

14 Day Guided Journal



By
Michelle E DeBerge

14 Day Guided Journey



Note from the Author

This special e-book will help you tune in to your true desire, personal power and your spiritual strengths. This guide will help you harness your inner CEO, whether that be for your career, life or both. The first step is learning to make conscious decisions both spiritually and mentally.

It is highly suggested that you do the journal every morning and every evening as designed for the best outcome.

We create and design our lives with our thoughts and that is the power of creation that we hold. If we choose negative and frustrating thoughts, we will only create a life full of that. Choosing your thoughts, being conscious of your feelings and decisions will allow you to create that which you truly desire.

Start this book first thing in the morning by doing the AM exercises, the daily lesson and spend a few quiet moments mediating on the photo that goes with it to help inspire you to ground and set the stage for your successful day. At the end of the day please do the PM portion of

the journal. It is important that you follow the format for the best success.

May you have a wonderful journey with this book and create more conscious decisions in order to manifest what you truly desire.

Michelle DeBerge



Day 1-Thankful



Today, take a moment to connect to your heart, on a quiet peaceful place and just be. Thank yourself for all that you do for you and the journey you have decided to honor yourself with.

What are you thankful for?

AM

1. List 5 Gratitudes:

1.

2.

3.

4.

5.

2. Set 3 Intentions For Today:

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3. Describe How You Want the Day to Feel:

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(Triggers=things that cause emotion, feelings, etc..)

3. Where did you let yourself down today?
(Write this without judgment, just to notice)

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(joy points=things that touched your heart today)

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1. Did you check in to see if you was hungry or if it was a feeling?
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What did you eat, how did it make you feel?

Day 2-Visualization



Visualization is a very powerful tool. Today, take a moment to visualize what you are creating for yourself these next 7 days. As you see it come true, in your mind's eye, feel the feeling that you would have when it happens. By accessing those emotional cues, you will have greater success in creating it. You need to feel it emotionally, as well as visualizing it in your mind's eye. Doing this on a regular basis, really helps you manifest your desires.

What are the feelings you will have, when you create what you desire?

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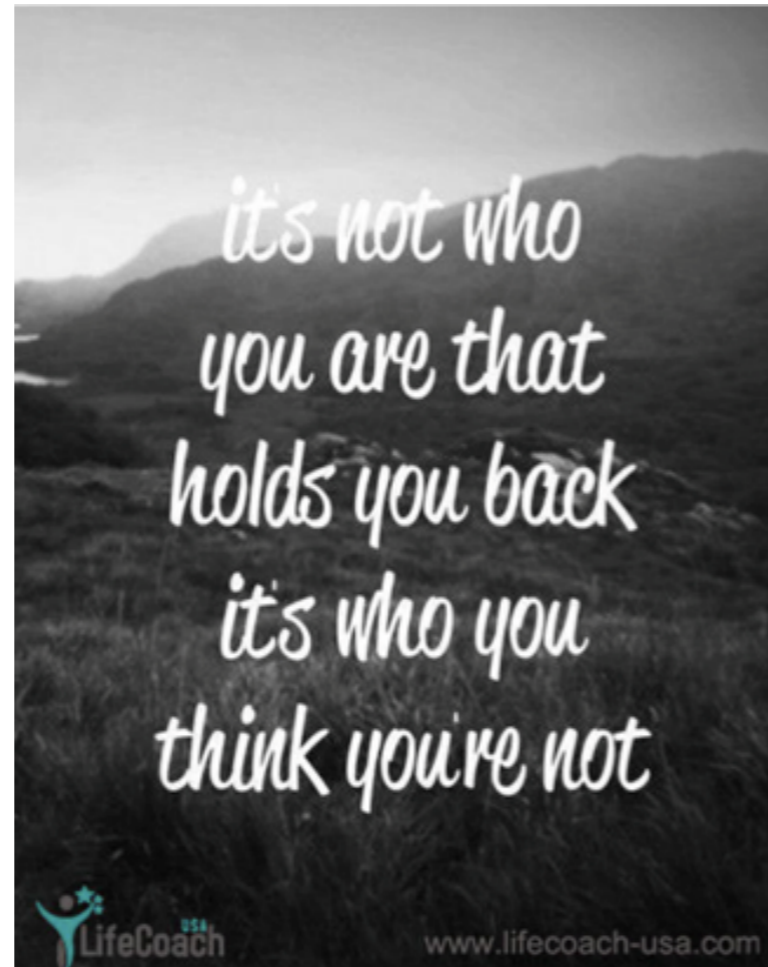
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Day 3-14 Day Guided Journey



