



EMBODIED

Expression Journal



EMBODY
— DESIGN —
PRESS



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Welcome, beautiful!

Congratulations on launching into this journal and creating a space for yourself to be free and expressed in life.

I believe in the power and freedom of authentic sharing. In my experience, that starts with being free to dream and hear what we truly want from ourselves.

This is a place for you to say exactly what you have to say with no holding back. I have included a special set of prompts and inspiration for your next 30 days.

Remember you have the power to create freedom and start a new future every moment!



How to use this journal

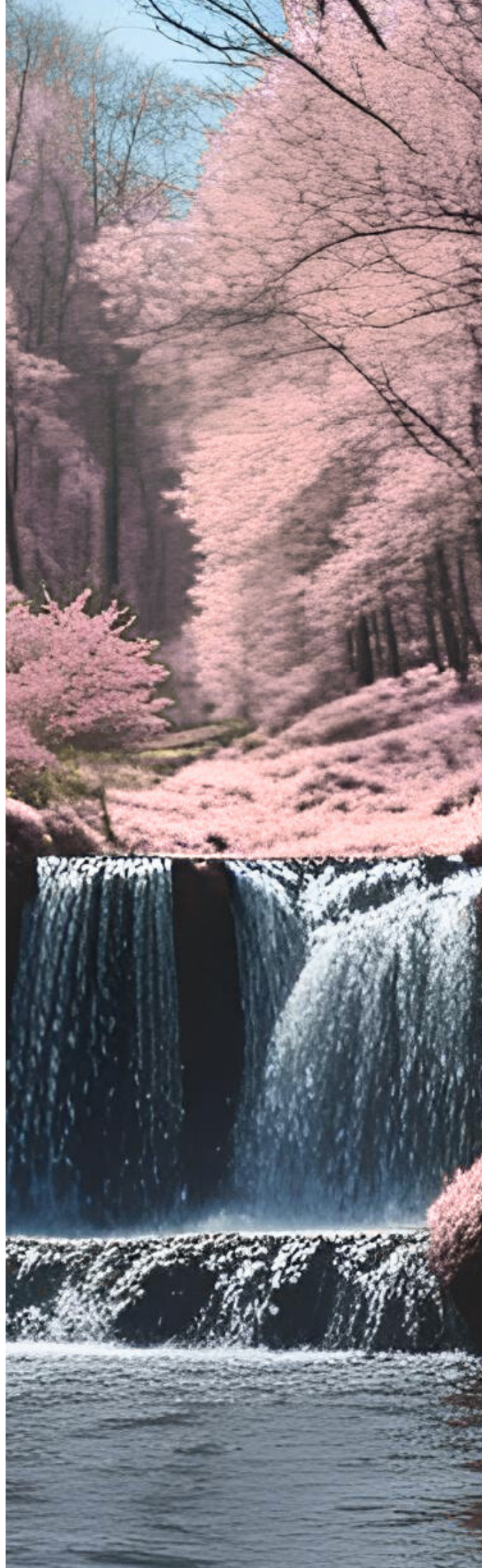
I have created this fabulous journal ready to be harnessed at any time. The power of intention and daily practice is available to you when you follow this step-by-step journal.

Embrace the gift of time invested just for yourself. Make a habit to reflect and to create the life you want. Take action to fulfil on your dreams, they will show up within your creation!

Move through the first six steps to presence yourself to your dream, the past, your desires, the present, your intentions and goals.

The second part is designed ink-light for easy printing. Set a regular daily time, grab a pen and enjoy the moments with yourself to truly connect with authenticity.

Start whenever you are ready, I invite you to start now!



STEP ONE

Now is your chance to start off big! Now is the not the time to doubt the magic you can create for yourself and your life. Take time to uncovered what it is you dream of.

There may be dreams you had when you were younger and have given up on over the years. There may be new dreams that are only just starting to emerge.

There are no limits or restrictions here. You can put aside the 'should' and the 'how to' now. Give yourself this time to bring to life the possibility of the most marvellous dreams.

“Today could be the best day ever, you won't know unless you are open to making it happen.”



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

We don't wake up born every day, we walk with the past as it has shaped us as who we are now. There are always parts of our history that impact our ability to grow and develop if we do not acknowledge them.

These challenges will stay with us if we do not see them for what they are. They will be in our present and future if we do not acknowledge them. It is important to take stock of what is still there for you from your past.

