

FINDING CLARITY

JOURNAL



CREATED BY

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Welcome,
beautiful.

I am so happy you are here, embracing your authentic journey with clarity.

This journal is an excellent tool for you to find clarity on your journey, track your progress, highlight great ideas or thoughts, celebrate your successes, learn from challenges, set goals, manage and release your energy, find insight, and align to a lifestyle of wellness.

Set aside time for yourself to fully embrace your journaling experience and surrender to the process. Most importantly, have fun!

Amber



INSTRUCTIONS

How to use this journal

- Start by writing for 10 minutes at a time and work your way up to a time frame that feels natural to you, then write until you are done your flow of thought
- Set a timer to protect your time and set a reminder to start the process
- Make the process fun, use a stylish book or fun pen, wear jammies or start after meditation
- Set a goal to write so many words or pages during each session
- Write when you can be uninterrupted
- Avoid distractions and turn off electronics
- Go all in, resist the fear of expressing yourself
- If you have trouble expressing yourself consider writing in second or third-person
- If you forget timelines of experiences you want to journal start at the most recent memory and work your way back
- Use all of your senses when you write, express what you see, hear, feel, smell, taste
- Write it how you talk
- Avoid blame or negative language
- Consider what is working for you and what is not and make the changes to help you continue the journaling experience
- Bring your journal with you in case inspiration sparks



STEP ONE

Your dreams are the best, because they represent who you are and what gift you have to share with the world!

We often allow others to make our dreams hold less value, or they talk us out of trying to make our dreams come true, and this can really affect our life's purpose and our dreams we hold for ourselves. When we have the desire to please others and be accepted by them, we can allow our dreams to diminish however, you will be faced with your dreams again at some point. This may be why we choose many careers, or partners, or make big changes in our lives later in life because our purpose will always shine through.

Have fun exploring your dreams and allowing them to truly represent who you are and what gift you are here to share with others. Identify what your dreams are, what they used to be, and if they are the same or have varied. Now, go out and make them come true.

“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

Letting go is the intention to release yourself or others from the expectations that you have formed, because of that person, or throughout life in general. When you choose to hold onto emotions, people, experiences, beliefs, or ideas that do not align to your authentic journey, you create a low vibration energy that accompanies this experience, and it creates a ripple effect and can prevent your success, in general and as an entrepreneur.

Hanging on to things that are not meant for you robs you of opportunities that are awaiting your participation and interferes with your destiny. If you can practice observing life, rather than trying to manage it, you release the idea of control (control is a façade) it allows things to come and go as they are meant to.

“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

Life is filled with choices, influences, fears and limiting beliefs so, it is no wonder why we lose ourselves every now and then!

Reclaiming your desire is about reflecting deep within so you can gain a deeper understanding of your values, beliefs, experiences, desires, goals and everything that makes up YOU!

Reflect honestly about what your desires are and how you can set yourself of the path to aligning to them.

Giving yourself permission is the most challenging aspect of aligning to your desires, remember you are unique and it is your time to shine!

