

# DAILY RITUAL JOURNAL

INSPIRATION FOR A LIFETIME OF  
JOURNALLING HAPPINESS



Welcome beautiful soul to what I have high hopes of being a new daily ritual for you.

My journaling practice has been an epic way to:

- connect to the soul,
- step into gratitude,
- spark creativity,
- manifest so many dreams into reality
- and release overwhelm or busyness from the mind

And my hope is, that over the next 21 days you find a way to carve out a daily ritual for yourself and these pages spark the inspiration you needed to continue with this powerful practise.

IDEAS + SUCH

So grab yourself a cuppa, find a comfy &/or inspirational space (for me that is outside in nature) & let the magic, wonder & unlimited possibilities begin.

With so much love & excitement

Renee xx

So before we get started with the happiness,  
I believe journaling inspiration can come to you anytime by simply  
focussing on these 5 areas of our lives:

- Connection to ourselves & the divinity that exists within & around us
  - Your body & wellness
  - Your purpose & lifestyle
  - Relationships
- Bringing in play, joy, creativity & learning



## POWERFUL GRATITUDE PRACTICE

We are going to start by cultivating a powerful daily gratitude practice I believe magic happens when we are in a state of gratitude, a constant flow of receivership.

Acknowledging the good you already have in life is the foundation for all abundance.

It raises your vibration, and the vibration of all around you.

Telling someone you are grateful for them, or sharing with your family all you are grateful for, also brings them into that high vibe heart space of love, joy and appreciation.

When expressing your gratitude in a journal or verbally, one of the most powerful tools to increase the meaning and vibration of gratitude is to add a because.

I am grateful for..... Because of how/why this brings happiness to me.

Here's an example from my journal in regards to my relationships, Instead of simply saying I am grateful for my family, this is how I expressed my gratitude, can you feel the energy increase from a simple I am statement to a deeply honest statement of appreciation?

Universe, thank you for this life of blessings. I am so incredibly thankful for Dan, for his patience, for his openness to learn and grow with me, I am so thankful for how he shows up in the world daily for me & for Eddie.

This life is so much more peaceful & joyful because of him.

I thank you, I give gratitude to him, with so much love xx

WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into Gratitude.

Click below if you'd love to learn a little more on how to cultivate a [POWERFUL GRATITUDE PRACTICE + GUIDED MEDITATION](#)

With a heart full of love, trust, compassion & joy... journal on the following:

SOUL PURPOSE  
Livelihood & lifestyle  
Career + Money + Home

When I think about my soul purpose, my job, my lifestyle, I am grateful for....., because.....

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My all time favourite quote is:

IT'S NOT THE HAPPY PEOPLE WHO ARE GRATEFUL,  
IT'S THE GRATEFUL PEOPLE WHO ARE HAPPY

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into Gratitude.

For an extra bonus if you'd love a short, meta (loving kindness) meditation, click on the link below:  
[Loving Kindness Meditation](#)

With a heart full of love, trust, compassion & joy... journal on the following:

RELATIONSHIPS

Romantic + Friendships + Family + Community

When I think about my relationships with my family and others, I am grateful for.....because.....

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WHERE ATTENTION GOES,  
ENERGY FLOWS

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into Gratitude.

Allow this affirmation to radiate within your soul

I AM ENOUGH

Should you love some extra happiness click here for a [SURRENDER MEDITATION](#)

With a heart full of love, trust, compassion & joy... journal on the following:

BODY & WELLNESS

Health + Body + Movement + Routine

When I think about my body and health, I am grateful for....., because.....

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APPRECIATION IS A FORM OF  
WELLNESS

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into Gratitude.

For an extra bonus if you'd love a 5 minute amazing day meditation, click on the link below:

[Amazing Day Meditation](#)

With a heart full of love, trust, compassion & joy... journal on the following:

CREATIVITY & PLAY

Learning + Play + Fun + Creativity + Flow + Joy

When I think about my play, about my passions, things I love to do / create, I am grateful for....., because.....

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FEELINGS ARE A BECON THAT  
ATTRACT REALITY

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_



WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into Gratitude.

For an extra bonus if you'd love a 5 minute amazing day meditation, click on the link below:  
[BEING STILL MEDITATION](#)

With a heart full of love, trust, compassion & joy... journal on the following:

CONNECTION

Soul + Inner-self + Essence + Spirituality + Trust + Nature

When I think about my connection to my soul space, my inner guidance & the universal energy that surrounds me, I am grateful for....., because.....

