




Awareness & Accountability Journal

Weekly Planner



Create Your Life
One Day at a Time.

Leah Marmulla

Thank you to all those people who have gone before us, guiding the way towards understanding and awareness. Without these brave people to explore and consider alternative ways of thinking and expressing, we would be still stuck in the dark ages, or worse.

Other books written by the author include:

- Ditch the Weight and Gain Your Life
- All You Need to Know to Protect Yourself Against Gluten
- What the Mind Sees, the body Feels, Creates and Attracts

Leah is also the author of online ReclaimME! Spring Clean (Self-Paced), and Bridge the Gap (individual and online) programs. Each support the participants through the phases of awareness, deep healing of past wounds, hurts and fears. By doing the inner healing work, results in the participants also being able to declare

“I create my life more on MY Terms!”

For more information on these and her work go to www.leahmarshall.com.au

The Awareness and Accountability Journal is designed to help you assess where currently are in life, and where you would rather be on your journey to your fullest potential. This Journal works in conjunction with the Diabetes, The Guts of It Program, or any other stage of dietary or life changes. It is a daily reflection, and record to monitor your daily progress. Blood Glucose Reading is prompted, but only for those who have diabetes, and this can be ignored by those who don't have the condition.

The focus of the Journal goes beyond the physical aspects of health/wellbeing and material acquisition; it goes into the real influencing factors of emotional blocks, beliefs and behaviours which sabotage our life and actions. By transforming limiting beliefs, while supporting your physical health, you are giving yourself a wonderful gift helping yourself move towards self-acceptance, love, to be more present in the now and experience deeper relationships with yourself, friends and family.

The overall end result is unpredictable, yet people become *clearer* than when they start. Since the program covers *nutrition, lifestyle, and subconscious limitations/ anchors it is truly a mind, body, spirit* program to help create a more balanced, well rounded life.

This can be translated into

- ✓ Improved physical health;
- ✓ Increased sense of wellbeing;
- ✓ Clearer vision of self and the future;
- ✓ Decreased stress, more peace and serenity;
- ✓ Increased self-belief to achieve any goal you choose;
- ✓ Deeper personal, friendships and intimate relationships;

- ✓ Deeper insight of the way we see ourselves and project this to the world;
- ✓ A gentle healing of the mind, body and spirit allowing you to live life to the fullest;
- ✓ Who knows what else is possible? It is guided by you and your deepest truth that wishes to be realised.

To use the journal, it is about working through it each day, monitoring the steps made towards change, insight gained as things came up for you. Emotions, thoughts, wisdoms, words etc. then, with this knowledge celebrate your wins and see your life improve. You may like to purchase a separate book to write the more personal things and stories in, using the explorative questions as prompts. Don't panic if you don't get an answer immediately for the explorative questions, they are just that asking you to explore your thoughts, beliefs etc around the topic at hand. By reading them, you are planting the thought seed, from which the subconscious can sprout forth the answers and details the conscious mind requires to know

We are not isolated being, just health, just symptoms or just We are a combination of all of this, and much, much more. We are friends, family members; we contribute to our community, work, life. We act from our beliefs, see through our perspective on life, and interpret everything through our filters we have either inherited from our childhood, or taken on with maturity. If you haven't already started to challenge yourself to be the best you can be, truest highest self, then, this journal is designed to begin, or sharpen the process, depending on where you are at this time.

The material has been gleaned over decades of self-awareness progress, and the multitude of books read, seminars and training courses attended. Therapy sessions undertaken to help myself become clearer as to who and what I represented, and to help me

clear away as many limited beliefs, actions, and filters that has been keeping me small. I have some way to go still; however, I am not the person I used to be.

I wish you well on your adventure forward from this point, to achieve the desired outcome in self-awareness, choices and ultimately less dis-ease and comfort. Your health may not be reversed, and certainly you will not be a baby again, but certainly a happier and more content person who helps to keep us all young at heart and mind.

