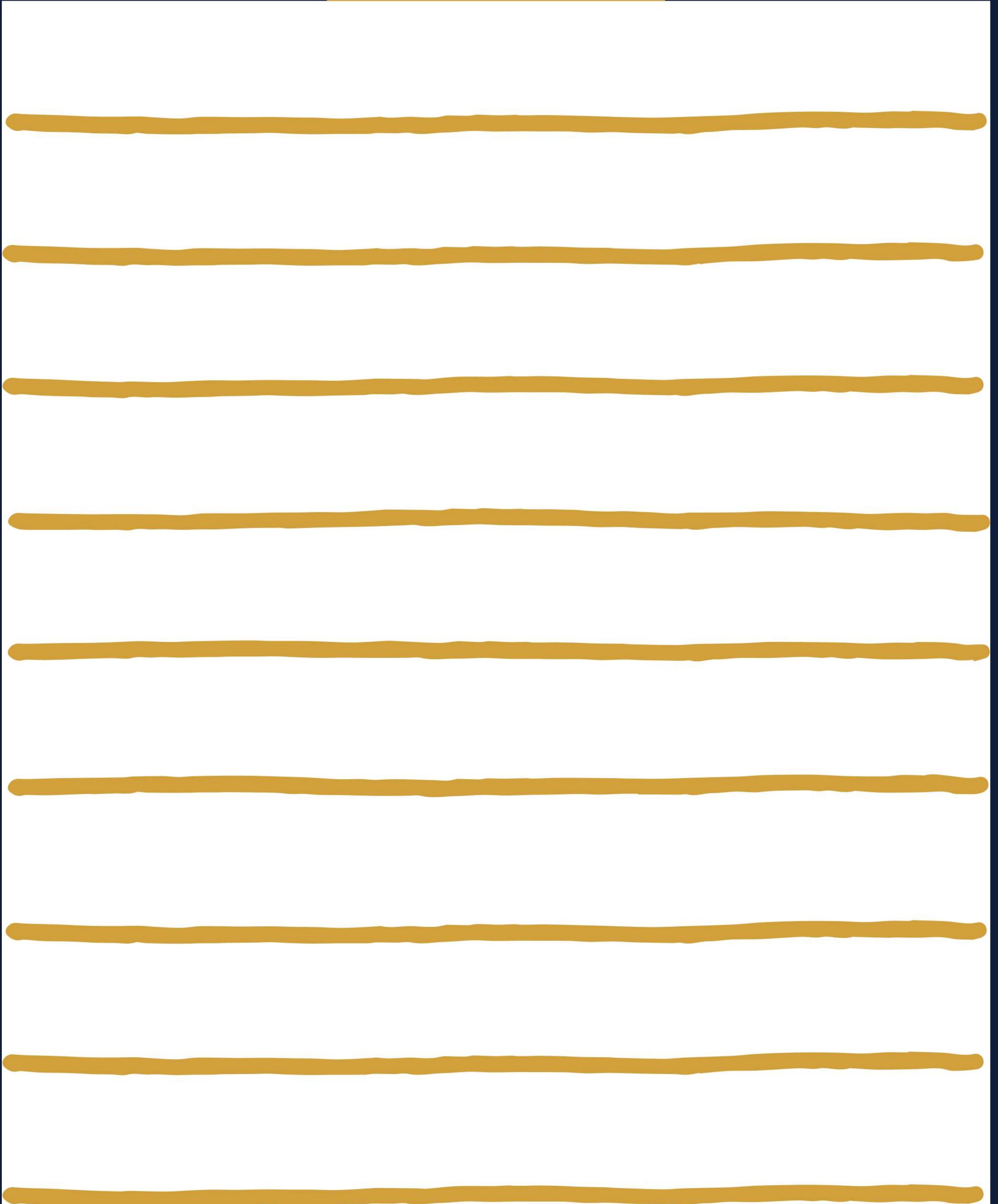
Handwriting practice lines for the nature connection prompt.



2nd week Thursday

PERSONAL VALUES:

List your core values. How do they influence your decisions and actions?