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Divine & Infinite LOVE flows through me,

I am Nurtured, I am Nourished,

I am deeply connected to the infinite possibilities & healing that surrounds me.

I am LOVE

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 1  
GRATITUDE

Today, I invite you to take a few moments to breathe before your journaling practise & then to step into a  
RAMPAGE OF APPRECIATION  
To fill the whole page with anything that your heart desires  
To free write with joy, love, abundance, and so much  
GRATITUDE

With a heart full of love, trust, compassion & joy... journal on the following:

ACKNOWLEDGING THE GOOD YOU ALREADY HAVE IN LIFE IS  
THE FOUNDATION OF ALL ABUNDANCE—Eckhart Tolle

More than anything, today, I am grateful for....., because.....

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I EXPERIENCE GRATITUDE FOR EVERYTHING I HAVE IN LIFE,  
I SEE THE BEAUTY IN NATURE THAT SURROUNDS ME  
I AM BLESSED

TODAY'S DATE: \_\_\_\_\_

WEEK 1

ENERGY GAINS & ENERGY DRAINS

Lets finish our week with  
REFLECTION

With a heart full of love, trust, compassion & joy... journal on the following:

What was amazing about this week that I would love to carry with me as we step into a new week?

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What drained my energy this week?

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How an I change / eliminate / minimise these energy drains moving forward?

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I EMBRACE CHANGE,  
I FLOW,  
I LET GO,  
I GROW

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

## AFFIRMATIONS

Simply—a confirmation of truth

This week, we move into manifesting, dreaming, feeling, creating, embodying the life you desire & we are choosing to do this with affirmations.

Affirmations can be a powerful tool to uplift your mood, your state of mind & manifest the change you desire in your life.

They have the power to not only program your mind into believing the stated concept, but when done right send a signal to the universe that you are ready to receive, to co-create magic.

### Tips:

Listen to the audio in week 2 on how to create an epic affirmation

Start with a believable, measurable affirmation

Don't overcomplicate them

Say them out loud in front of the mirror

Visualise & embody the feeling as if the affirmation was already a reality. See the details, feel the emotion.

WEEK 2

AFFIRMATIONS & MANIFESTATION

Join me in the link below for  
[HOW TO CREATE AN EPIC AFFIRMATION](#)

With a heart full of love, trust, compassion & joy... journal on the following:

WITHIN my soul purpose, my job, my lifestyle, I want to FEEL.....

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If you were to choose 5 words from your above answer, which words really resonate, invoke a feeling, a desire?

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Turn these words, these feelings into a statement of belief, a confirmation of truth, an affirmation to repeat

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WHAT YOU FOCUS ON EXPANDS

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 2

AFFIRMATIONS & MANIFESTATION

Every word is a universe & every choice we make for how we FEEL  
unfolds a world of POSSIBILITY

With a heart full of love, trust, compassion & joy... journal on the following:

WITHIN my relationships, with my family & others, I want to FEEL.....

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If you were to choose 5 words from your above answer, which words really resonate, invoke a feeling, a desire?

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Turn these words, these feelings into a statement of belief, a confirmation of truth, an affirmation to repeat

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EVERY WORD IS A SACRED INTENTION

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 2

AFFIRMATIONS & MANIFESTATION

Find INSPIRING & COMFORTING words  
Words that anchor you to look into your INNER POWER

With a heart full of love, trust, compassion & joy... journal on the following:

WITHIN my body & health, I want to FEEL.....

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If you were to choose 5 words from your above answer, which words really resonate, invoke a feeling, a desire?

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Turn these words, these feelings into a statement of belief, a confirmation of truth, an affirmation to repeat

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FEELINGS ARE A BEACON THAT ATTRACT REALITY

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 2

AFFIRMATIONS & MANIFESTATION

Divine INSPIRATION strikes  
at the most WONDERFUL times

With a heart full of love, trust, compassion & joy... journal on the following:

WITHIN my play, creativity, passions, I want to FEEL.....

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If you were to choose 5 words from your above answer, which words really resonate, invoke a feeling, a desire?