1. Make a list of 3 places where you hold yourself back
2. What can you do to move past that today?

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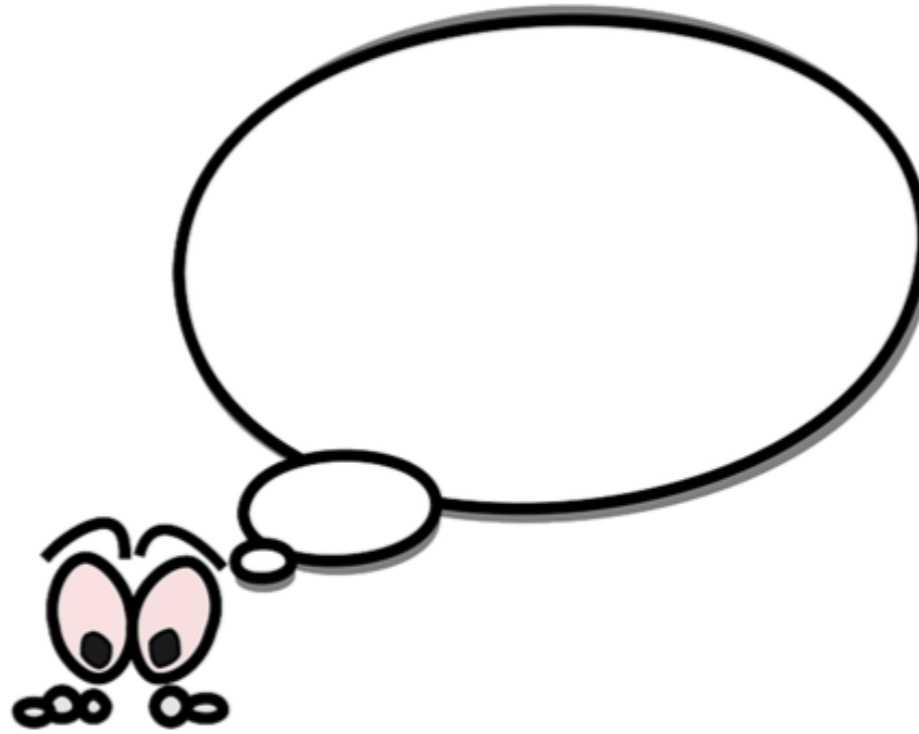
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Day 4-Thoughts



Thoughts are powerful. They create your reality. Today, notice your self-talk. What are the critters in your head saying to you? Write down these thoughts so that you can begin to change them.

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Day 5-Intentions



In order to create and manifest our dreams and goals, we need to be clear on our intentions. The first step is to set your 14 day intentions for your main manifestation goal. Then every day, first thing in the morning, set your daily intentions. Intentions can be goals, actual things you want to accomplish towards your big goal. Intentions are also about setting the intent for how you want to feel and what you want to create for the day. For example: I set the intention for clear and easy communication, heartfelt connection and noticing small miracles along the way. Knowing what we want to create for the day is the first step towards creating it. Knowing how we want to feel is the second step. When manifesting, you need to have a plan, feel it and follow through.

What are your intentions today?

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Day 6-Joy Points



When manifesting, it is important to keep your vibration up and that is helped by keeping your joy up. At the end of the day, choose at least 3 joy points to be grateful for. Joy points are things that warmed your heart, made you smile or that were special that happened during the day. By reminding yourself at the end of the day, those special moments, you will take that vibration with you to sleep. Thereby, programming your unconscious to run from a place of joy as you slumber. Tonight, take a moment to recall at least 3 joy points and sit in that energy for a bit.

Joy Points:

- 1.
- 2.
- 3.

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Day 7-Interactions



We often go through life not noticing the people around us. How many times have you ridden in the elevator and not acknowledged the people around you? How about when you go out to eat and you never really acknowledge the server? Did you ask that person near you their name or how they are today?

Taking the time to connect to other human beings near us allows for more connection. Why is this important to the manifestation process?

In order to manifest what you desire, you need to be present in the moment and aware of what you are doing so that you can create what you want. Taking the time to notice those around you connects you to that present moment. By making this a practice you will find it easier to stay present.

Your challenge today is to notice and acknowledge someone near you that you don't know. Please post about it below.