When we see the relationship to past experiences we see where our fears stem from.

*"We turn not older with days
but newer every day"*

- Emily Dickenson

A teal-colored background featuring a grid of window panes. One pane on the right is slightly open, showing a glimpse of a blue sky and white clouds. A solid red horizontal banner is positioned across the middle of the image.

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

You do not need to continue to feel any way that doesn't empower you. We can begin to shift unwanted feelings and actions by bring forward our desires.

We need to be aware of what we truly want and how we want to feel in this life in order to achieve it.

Knowing where you are going is half the journey and the best place to start from.

Give yourself the space to get into your body, ind and soul to access your deepest wants and needs, freely and authentically.

"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

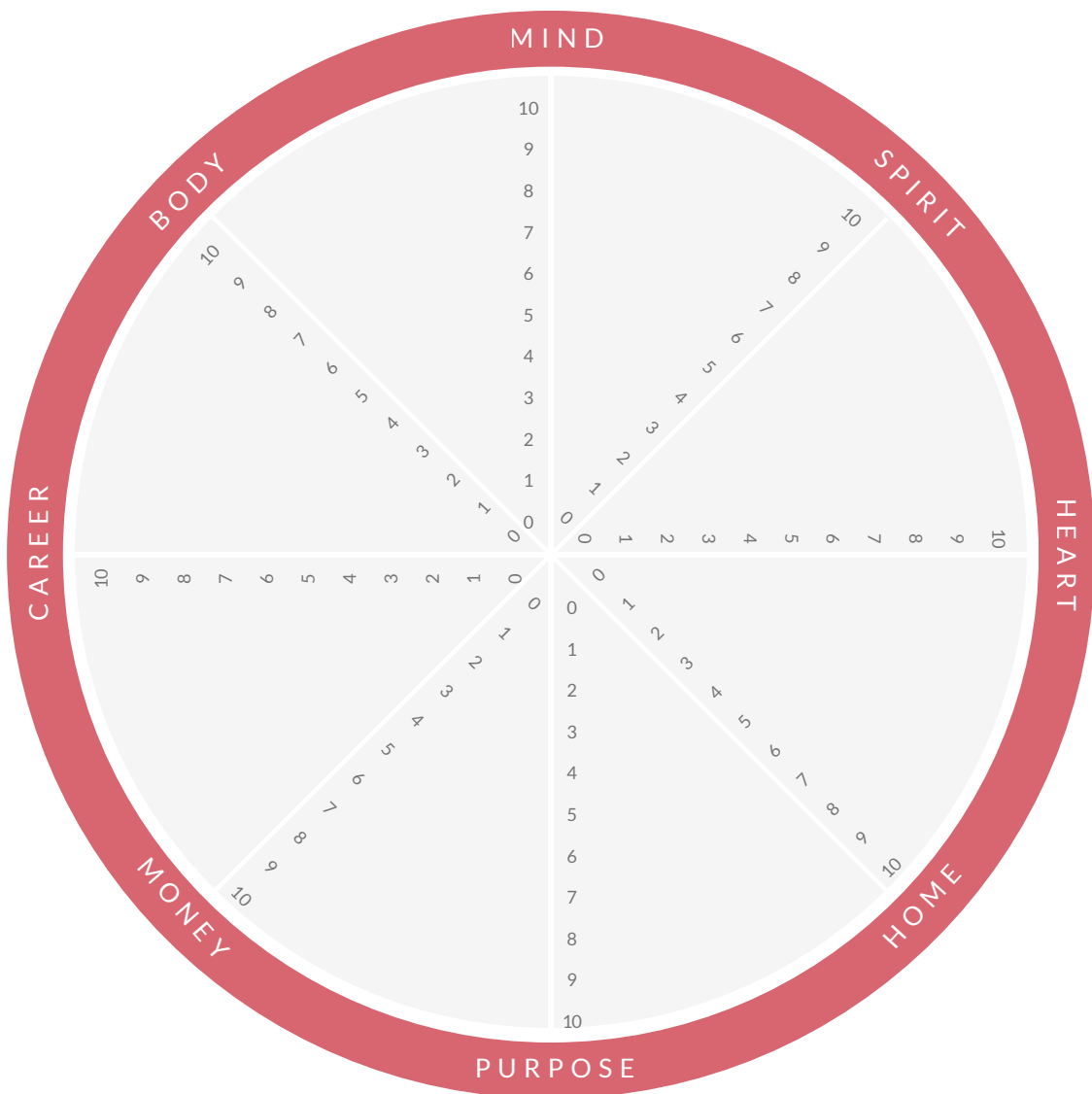
Life is always complex and we juggle competing demands in each day. Here is a space to be present to the various aspects of your life and how they are going to you.

