

AWAKEN YOUR TRUE POWER

JOURNAL



CREATED BY

Wendi M. Davis



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Welcome, beautiful.

You now have a powerful tool and step-by-step guide that is going to help you start to activate your SUPER woman power by diving deep into your thoughts to unlock the hidden path of becoming the TRUE version of yourself while making you feel really good with each and every step!

This journal was the kickstart to me feeling like a zero and turning into my own hero! Over the next 30 days, my journal will start to help you through activating your SUPER Woman Power step by step over 6 simple steps so you can start to become the shero you have always dreamed of becoming.

WENDI DAVIS



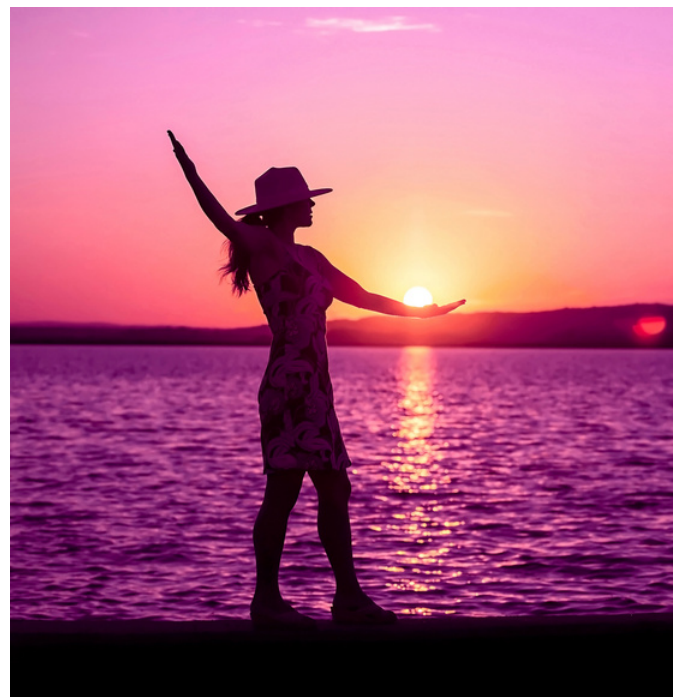
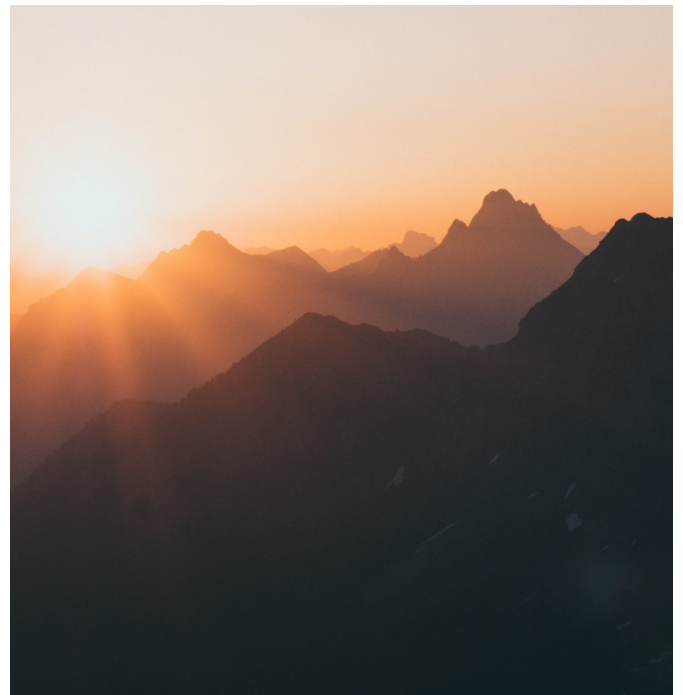
INSTRUCTIONS

How to use this journal

This journal has a very specific purpose and that's to help you get started quickly to activate your SUPER woman power..