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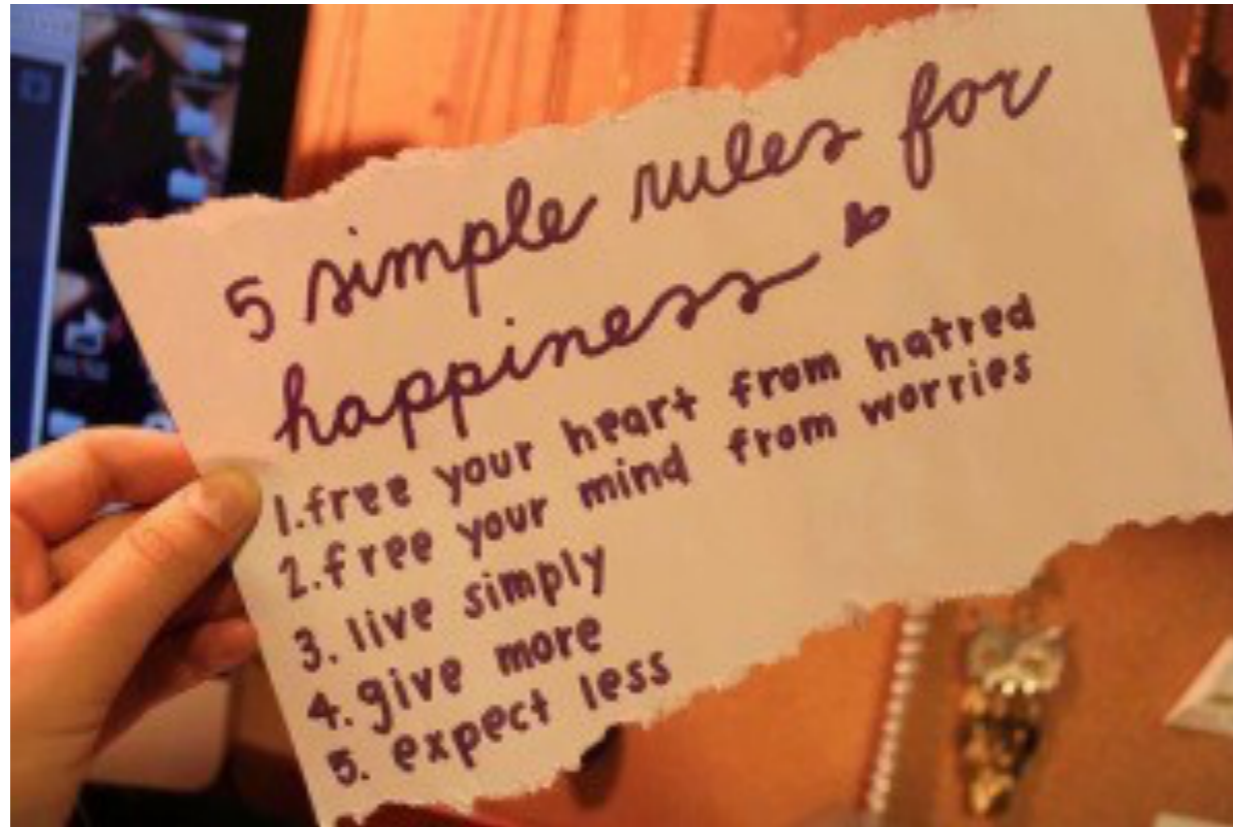
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Day 8-Happy



When we focus on something we create more of what we focus on. It can be things that bring us sorrow or pain or things that bring us joy. Today let us focus on things that bring us joy.

Today make a list of what makes you happy and brings you joy.

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Day 9-Acts of Kindness

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

It has been said that when one is being of service there is no room for depression. It is also true that when one is of service that it is returned tenfold to us.

Today I want you to think of one small random act of kindness you can do for someone whether you know them or if they are a stranger. It does not have to be something grand, just even a small kind gesture works for this exercise.

When we get into the vibration of kindness and start making it part of our routines, what we desire to manifest comes through even quicker. It has been said many ways: give and you receive.

Please post below what your random act of kindness is today.

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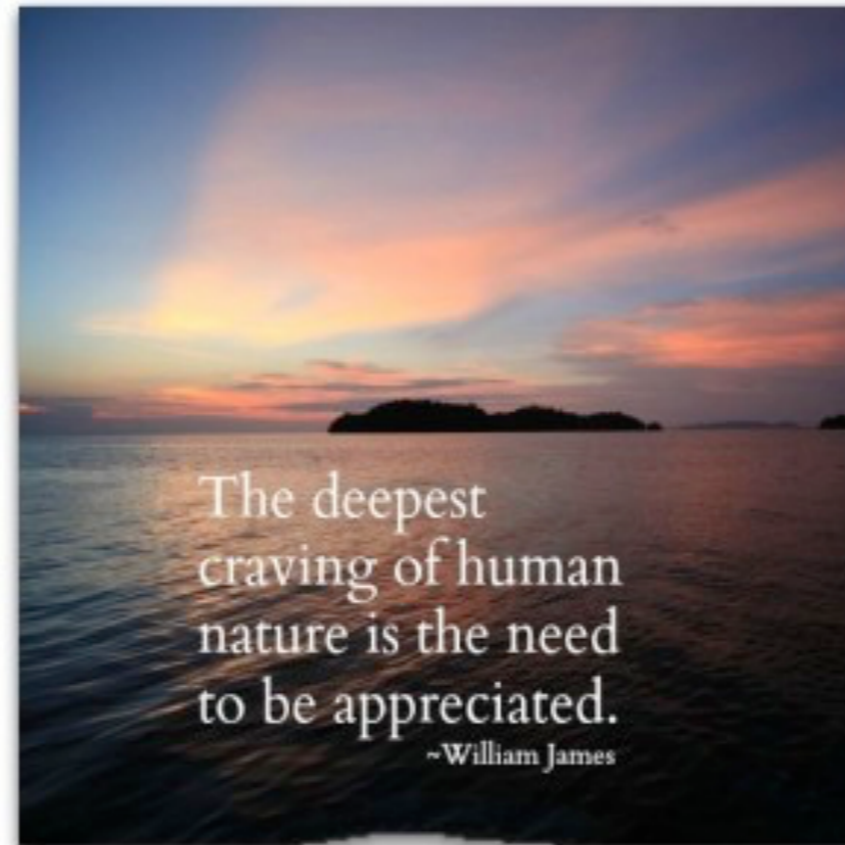
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Day 10 -Appreciation