How do you know you are ready to make changes, to craft the life you want and were destined for? This type of work, when you are willing to dive into the depths of your own shadow to help this side of yourself come forth and make you whole is often a slow rumble. We have seen and heard things growing up and as life has evolved. You have met people who are different to you, and your family, where you have come from. As a human, you start to notice the differences and start to think 'I want that too' or maybe you had a surprise such as a redundancy, an accident, a relationship breakup, or a close friend or family member get sick or pass on. You might realise you are becoming more and more disgruntled or delusional by what you see, feel and hear in your current life circles. This is good, you are starting to wake up and see things in a different way. Now you have the opportunity to own your life choices and not act them out on auto-pilot or knee jerk reactions because you have been asleep. Acknowledge your progress, even if it has been a painful wake up call, your destiny is calling for you to be true to yourself again, and do the work you have been called to do... Transform heavy and challenging parts of you into light and love, to reveal more of spirit, your Godself or what you call the seed of your being that connects you to all things and people.

If you have been travelling this path for a while, you know what I mean, but if you are only starting this process, you are in for a ride. Sometimes you may beg to get off or it will seem it is going slow as your carriage slowly edges up the mountain to be let loose at full speed downhill again. Be sure you are strapped in and your life to God and Self is as tight as possible. If God doesn't feel right for you, then spirit, Universe, Allah or other Love names works too.

So, Let's begin.....

Self-discovery has begun when.

- You are becoming unsettled with your world. It is a feeling of not being right with the world or different roles you do. This can be in your home or work life. Social or community activities.
- It can be difficult to describe or put your finger on it, things just don't seem the same or comfortable or as familiar as they used to. You want something different, but not sure what and this makes it difficult to describe or know 'what to fix'.
- It is difficult to identify why you are feeling depressed, anxious and/or exhaustion.
- An increasing sense of loneliness, often with concern that your isolation will never end. Feel a bit like being stuck in a never-ending tunnel or hole that doesn't have an end, yet.
- A knowing or certainty that something in your life has changed. While you are not clear about how or what the future looks like, you know with certainty you cannot go back to how things were or are.

- You are becoming curious about your needs and have a growing passion to explore what they are and have reassurance from someone who understands what you are experiencing.
- It is normal and healthy to desire support, validation and assurance about these feelings, and uncertainty, hopes etc. It can be confusing, and lonely especially if your current network doesn't understand or are willing to understand and grow with you.
- Skills you didn't know you had, such as healing or counseling others, and a shift in your awareness or knowing of reality with increased sensitivity to energy or vibration patterns. You feel things differently as your senses are heightened to the environment and people around you, 'feeling their vibe or emotions'. This is also known as empath abilities.
- People and environments. Your world expands beyond your five senses to include other sensory and intuitive abilities also known as gut instinct, and deeper intuitive knowing.
- "I'm too old to start again" you can believe that age has nothing to do with creativity, love or the enjoyment of life.
- Your relationship with time changes. Increased personal power, time becomes relative to your clarity, your desires and an energetic match between these parts.
- This opens to exploring yourself, the power of your subconscious mind, giving up being controlled by group expectations; instead, you pursue self-empowerment and healing your internal self that influences recovery time of your physical body, and what you create for yourself.
- You develop sensitivities to certain foods, fabrics, environmental toxins and medications. They start to be

‘seen’ by your immune system as foreign as your vibration changes. You may develop allergies to substances that previously did not affect your system, such as wheat, dairy products and caffeine.

- You become curious about self-development either by choice or necessity.
- There is an emerging sense, awareness of knowing that a new identity is coming to the fore. This can include new ambitions or wanting to experience an entirely new lifestyle. You may choose to leave city life for the country, or take a pay cut in exchange for more free time and a chance to pursue other interests.
- Feeling of liberation and freedom like you have ever known before, as if you have broken invisible chains that had kept you trapped in repetitive patterns of behavior that no longer serve your spirit.
- A need for more contact with nature or more time alone.
- A growing dissatisfaction with religion and you seek out spirituality and explore the spiritual aspects of religion. You may have spiritual experiences such as deep meditative states, a call towards a new life path, or even a kundalini awakening.
- Endless boredom and a loss of appetite for everything that once brought you satisfaction and contentment.