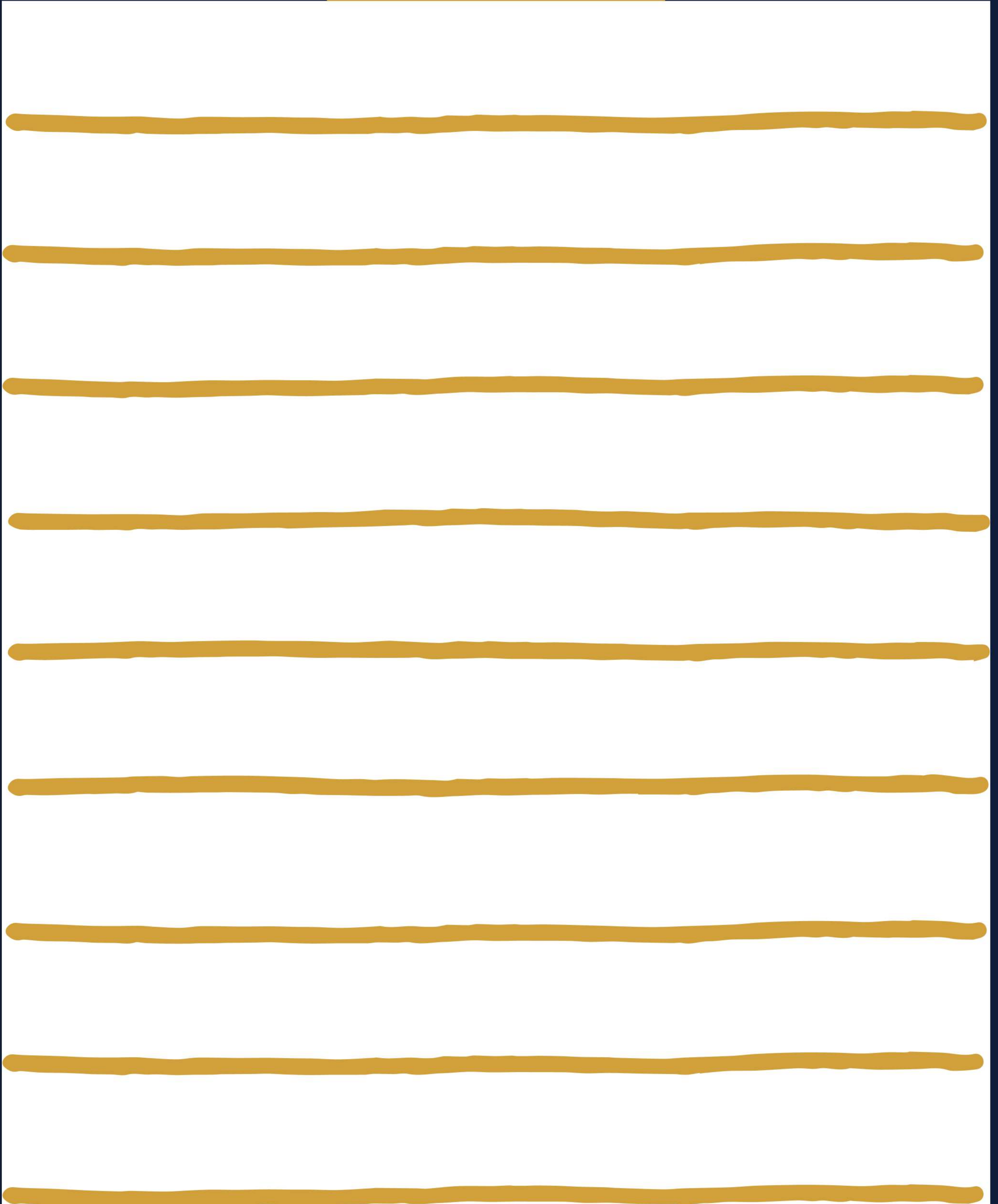




2nd week Friday

FAVORITE MEMORIES:

Write about a cherished memory from your childhood. What makes it special?





2nd week Saturday

RANDOM ACT OF KINDNESS:

Reflect on a time you helped someone or someone helped you. How did it make you feel?