Have you ever listened to the conversations going on around you in a coffee shop or a restaurant? Many times people are gossiping about others, talking about their to do lists or just complaining. People do not show each other enough appreciation. You never know if you will see that loved one or friend again.

Today's challenge is to either call or text 2 friends or family members and let them know you appreciate them. Keep it simple.

"I just wanted you to know I am so glad you are my friend. I appreciate how you show up in my life."

See what happens next!

AM copy

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Day II-Regret



Regret is what holds us back from manifesting what we desire. It is that soft whisper in the ear that reminds you of what you lost, what you did wrong or what you should have done. It speaks up when you least expect it to and can stop you right in your tracks.

Regret is that unwelcome familiar friend that will make sure to point out all of your faults and remind you of your past fails. It tries to knock you off of your foundation.

Today, let's begin to let regret go. Pick an incident in your past that still brings up emotion for you and regret. Then write yourself a letter forgiving yourself for that incident. Reminding yourself that you did the best that you could with the tools that you had at that time. Seal the letter and then burn it. Releasing the regret.

Write if you did this and how it was for you.

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Day 12 -Stumble



As we learn new tools and start to create change in our lives, we can sometimes trip and fall. This can look like many different things:

- doing something we no longer want to because it is a habit
- forgetting to use a new tool
- sliding backwards
- and more

Stumbles are part of the growth process. It is not a bad thing, just a time to stop and notice. Notice where you are forgetting to use your new tools and where you might be unconsciously reverting to old habits again.

We are almost two weeks into this journey. This is the perfect time to stop and take a look back at the places where you might be tripping. Write down some places you might be stumbling.

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Day 13 -Focus



The more you focus on something, the more powerful it becomes. When manifesting what you desire, you need to focus on what you want as well as doing the steps toward the end goal.

This means being clear on your focus. For example: "I want to get more organized" may be your goal that you want to manifest. So every day focus on that goal and the steps that you are taking to get more organized. Did you clean out a drawer, start a new system that will help you or do something else towards the goal?

Focus on what you did and focus on what you want the end result to be. The more you focus on it, the more powerful it becomes.

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Day 14 -Self Care



In the mist of doing personal growth work and manifesting, it is very important to take care of yourself. Your challenge today is to look at your schedule and block out some time for self care.

Self care is time for just you. You can block quiet time to meditate, take a bath, have a massage or just be. Choose what works for you and put it into your schedule and make sure you do it.

You have to take care of yourself before you can take care of anyone else. It is also very important when manifesting to be rested, balanced and happy.

How you plan to do your self care assignment?

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About Michelle DeBerge



Michelle E. DeBerge is a Foodie, Chef, Professional Life and Wellness Coach, Motivational Speaker, Best Selling Author and the founder of Gluten Sugar Dairy Free LifeStyle and founder of LifeCoach-USA.

She blends spirituality, experience, lifestyle, health, wellness and coaching together to create unique programs for her clients and audience.

Michelle's authenticity in identifying with the struggles that so many face has been a key factor in her success. She inspires personal growth and motivates people to redesign and renew their lives. She blends spirituality, experience, lifestyle, health, wellness and business coaching together to create unique programs for her clients and audience. She has helped guide her clients over the past 20 years to great success through a proven method of training, daily support and more.

Michelle has a variety of personal growth programs that are very popular.

On her Gluten Sugar Dairy Free LifeStyle website, her 90-Day Wellness Program sells out every time it is offered.

[CLICK HERE](#)

On her LifeCoach-USA website her 3 main programs are almost always sold out: Empower Program, Flourish Program and Triumph

Program. [CLICK HERE](#)