

# I LOVE MY LIFE

**[CHORUS]**

**I'M CREATING MY LIFE  
ONE THOUGHT AT A TIME  
FEELINGS ALIGNED  
OH YEAH, MY CONFIDENCE IS HERE  
MY PURPOSES ARE CLEAR  
OH, I LOVE MY LIFE**

**STAYING ROOTED IN PEACE  
HELPS MY ENERGY INCREASE  
MY INTENTIONS LEAD THE WAY  
TAKING ACTION EVERYDAY**

**[REPEAT CHORUS]**

**FEELIN' CALM AND CAREFREE  
FEAR'S NO LONGER DICTATING ME  
BELIEVIN' IT'S A GOOD DAY  
NOTHING STANDS IN MY WAY  
LEAVING DOUBTS BEHIND  
USING THE POWER OF MY MIND  
FEELS GOOD TO BE ALIVE  
I LET MY SPIRIT SHINE**

**[REPEAT CHORUS]**

**I LOVE MY LIFE**

**CHALLENGES HELP ME GROW  
AND I GO WITH THE FLOW  
I AM SO THANKFUL**

**CHALLENGES HELP ME GROW  
AND I GO WITH THE FLOW  
I AM SO THANKFUL**

**[REPEAT CHORUS]**

**I LOVE MY LIFE  
I LOVE MY LIFE  
I LOVE MY LIFE**



# MINDFUL MOMENTS



# MY JOURNAL



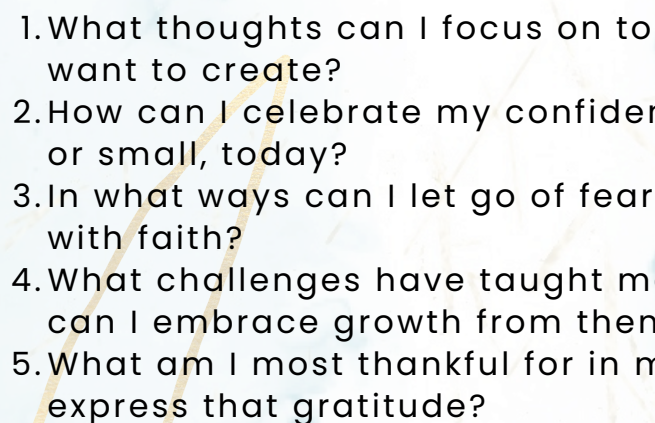
## *Why Journaling Helps You Heal & Shift Your Mindset*

Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.


Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

## *Journal Prompts for I Love My Life*

1. What thoughts can I focus on today that align with the life I want to create?
  2. How can I celebrate my confidence and accomplishments, big or small, today?
  3. In what ways can I let go of fear and doubt and move forward with faith?
  4. What challenges have taught me valuable lessons, and how can I embrace growth from them?
  5. What am I most thankful for in my life right now, and how can I express that gratitude?
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I am creating  
my life  
intentionally,  
one thought  
at a time.

My feelings  
and energy  
are aligned  
with my  
highest good.

I am  
confident in  
who I am and  
what I am  
becoming.

My purposes  
are clear, and  
I follow them  
with joy.

I love and  
celebrate  
every moment  
of my life.

Peace and  
calm guide  
my actions  
and decisions.

Fear no  
longer  
controls me; I  
move forward  
with courage.

Challenges  
help me grow,  
and I embrace  
them with  
gratitude.