"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

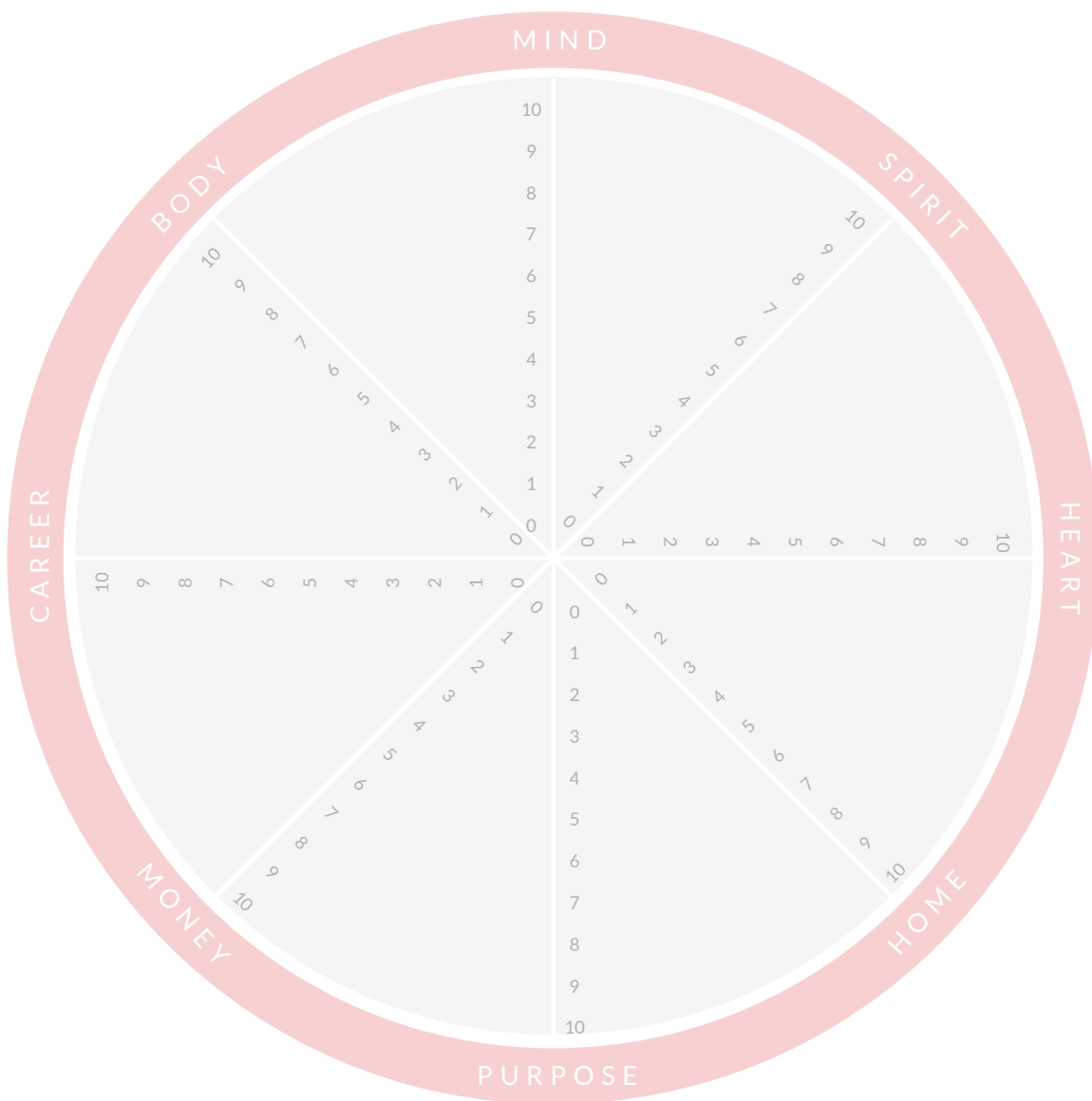
STEP FOUR

Living a balanced lifestyle means that you have equal connection and awareness with your body, mind, and soul for optimal wellness. Living in balance also incorporates your ability to meet the demands/needs in all areas of your life such as business, relationship, finance, or health etc. There is no right or wrong way to maintain balance, the key is to fill your days with things you love while honouring down-time!

- 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

Setting goals is an important step, but setting intentions is equally important. Setting goals identifies the outcomes you would like to achieve and setting an intention keeps you on track to achieve these goals.

Setting an intention helps you raise your energetic vibration to mindfully focus on how you will make appropriate choices and decisions to reach the goals.

There are no boundaries or limits to the goals or intentions you can set. Allow yourself time to go within to reflect on your possibilities.

This section helps you explore your goals and intentions so you can manifest an authentic entrepreneurial journey.

"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

A goal is an intentional and specific desire, brought to awareness, achieved by executing and following a specific plan of action including time, dates, actions etc.

Benefits of setting goals

- Self-awareness
- Focus
- Assertiveness
- Time management
- Communication
- Motivation
- Work ethics and values
- Initiates new habits, behaviours, beliefs, values
- Intuition
- Honouring body, mind, soul
- Align to values and beliefs
- Success and fulfillment
- Clarity
- Insight
- Sense of purpose and satisfaction
- Alignment with authentic self

To set goals, give yourself permission to set them! Set intentions and recognize your desires and needs, be specific about what you want, set timelines and adjust them as necessary.