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Turn these words, these feelings into a statement of belief, a confirmation of truth, an affirmation to repeat

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CREATIVITY IS THE WAY I SHARE MY SOUL  
WITH THE WORLD – Brene Brown

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_



WEEK 2

AFFIRMATIONS & MANIFESTATION

In the STREAM of free-flowing ABUNDANCE, I honour my health,  
TRUST in my connection to self, to the universe &  
remain PRESENT

With a heart full of love, trust, compassion & joy... journal on the following:

WITHIN my connection to source, I want to FEEL.....

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If you were to choose 5 words from your above answer, which words really resonate, invoke a feeling, a desire?

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Turn these words, these feelings into a statement of belief, a confirmation of truth, an affirmation to repeat

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I AM ALIGNED WITH THE ENERGY OF ABUNDANCE

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_



WEEK 3

ENERGY GAINS & ENERGY DRAINS

Lets finish our week with  
REFLECTION

With a heart full of love, trust, compassion & joy... journal on the following:

What was amazing about this week that I would love to carry with me as we step into a new week?

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What drained my energy this week?

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How an I change / eliminate / minimise these energy drains moving forward?

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JUST BREATHE

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 3

A mix of all things inspirational to keep you going on your Daily Ritual.

Keep going beautiful soul, 21 days creates a habit, and my hope for you is that you are finding the inspiration you need to keep a regular journal for many years to come.

When you can get out of your head and trust the divine flow onto the page so much magic happens.

I have used journaling to help manifest an epic outlook on life, a new house, the business of my dreams, a deep connection to my soul space, to tap into my creativity and so much more.

And reflecting on my old journals brings so much joy, seeing how the journey began and laughing at just how spot on and epic my past manifestations have been for what we are now enjoying.

My wish for you is you experience all this happiness & magic!

As always, any questions, or if you are feeling 'stuck', just holla, I'd love to help you.

With happiness, Renee xx

WEEK 3

INSPIRATION FOR A FOREVER JOURNAL JOURNEY

Take a mindful moment, to be, to breathe, to slow, to feel & then when you're ready allow your pen to flow onto your page.

With a heart full of love, trust, compassion & joy... journal on the following:

EXPECTATIONS: List anything & everything you'd love to happen today.....

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EXPECTATIONS: List anything & everything you may be worried about unfolding today..... Get it all out onto the page

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REFRAME: For each expectation, create a short statement of belief for if this happiness or worry does/ doesn't happen....

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WE MEET THIS MOMENT, ONE BREATH AT A TIME

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 3

INSPIRATION FOR A FOREVER JOURNAL JOURNEY

CREATIVITY / MEDITATION IN MOVEMENT:

Set a time on your phone for 3 minutes, connect with your breath & then allow your pen to flow into creativity, let a doodle flow onto the page, no judgement, no expectation, no need to know what the finished product will be.

As you draw, notice your breath, and if your mind wanders, come back to your breath.

MAY I BE OPEN TO THE UNKNOWN,  
LIKE A BIRD FLYING FREE

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 3

INSPIRATION FOR A FOREVER JOURNAL JOURNEY

Take a mindful moment, to be, to breathe, to slow, to feel & then when you're ready allow your pen to flow onto your page.

With a heart full of love, trust, compassion & joy... journal on the following:

Lets get real..... What are your biggest fears/Limiting Beliefs?

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This is important..... For each fear/limiting belief.... Reframe/Disprove that belief, turn it around

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INNER WORK MATTERS

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

WEEK 3

INSPIRATION FOR A FOREVER JOURNAL JOURNEY

GET CLEAR ON YOUR DESIRES

Take a moment to breathe, to be, to ask yourself & the universe to allow your desires to flow freely onto the page, no limitation, think big, dream big, put them all down, no shame, no disbelief, just full flow that all you desire can and truly will be yours.

It's all in the belief & trust that divine timing will provide, so let it flow.....fill this page with your dreams

OWN IT! WANTING MORE & HAVING MORE WITH NO JUDGEMENT OR GUILT—YOU ARE WORTHY

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_



WEEK 3

INSPIRATION FOR A FOREVER JOURNAL JOURNEY

Take a mindful moment, to be, to breathe, to slow, to feel & then when you're ready allow your pen to flow onto your page.

With a heart full of love, trust, compassion & joy... journal on the following:

How are you feeling today?