Use whatever reference works for you and don't try to overthink it, you just need a place to start.

- 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

Now that we have looked where you are in the various aspect of life, we can turn to setting our intentions for the future.

Dream into this section, pull together all that you want and desire to look closely at what that means for each area.

You do not need to know how to accomplish these as actions yet, here we are simply creating the powerful intentions.

"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

Our final step before we embark on our 30 day journal is to choose a major goal to focus on. From the previous sections we have now set up powerful intentions.

Identify one area of life to look at more deeply over the 30 days of journal. Set a group of smaller goals to deliver on during this time. These mini goals are created to help you directly achieve on the larger goal.

Daily attention will enable you to action in the direction of having your dreams fulfilled.

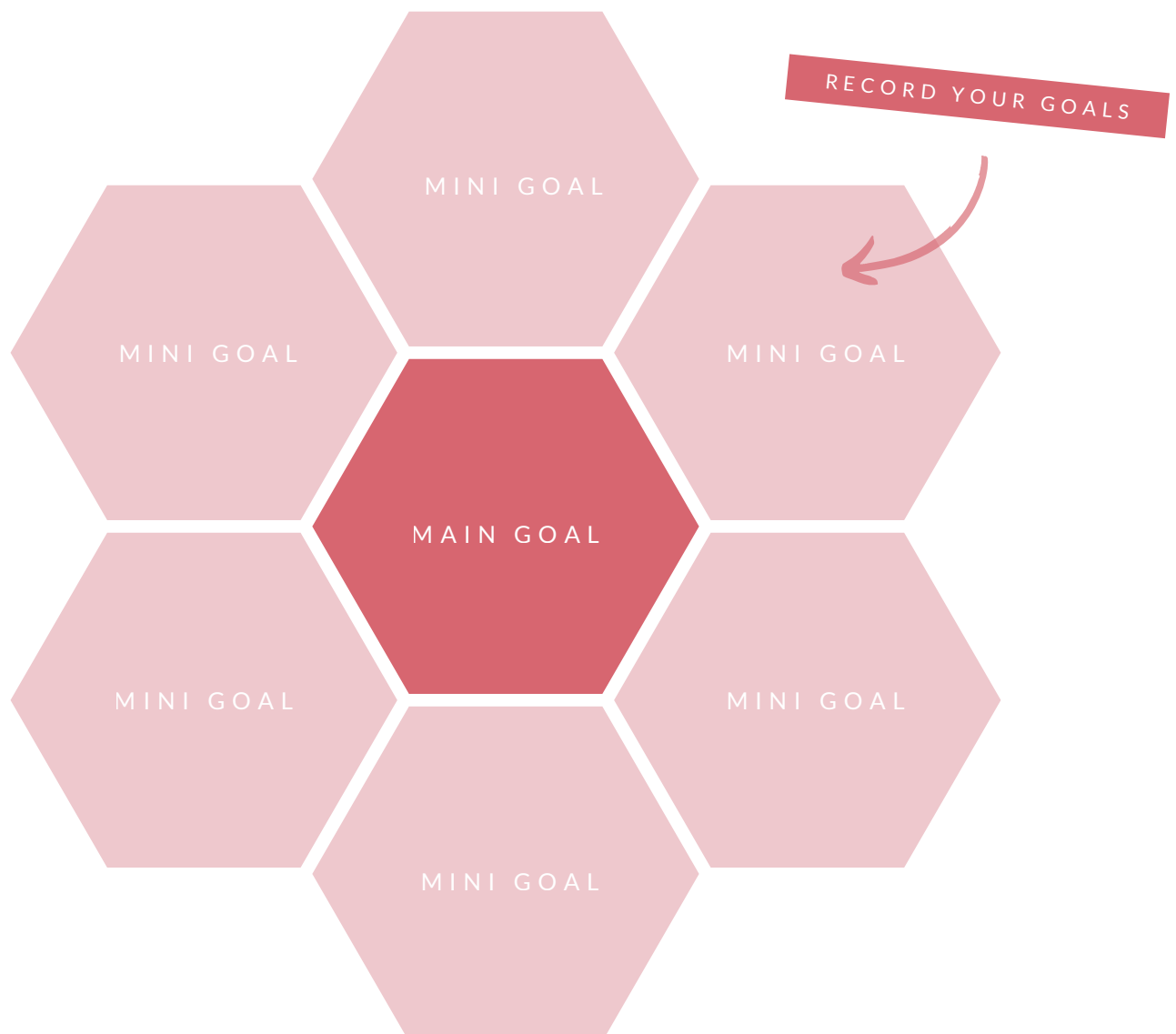
You can repeat the 30 day journal for as many goals as you want for your life!