After using this journal for 30 days, you will have A LOT more clarity... feel more confident on how you can start to leverage your strengths and build more self-confidence to live your dream life.

This journal will be one of the best and most productive use of your time to help you take a major step forward.



STEP ONE

Many people go through their daily lives feeling overwhelmed. There are so many things to do and there never seems to be enough time or energy to do them all. Is this how you feel about your life right now?

Have you promised yourself that this month you are going to make some serious changes but you just aren't sure what those changes need to be?

Now is the time to think about laying out a vision, but make it a big vision. One that encompasses your desire or passion in life and the gifts you have come to share. You are unique and only you can contribute your strengths in your special way.

Life is not a dress rehearsal so create your vision of what you really want and then take inspired action steps to attract it to you.

“Be so happy that, when other people look at you, they become happy too.”

REVEAL YOUR DREAMS

Complete this before you begin this journey, Take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS



STEP TWO

The present moment holds the key that unlocks your freedom from suffering. You can only feel free, peaceful, content, safe, or happy NOW. This NOW moment is, in fact, all that exists. The things we dream of and the ones we fear are nothing but a figment of the imagination. There is no “future” within which we will experience them. When we do experience the dream or the situation we fear, it will not be in the future, it will be NOW. Thinking of the future can have positive or negative consequences. Dreaming of a future experience of joy can make us feel better now, however worrying about anticipated pain or fear in the future makes us experience that suffering now.

This also applies to the past. There is no such thing as the past. By definition, the past means everything that has happened previously. This means it is NOT happening now and it never will. Yet, we can re-experience the past by thinking about it. Just as with the future, this can be good or bad. If we remember times we suffered, we re-live that suffering. Yet, if we recall positive memories of happiness—we get to re-live that happiness now.

“A truly happy person is one who can enjoy the scenery while on a detour.”



RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST STRUGGLES

MY BIGGEST FEARS

STEP THREE

Many gurus, coaches, and personal development junkies spout the intention to “discover your desires” and presumably “follow your desires” once you’ve found it. Following your desires is pretty strait forward. Once you discover it, do it. Got it. But, there is a vital flaw in this notion of “discovering” your desires; it gives the impression that your desires are hiding somewhere waiting only to be unearthed. It perpetuates the myth that finding one’s desires is like falling in love at first sight. “Aha! There you are! I’ve been waiting to find you my whole life!” This isn’t at all how desire works.

The truth about desire is that it develops over time. You’re not born with it. It’s not a latent emotion that needs only to be triggered. It doesn’t show up in your life with an explosion of fireworks. Desire is cultivated. And, it begins as an often undetectable interest. I’m sorry if that disappoints you, but I promise this new way of looking at desire will lead to greater fulfillment than believing it’s locked away somewhere and you haven’t found the key.

“Those who live in the past limit what’s possible in their future.”





RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO **FEEL**?

WHAT DO YOU WANT TO **ACCOMPLISH**?

WHO YOU DO WANT TO **BECOME**?



*“Life isn't about finding yourself.
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