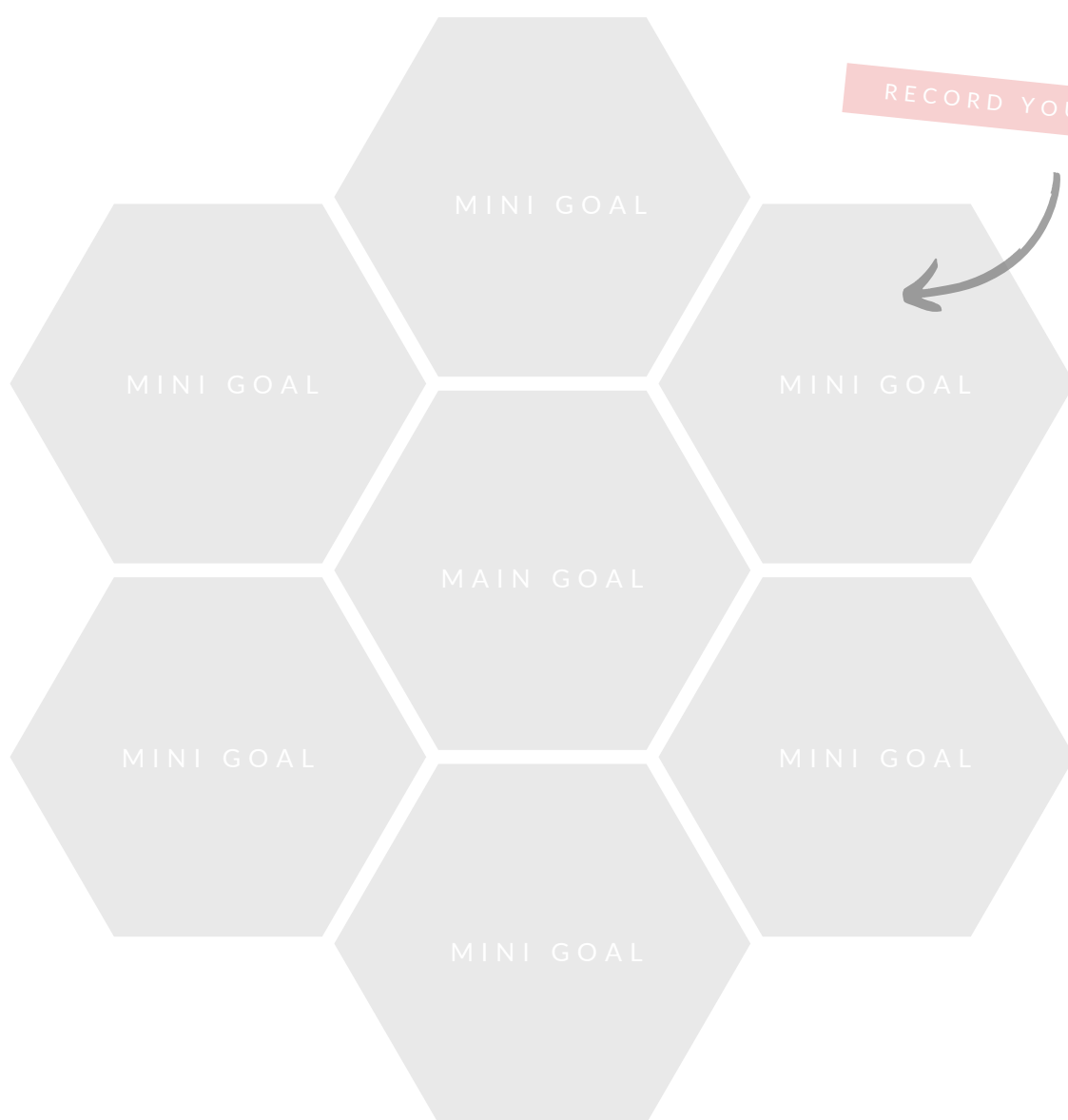
Goal setting is a significant part of the entrepreneur growth mindset. Have fun with this, and reflect honestly.



REDEFINE YOUR GOALS

Set
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!



The background of the cover is a light pink color with a delicate, hand-drawn floral pattern. The pattern consists of various stylized flowers and leaves, some of which are larger and more prominent than others, creating a soft and elegant aesthetic. The lines are thin and pink, matching the overall color scheme.

FINDING CLARITY

JOURNAL

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Day 1

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

FROM THE BEGINNING

My earliest childhood memory is...

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?

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MY PAST

What is one thing that I wish I could do over?

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

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

What did I love to do as a child?

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 did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

THE SKY IS THE LIMIT

*If I could do anything I want
without fears or concerns, what
would it be?*

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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What do you want to accomplish today?