First Things first.

Anyone working with me knows that I look at where a person is in their entirety, not only their health. See, our health is a symptom of the deeper picture, what’s going on inside our body,

its chemistry and emotions. You will learn about the intricate inter-relationship between emotions, biochemistry, nerve, gut, hormones and then the resulting symptoms. If you want even more information, there will be more courses created over time that details these even more.

So, lets first see where you are in your life, as you see it. Throughout this journal, you will be asked questions, prompted and poked. As challenging as it can be, it is invaluable to be honest with yourself.

The first step to any change is awareness, so to become aware and open to the first thoughts that come to mind when you ask questions.

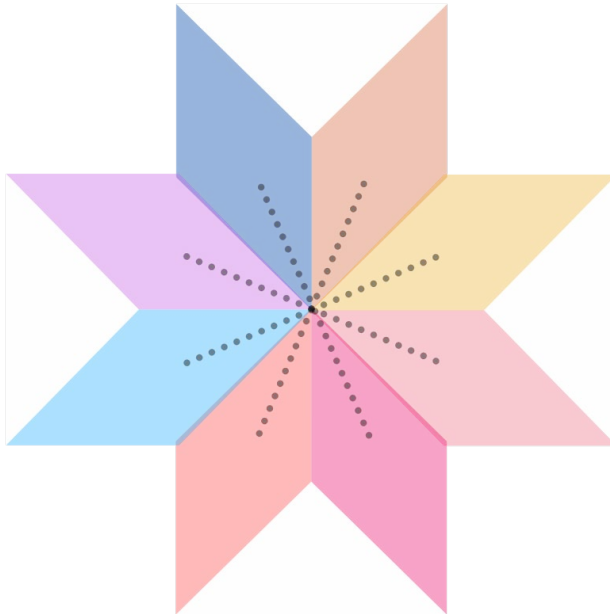
Be truthful to yourself, with as little judgment or self-criticism as possible. Remember, your life experiences have brought you to this point, and you have learnt some very useful lessons along the way, even if it is the lesson is not to do something again. Yes, some experiences have been painful, embarrassing, confronting, but from the mouth of Christopher Robin

*“You are braver than you believe, and stronger than you seem,
and smarter than you think”*

The wheel of Life

For the detailed activity, download your copy here

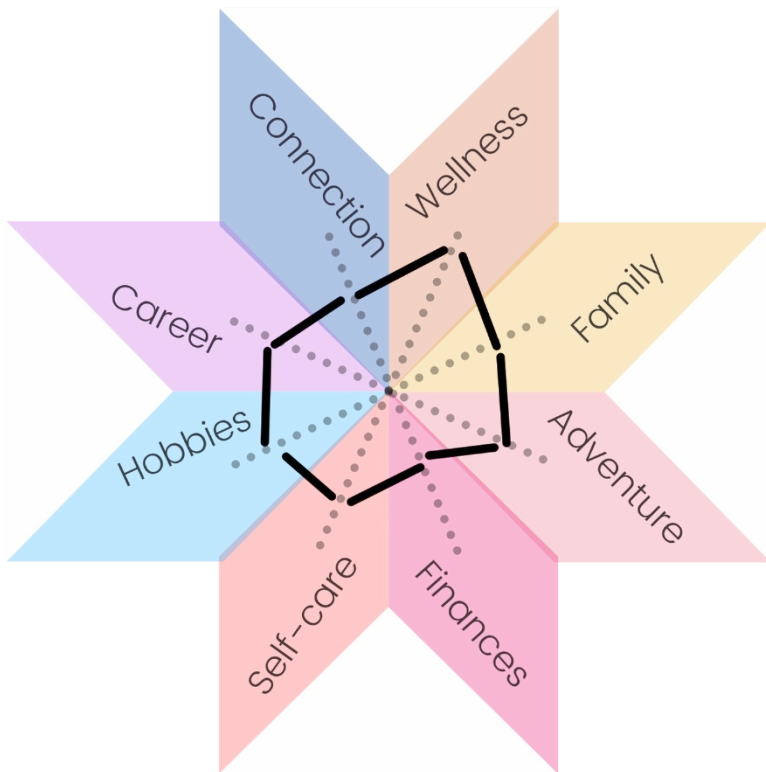
<https://leahmarshall-marmulla.circle.so/c/articles-and-blogs/wheel-of-life-activity>