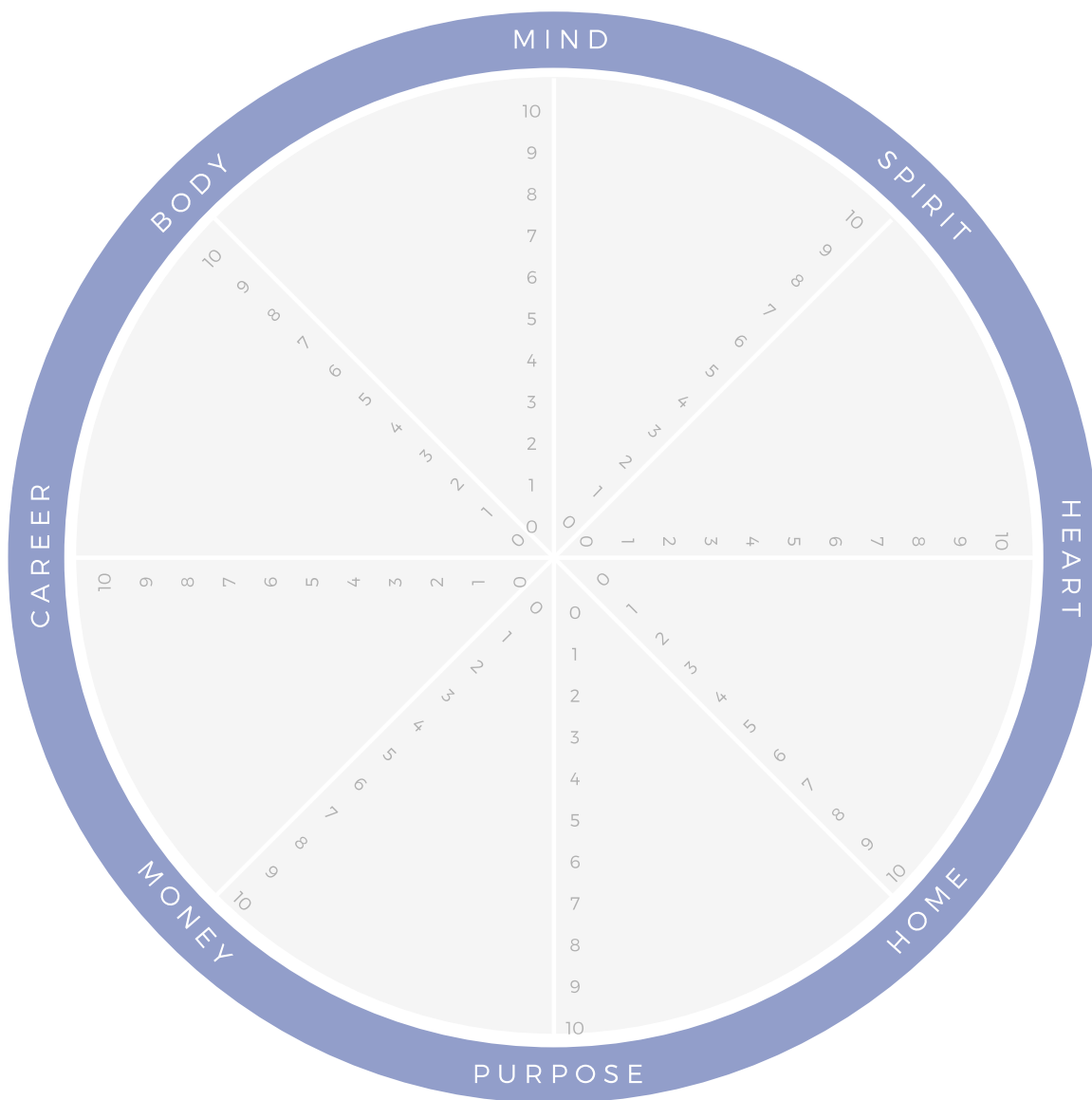
STEP FOUR

The Circle is a simple but powerful tool designed to help you get a graphical representation of the present balance between different areas regarding your life and identify which will most benefit you by improving. The eight sections in the Circle of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by filling in that piece of the pie to that level.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



STEP FIVE

If this were a real circle, how crooked would it be? What you are aiming for with your completed circle is to have all segments scored evenly (or close), above 7 and as near 10 as possible. If you have any particularly low scores you will want to make those areas of your life a priority. However, it's not always cut and dry. It is necessary to investigate how they may interact with each other in order to identify the area to address first.

For example, a low score for Money could be tied to the low score for Career, though it may be that money is low due to poor financial management.

"Your future is created by what you do today not tomorrow"





RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

STEP SIX

How many times have you heard that being successful is all down to setting goals? It may come as no surprise to you to learn there is a lot more to success than just setting your goals.