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Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

ADVICE

What advice would I give my 7 year old self knowing what I know now and how would it have influenced my life?

Day 6

Date:

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

 Set Intentions

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 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

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 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CHILDHOOD CONFIDANT

*Who did I trust as a child and
what qualities did they
possess?*

Day 7

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What do you want to accomplish today?

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION


RISING ABOVE

What is the one thing that holds me back from my dreams?

Day 8

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

PURPOSE

Does the work I do now offer me
purpose, meaning and passion?
What changes can align me to my
purpose?

Day 9

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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EVENING REFLECTIONS

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

FINANCES

*How do I feel about money?
What could I do differently to
achieve my financial goals?*

Day 10

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?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

IF I COULD

*If I could have anything in my
life it would be...*

Day 11

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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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WORK EXPERIENCE

The best job I ever had was (or describe my perfect job)...

Day 12

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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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

THINGS ARE GOOD

*What is going great in my life
right now?*

Day 13

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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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

ACCOMPLISHMENTS

What do I want to accomplish before I retire?

Day 14

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

How do you want to feel today?

What do you want to accomplish today?

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MY INFLUENCERS

What people influenced me in my life? How did they influence my life?

Day 15

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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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

INSPIRATION

Who in my experience, inspires me
and why did they leave an
impression on me?

Day 16

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 did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

I AM SEEN

How do I feel I am seen in relationships with others? How do I wish to be seen?

Day 17

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 did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MINDSET

The thing I wish I could change about my relationships would be?

Day 18

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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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

[illegible][illegible][illegible]

Day 19

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

What relationship do I need to improve in my life? What went wrong and what can be done to resolve it?

Day 20

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MY CURRENT ROUTINE

How do I feel about my self-care routine?

Day 21

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

If I could make a small change in my self-care routine it would be...

Day 22

Date:

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

Set Intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

ENERGY

What is my favourite way to recharge my energy? If I am in a negative mood how do I shift my energy?

Day 23

Date:

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

Set Intentions

Journaling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MEDITATION

How do I feel about meditation?

Day 24

Date:

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

 Set Intentions

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 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

I GOT THIS

List things I do that help make my self-care time successful.

Day 25

Date:

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

 Set Intentions

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 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

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What did you accomplish today?

GRATITUDE JOURNAL

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3.

REMEMBER

AFFIRMATION

What distractions or low-vibration energy do I allow in my life?

Day 26

Date:

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

 Set Intentions

 Journaling

 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

INTUITION

What do I do to honour my intuition?

Day 27

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

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

GETTING READY

How did I prepare myself to be where I am today, over the years?

Day 28

Date:

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

Set Intentions

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Went outside

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

MY HAPPY PLACE

What does the perfect day look like to me?

Day 29

Date:

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

 Set Intentions

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 Meditation

 Nourishing Foods

 Mindful Eating

 Went outside

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CHALLENGES

How do I overcome challenging times? How do I respond to conflict?

Day 30

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

ALIGNMENT

*Are my body, mind and soul aligned?
Am I balanced and grounded? What
can I do to get aligned?*

FINAL REFLECTIONS



I hope you have enjoyed this journal!

The journal prompts were designed to help you reflect on your true desire to find, or continue on to find, clarity by aligning to your authentic self. By reflecting on your childhood dreams, your past experiences, your relationships with others, how you want to be seen in this world, the importance of self-care and your future goals you can find clarity in your journey to come.

Journaling is a personal experience, and unique to each of us, take all of the time you need to deeply reflect on the journal prompts to answer authentically.

Come back to your journal from time to time, or complete the journal again annually, to measure your progress and set new goals!

Amber



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



MEET YOUR COACH

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Amber Price is one of Canada's top Psychic Mediums, Clarity Coach, Spiritual Educator and Speaker with an international clientele and is in Niagara Falls, Ontario, Canada. Amber uses her intuitive abilities to help you find the clarity and confidence needed to mindfully live your authentic life's purpose. Amber is Co-Host of Giant TV's video podcast "The Insighters", Host of the Spiritual Excellence Halo Awards, Co-Founder of The Psychic Associates and is featured as an expert for radio, television and live events. Amber is inspired to offer an exclusive online membership community, 'Clarity Academy', to provide reliable information and resources to empower you, as you explore and enhance your own intuitive abilities, to mindfully live your most authentic life's purpose, whether for personal or professional development!

Find out more about Amber at www.amber-price.com



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