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What is one thing you can do for YOU today, to bring joy, to bring peace?

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Reflecting on my week so far, is there anything I can reframe / change for the rest of the week?

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EVERY MOMENT IS A CHANCE FOR A NEW BEGINNING

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_

## WEEK 3

### INSPIRATION FOR A FOREVER JOURNAL JOURNEY

#### VISION BOARD

Through these past 3 weeks, you have had the joy of creating affirmations, on getting clear on your desires, and today I invite you to turn that into a vision board.

I like to then save mine as a screensaver on my phone & place around my home so I have daily reminders of my dreams, beliefs & goals, so I can stay in that high vibe energy.

Below is one of my vision boards. I created this in April 2020 & since then so many of these have come to the forefront:

We are always in the energy of abundance, miracles are everywhere, money flows with ease, grace & overflow.

We have completed renovations to our home to bring in peace & relaxation in front of a fire, to expand in open space & to be surrounded in nature.

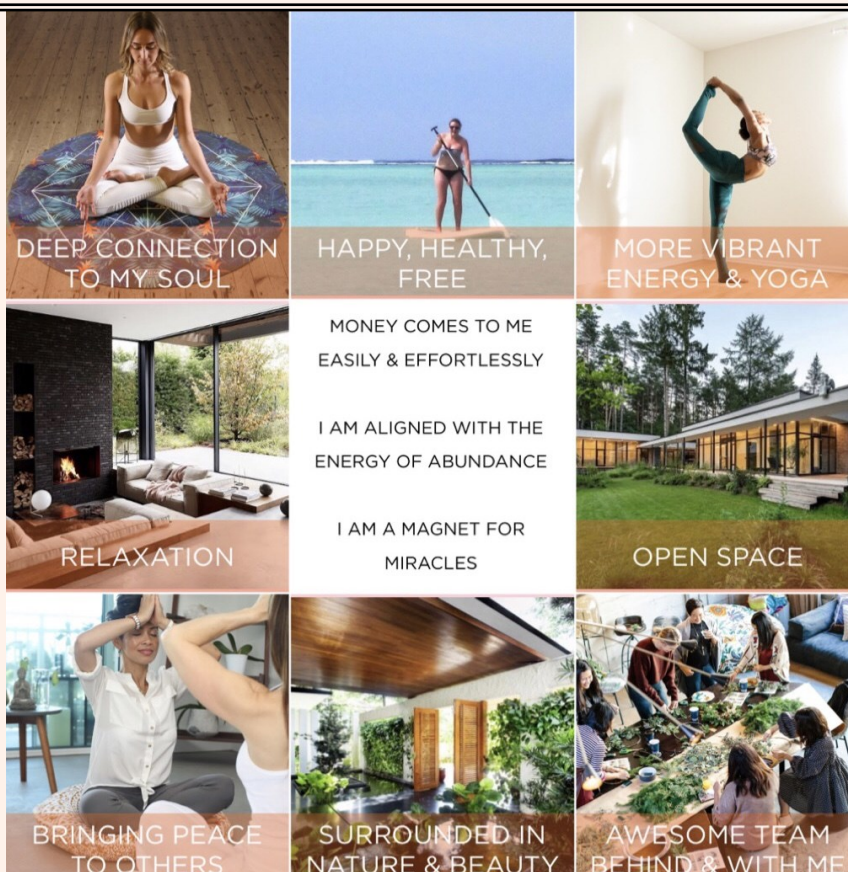
I have completed my reiki masters which allows me to share peace & healing with so many, while has been a beautiful journey into a deeper connection with my soul and guides.

My health & energy are improving and increasing every day, I have the most epic team of women working with me which creates more freedom in my day and mind.

And for all of this I am incredibly grateful.

And all you desire is available to you too. Integrate your desires and affirmations into a vision board for you. If you'd like any help, just holla, or if you'd love to share yours, that would be so magical

xx



WEEK 3

ENERGY GAINS & ENERGY DRAINS

Lets finish our week with  
REFLECTION

With a heart full of love, trust, compassion & joy... journal on the following:

What was amazing about this week that I would love to carry with me as we step into a new week?

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What drained my energy this week?

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How an I change / eliminate / minimise these energy drains moving forward?

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JUST BREATHE

More than anything, today, I am grateful for....., because.....

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TODAY'S DATE: \_\_\_\_\_