A goal can relate to any desire, wish or need achievable by actions you can take.

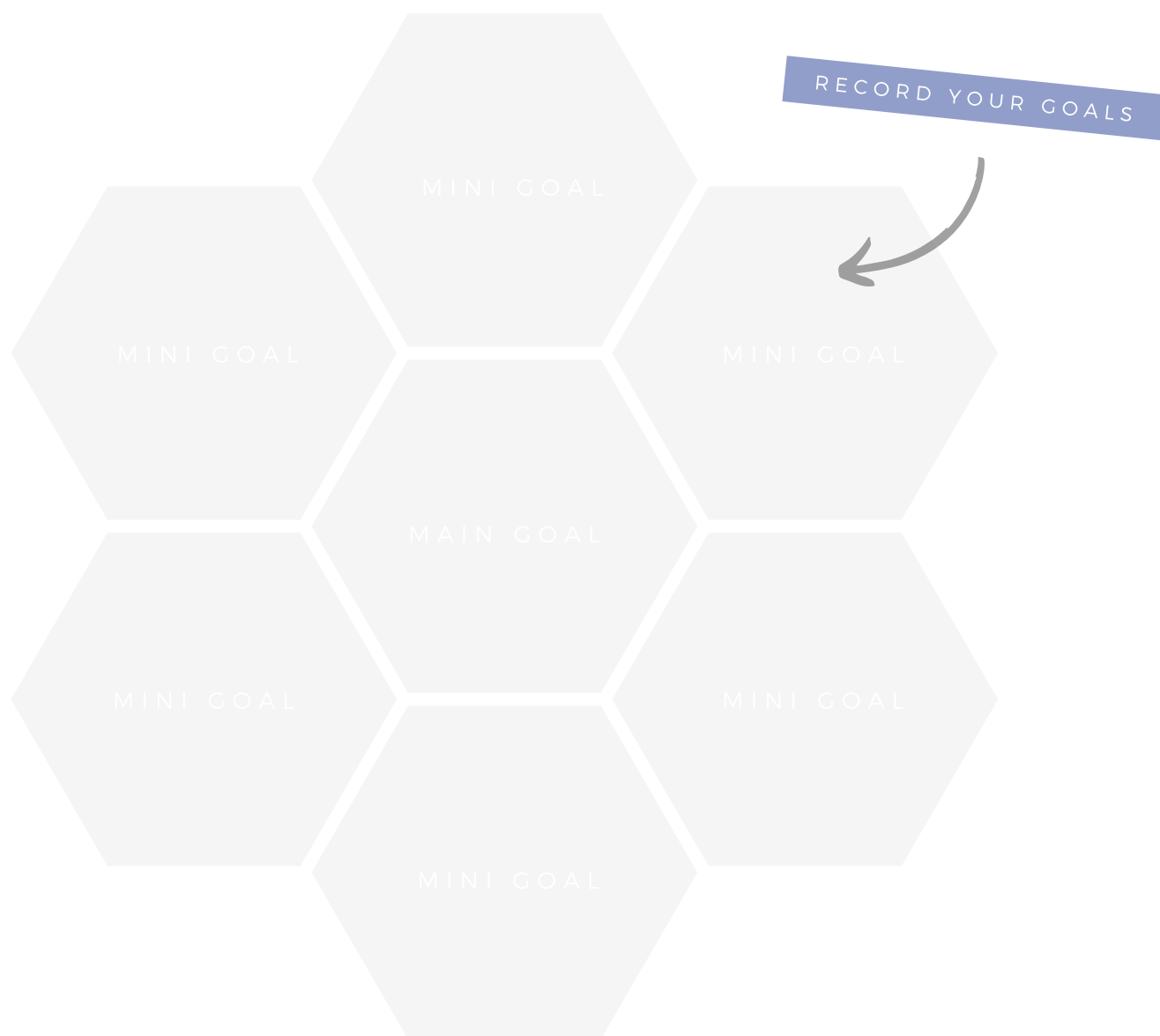
You then break down the goal into small individual steps or actions. Achievable goals are goals where you can influence their realization and measure your progress towards them. Achieving long term life changing goals is a process of achieving, step by step, short and medium term actions.