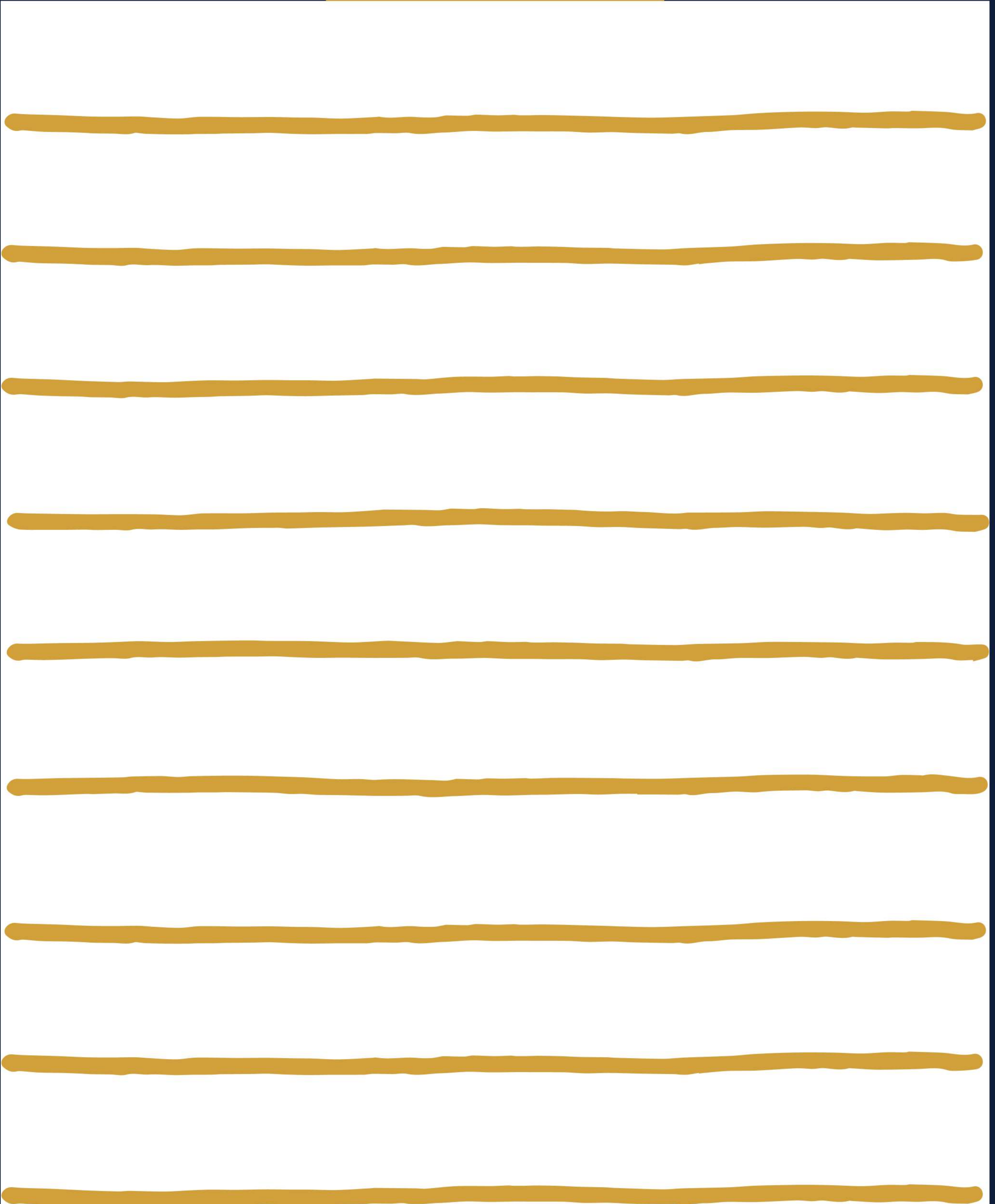
Handwriting practice area with 10 horizontal gold lines on a white background.



2nd week Sunday

HOBBIES AND PASSIONS:

What activities bring you joy? How can you incorporate more of them into your life?





WEEKLY IN REVIEW:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



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Thank You



Thank you for using this journal to track your progress and stay organized. Your dedication to documenting your journey is truly inspiring, and I hope this journal continues to serve as a helpful tool in achieving your goals. Your efforts are appreciated!



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