This tool helps you to gain clarity where you feel you fit in your world. There are a number of aspects you might want to reflect and assess. Common areas are work/career, Relationships, physical environment – home space, Finances, health and wellbeing, Family and friends, from work, relationships, health, and relaxation, romance, personal growth, fun and recreation.

To complete:

1. Consider aspects of your life you want to explore/consider. Mark these on the wheel.
2. Each dot from the centre represents a point between 1-10. Consider for each of the segments between 1-10 how you feel this portion of your life is. Mark on the scale between.
3. Link the marks you made on the scale in each sector by drawing a line going around the wheel.



For example: This is one I filled in a few weeks ago. Yes, it really is mine on that day. I was quite disgruntled with a few things,

which I then used to ask the questions I am going to ask you soon, to make changes in my life. Today's wheel would be quite different as I took the time to gain clarity, do some honest questioning and energy, release work to help me remove more limiting beliefs and blocks that showed up at the time.

Back to you. Now that you have identified a few potential gaps in some areas of your life between where you currently see yourself, just ask which sectors are important enough to seriously look at and change. Remember, there is no right or wrong answers here, as if you ask yourself the same question tomorrow, or next week, you might give yourself a different answer based on What's happening at the time.

Awareness is the first step.

This time on the wheel, mark out where you would like each of the segments to be. Let your imagination run, be a kid with this stage, and be honest with yourself. It will give you things to consider, explore and work through, not goals as such, but some really meaty topics to play with.

Now, for some targeted health awareness

The fact you would have received this book from a health site, suggests you are interested in your health, or, you have a health concern and would like to make a difference. Here, I am going to ask you to acknowledge where your health currently is. Again, right down the answers so that you can reflect back and see how far you have traveled since starting your life transition.

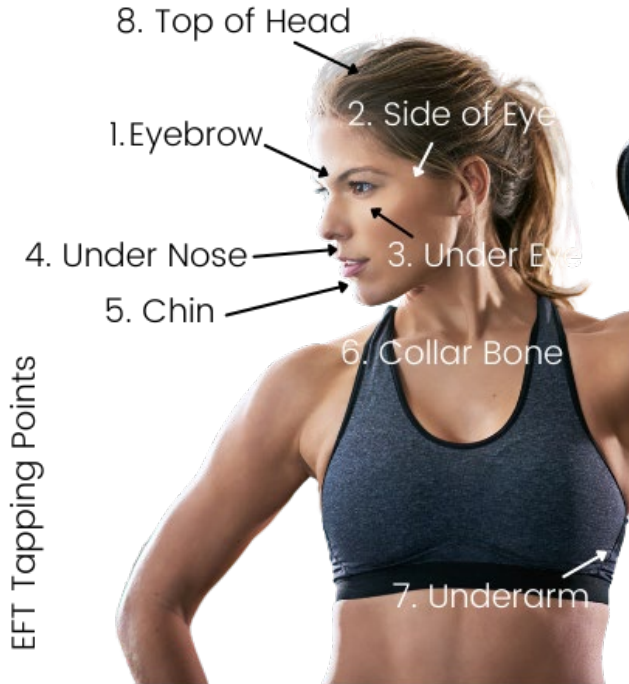
- What's/are your current life/health concern/s _____?
- What are your latest pathology results that are outside the normal range?