Enjoy living into your true self expression!!



REDEFINE YOUR 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!



Day 1

Date:

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

Set intentions

Journalling

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

Day 2

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Date:

© 2025

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

ABUNDANT



Set intentions



Nourishing Foods



Moved My Body



Journalling



Mindful Eating



Expressed Gratitude



Meditation



Went outside



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

Day 3

Date:

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

GATHER

Set intentions

Journalling

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

Day 4

Date: _____
S/M/T/W/T/F/S

Set intentions

Journalling

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

Day 5

Date:

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

Set intentions

Journalling

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

Day 6

Date:

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

HOPEFUL

Set intentions

Journalling

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

Day 7

Date: _____
S/M/T/W/T/F/S

 Set intentions

 Journalling

 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

Day 8

Date:

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

COURAGE

Set intentions

Journalling

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

Day 9

Date:

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

Set intentions

Journalling

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

Day 10

Date:

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



Set intentions



Journalling



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

Day 11

Date: _____
S/M/T/W/T/F/S

 Set intentions

 Journalling

 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

Day 12

Date:

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



Set intentions



Nourishing Foods



Moved My Body



Journalling



Mindful Eating



Expressed Gratitude



Meditation



Went outside



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

Day 13

Date:

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

 Set intentions

 Journalling

 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

Day 14

Date:

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

Set intentions

Journalling

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

Day 15

Date:

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

 Set intentions

 Journalling

 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

Day 16

Date:

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

 Set intentions

 Journalling

 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

Day 17

Date:

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

Set intentions

Journalling

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

Day 18

Date:

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

Set intentions

Journalling

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

Day 19

Date:

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

 Set intentions

 Journalling

 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

Day 20

Date:

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

 Set intentions

 Journalling

 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

Day 21

Date:

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



Set intentions



Nourishing Foods



Moved My Body



Journalling



Mindful Eating



Expressed Gratitude



Meditation



Went outside



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

Day 22

Date:

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

 Set intentions

 Journalling

 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

Day 23

Date:

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

Set intentions

Journalling

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

Day 24

Date:

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

 Set intentions

 Journalling

 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

Day 25

Date:

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

LOVED

 Set intentions

 Journalling

 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

Day 26

Date:

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

 Set intentions

 Journalling

 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

Day 27

Date:

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



Set intentions



Nourishing Foods



Moved My Body



Journalling



Mindful Eating



Expressed Gratitude



Meditation



Went outside



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

Day 28

Date: _____
S/M/T/W/T/F/S

- | | | |
|--|--|--|
|  Set intentions |  Nourishing Foods |  Moved My Body |
|  Journalling |  Mindful Eating |  Expressed Gratitude |
|  Meditation |  Went outside |  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

Day 29

Date:

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



Set intentions



Nourishing Foods



Moved My Body



Journalling



Mindful Eating



Expressed Gratitude



Meditation



Went outside



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

Day 30

Date:

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

 Set intentions

 Journalling

 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.