Writing a plan is an essential step in achieving your goals - without it you will, over time, amend the long term goal to fit your reality. You will eventually reduce the goal to a wish, and wishes only come true by chance.



REDEFINE YOUR GOALS

It's time to redefine what you want to focus on. Set one main goal to focus on in the next 30 days and then break it down into 6 sub-goals that will help you reach it faster!



HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journalling pages every single day!





AWAKEN YOUR TRUE POWER

JOURNAL

[HTTPS://WWW.WENDIDAVIS.COM](https://www.wendidavis.com) | © WENDI DAVIS

Day 1

Date:

S/M/T/W/T/F/S

 Set intentions

 Journalling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

AWAKEN YOUR TRUE POWER

Journal Page

Day 2

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

AWAKEN YOUR TRUE POWER

Journal Page

Day 3

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

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REMEMBER

AFFIRMATION

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Journal Page

Day 4

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

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What do you want to accomplish today?

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What did you accomplish today?

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REMEMBER

AFFIRMATION

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Journal Page

Day 5

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

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What did you accomplish today?

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REMEMBER

AFFIRMATION

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Journal Page

Day 6

Date:

S/M/T/W/T/F/S

 Set intentions

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 Meditation

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 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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Day 7

Date:

S/M/T/W/T/F/S

 Set intentions

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 Went outside

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Day 8

Date:

S/M/T/W/T/F/S

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 Went outside

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Day 9

Date:

S/M/T/W/T/F/S

 Set intentions

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 Moved My Body

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REMEMBER

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Day 10

Date:

S/M/T/W/T/F/S

 Set intentions

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 Went outside

 Moved My Body

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 Reflected on the day

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Journal Page

Day 11

Date:

S/M/T/W/T/F/S

 Set intentions

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 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

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REMEMBER

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Day 12

Date:

S/M/T/W/T/F/S

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 Went outside

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Day 13

Date:

S/M/T/W/T/F/S

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Day 14

Date:

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Went outside

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Day 25

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LOVED

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Date:

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Date:

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

AWAKEN YOUR TRUE POWER

Journal Page

FINAL REFLECTIONS



I'm so happy for you that you completed the journal today! Congratulations and welcome to the start of a NEW you! By completing this journal, you have started outlining a plan that will help you start taking action on your goals to start living the life you always dreamed of.

I wanted to personally welcome you to your new life - where you are no longer playing it slow, small, and safe - where you are ready for accelerated results and ready to do what it takes to launch your dreams into reality.

Your time is NOW -

Mark my words, your friends and family will be asking you what your secret is when they see you more relaxed, happier, and more confident than ever before.

Wendi Davis

The top of the page features a background image of Antelope Canyon, showing its characteristic smooth, undulating sandstone walls in warm orange and red tones. A bright light source from above creates a strong beam of light that illuminates the center of the canyon, casting long, soft shadows and highlighting the textures of the rock.

FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life.
What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

A close-up portrait of Wendi Davis, a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a dark top and a delicate necklace. The background is a soft-focus outdoor setting with green foliage and warm sunlight filtering through the trees.

MEET WENDI

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Wendi Davis is a Certified Life Coach and Author dedicated to improving the the lives of women. She is the Creator of the 90 Days to Activating Your SUPER Woman Power Method. This program helps women take control of their lives, become more confident and start living the life they have always dreamed of living.



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MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

JOIN OUR

60 Days to Awaken Your TRUE Power Program



Awaken your TRUE Power and start living your life with more alignment,
connection and purpose.

CLICK HERE TO
SCHEDULE A CALL

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