- If weight is a concern, What's it now kg;
- What would you like it to be_____?
- What time frame do you want to achieve this?
Months/weeks
- How many times a week do you move/exercise?
- What's your preferred style of movement/exercise?
- Are you open to doing things differently to create the outcome you desire? Yes/No
- If yes, who do you need support from? What type of professional can help you? (circle the one/s you feel will help)

GP; Specialist; Dietitian; Psychologist;
Exercise Physiologist; Chiropractor; Social Worker;
Counselor; Energy/light worker; Masseur; Accountability
partner; Health Coach; NLP Therapist; Reiki; EFT Therapist;
Acupuncture, Physiotherapist Other_____

Now you have some ideas, it is time to create clarity as to what you want and what your life could be like when you get there.

Awareness is the first



step, but having the end in mind is the second.

Explorative questions:

- What are the things in each of the segments that 'aren't quite right', or 'not working for you'?
- What would you like to change?
- If you couldn't fail, and your dreams could become a reality, what would your reality look like for you?
- What would your life feel like with these changes?

- What would you hear, see and smell after the changes were made?
- What would be happening in your life and around you when you reached your ideal world?
 - What's your ideal day, weekend, holiday, work day?
 - Who is there, where are you, what are you hearing, doing seeing?
 - What aromas are you smelling, the sounds you are hearing. What are you exploring, thinking about and experiencing?
 - What's giving you goosebumps, and a thrill of excitement, joy, bliss etc.
- What could be done, said, shared with whom to make the time 1000 x more exhilarating?

Let the ideas be on the page. When a negative, questioning or “no” voice is heard in your head thank the thought, and ask what it's real message, then write this down too, on a separate page. These ‘voices’ are jewels along the way that when cashed in give you what you want in life, just like gems found in the mud when panning can make you a fortune when cashed in.

If it is helpful, I dare you to take the challenge of looking at yourself in your most honest light. It is a true gift to yourself and extremely self-honoring to allow the gems to come to the surface along life's journey.

By being honest about yourself to yourself, in relation to your desires, wants, food you eat, how you feel, you are in an easier position to make change. Remember the old saying [“What you resist persists”](#) (Carl Jung). Why resist any more. You have come this far, so your Deeper Self is searching for change; Its goal is to help you become aware where you are in the now, be

accountable to yourself, and then use the tools to explore the emotions and memories that may arise during this time. Exploring creates an opening for change at any level towards the release and healing of past hurts and shutdowns to make way for a wonderful, fulfilling life.

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

Mother Teresa

Section 2

The Daily Explore



This section is designed as an accountability activity. Now you are aware of the areas you want to change, next is to define and describe the changes in detail. This is, as described so brilliantly described in Stephen Covey's books. An end goal creates the post to work towards, knowing that it will continue to be moved polished and refined as you get closer to goal.

In the beginning, the vision is likely to be hazy and too far away to see, this is ok. Even a 'knowing' of what you desire is better than refusing to consider anything beyond the fog.

Weekly planning section: helps to map out the practical steps to achieve the goals for the week.

We do not live-in isolation of ourselves, our needs and desires, even if at times we may need to. But live-in family, communities and most have outside commitments. All of these must be considered to help prepare the way to fit it all in. Planning to include all aspects of your life- wellbeing, finances, career, relationship goals are to be included. When our entire life is considered, what we put our attention onto is what expands. By including and prioritizing each section based on your values and commitments helps to create workable tasks and boundaries.

Daily reflection and recording provide the space and time to see all the good things you have been able to achieve. To reflect and see and feel the progress you are making, especially on the days or weeks when it seems *nothing* is working. It is, usually on the inside that will be reflected on the outside when things come back in alignment.