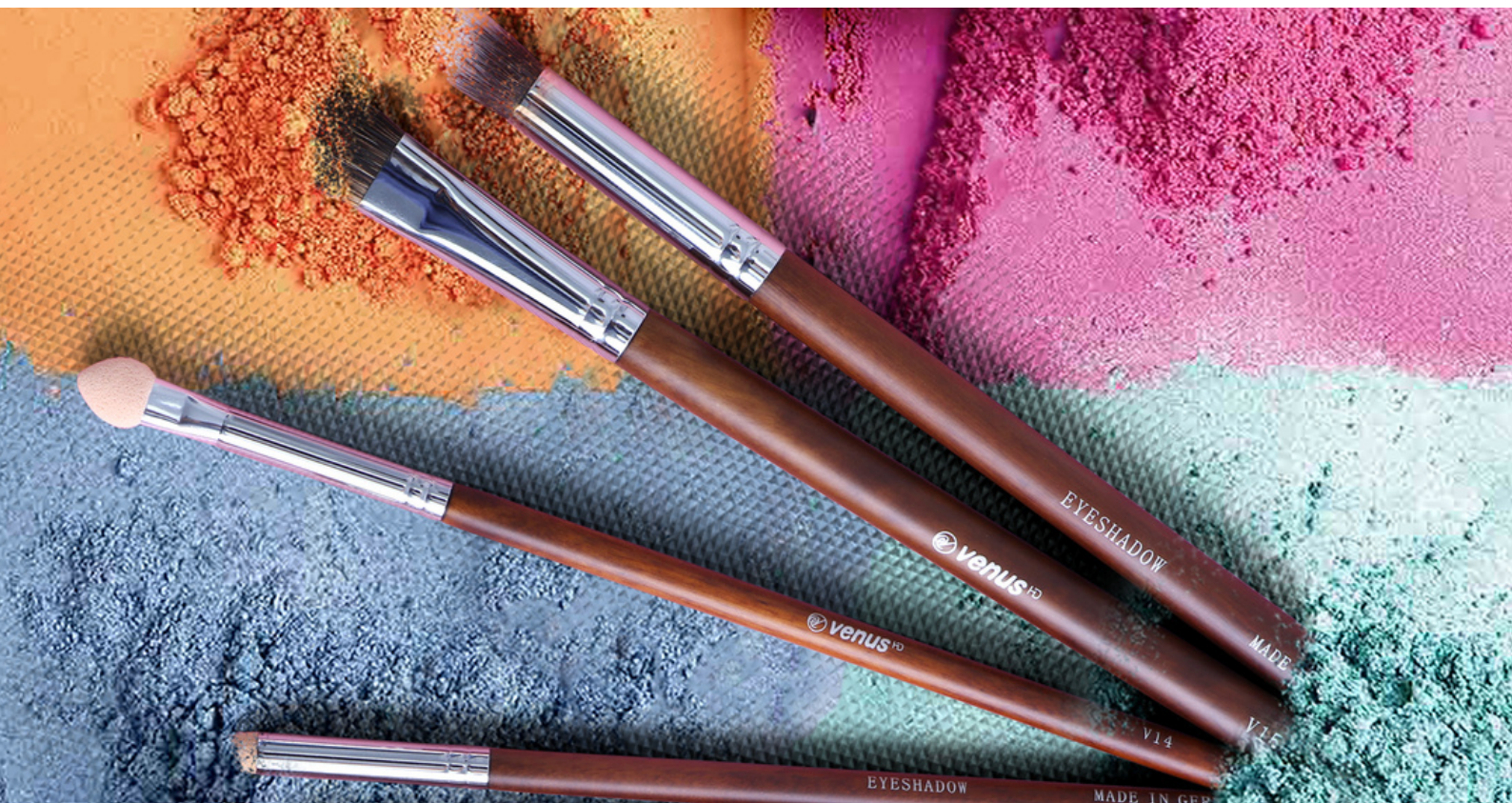
2.

3.

REMEMBER

AFFIRMATION

FINAL REFLECTIONS



Congratulations!

You've done it. You've journeyed through your inner world with honesty, courage, and presence. This space you've created—of clarity, expression, and intention—is yours to return to at any time. Let this be more than a completed journal; let it be a beginning.

You're not starting over—you're starting from here. From this deeper awareness, this renewed connection, this truth you've uncovered. What's next is yours to create. Let it be aligned, let it be true, and most of all—let it be yours.

Go forward boldly. You're ready xx



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 FRANCES

I hope you enjoyed enlivening and creating yourself in this journal. I'm delighted to be with you as you align your energy and generate possibilities for your life.

Be bold and free every day through appreciation, acknowledgement and intentional living, you are fabulous!

We can live with reflection and know we are deserving of a voice and our own expression.

MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*



EMBODY

DESIGN
PRESS