

Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

Journaling for Success

Journaling Categories

Self Reflection	Creating Focus	Creation
<ul style="list-style-type: none">-Stream of Consciousness-Topic Reflection	<ul style="list-style-type: none">-Vibrant Vision Statement-Gratitude Journaling	<ul style="list-style-type: none">-"What if" Affirmations-Scripting-Belief Change

Journaling Prompts

Topic Reflection - body, relationships, career/business, a specific event that happened, a goal you have

Vibrant Vision Statement - download doc with more info here
<https://www.myvibrantlifestyle.com/podcast>

Gratitude - body, family, friends, career, home, food, travel, clothing, community, things you find beautiful, passion, hobbies

Work with me directly to lose weight, gain energy, increase your self love and create your most Vibrant Life.

Reach out to me directly to hear my current offers at
info@myvibrantlifestyle.com