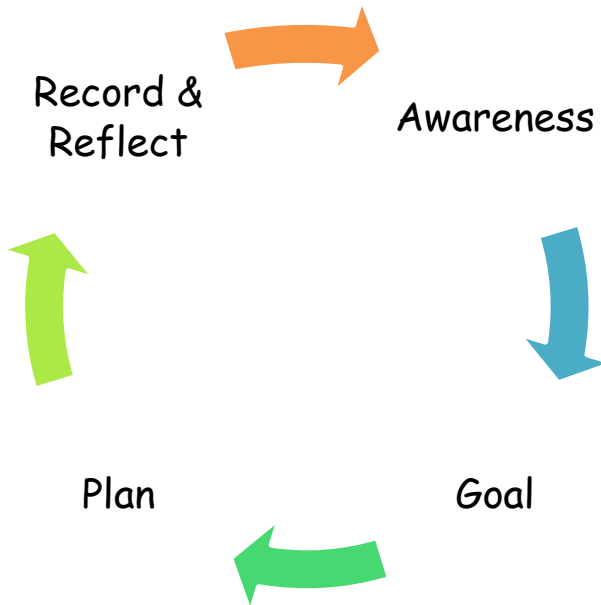
This section is also divided, into to take you through each day so you can

- See the bigger picture
- Daily reflections on what you have eaten,
- The type and amount of exercise you have completed,
- increase your awareness and make change.

To expedite your awareness, it is invaluable to explore the day's events and feelings. The benefits are you have the opportunity to acknowledge how well you are going,

- Your wins, small and big changes made;
- Gratitude, no matter how big or small
- Identify hidden emotions, whether positive or negative.
- Reflect on what you would like to be different
- Create a different plan if needed to move towards the desired outcome.

Sometimes, this is all that is needed to access the wonderful insight our unconscious and spiritual self can provide. It also helps to see patterns, reoccurring thoughts, behavior, and outcomes.



These are hidden jewels waiting to be discovered and released, though it may require a bit more effort to open up to it.

Let the adventure begin. Remember, first thoughts, without judgment let everything that wants to be here, **be** here, as hard as it can be. Welcome each insight as a treasure, a message in a bottle, if you will, for each emotion pleasant or painful, is just that a message for you to hear, learn from and then let go so that you get to the core or your true self quicker.

The next couple of pages is for you to go wild. Put your favorite music on, or go to 'your' place. Close your eyes and give yourself **permission** to dream, as you were a child again, and the world is your oyster. *Allow* whatever to come up be there, no boo hooing, or shutting them back down. You can record your thoughts

whichever way works for you works; there is no wrong in this exercise. You can draw, write, doodle, short phrases, single words, scrapbook etc. The topics are only for prompts and you can add or delete as right for you.

The dream board is the same as a vision board. Again, any number of things and ways can be used to represent your dreams. Words, scrapbooking, pictures, phrases, icons, tokens, 'things' an altar, other symbols. This is for you to add to your future desires and dreams to create clarity, and to anchor your desires into reality.

Weekly focus helps to keep your thoughts in line with the week's theme. You can download a copy to fill in and place in significant places such as the bathroom mirror, your car, planner, the fridge door. Any where and everywhere you will see it often to remind yourself of what you are working towards, and, how great you really are. See it, say it, feel it, own it!

When a 'negative' thing comes up, a criticism, a feeling, uncomfortable, hidden excitement, or you think "I couldn't do that, put these things on the next page. We will have an exercise for them too. You might like to pull out some colored paper, or A3 or bigger, texters, crayons, type it, again, it doesn't matter the medium you use, it is about allowing your imagination to be unleashed.

- Health, Fitness and Energy
- Family, Friendships
- Finances/Wealth Amount, by when
- Holidays, travel, adventures
- Possessions - car, boat, homes etc
- What is security, freedom to you?
- Helping others/charitable actions

- How you make your money (it doesn't need to be work)
- Relaxation, how, how often, with whom etc.
- Self care and happy places

Then, to help shift the emotions and memories coming up during this exercise, TAP it out.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

You most likely will not need to consider each of these each week. They are a prompt to start your thinking.

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list ...

Self Care Ideas

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

	MORNING	AFTERNOON	EVENING
MONDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
TUESDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
WEDNESDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
THURSDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
FRIDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
SATURDAY			
Date			
Notes			
	MORNING	AFTERNOON	EVENING
SUNDAY			
Date			
Notes			

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