

14 Days to Tranquility

My Journal for Inner Peace Transformation



Welcome to your Journal to Inner Peace Transformation

Hi there! I am so happy you made the decision to take control of your inner peace for the next 14 days!

This is a fun interactive journal that will empower you to:

- o **Calm your mind**
- o **Stay present and mindful**
- o **Relax your nervous system**
- o **Develop awesome new habits around deep breathing, journaling, gratitude and positive mindset**

Just print (the whole book or just what you need for the day) and grab some colored pencils or markers, set aside some time for yourself and dive in!

Enjoy your healing journey!

Day 1

___/___/___

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

B-R-E-A-T-H-E

Day 1

____/____/____

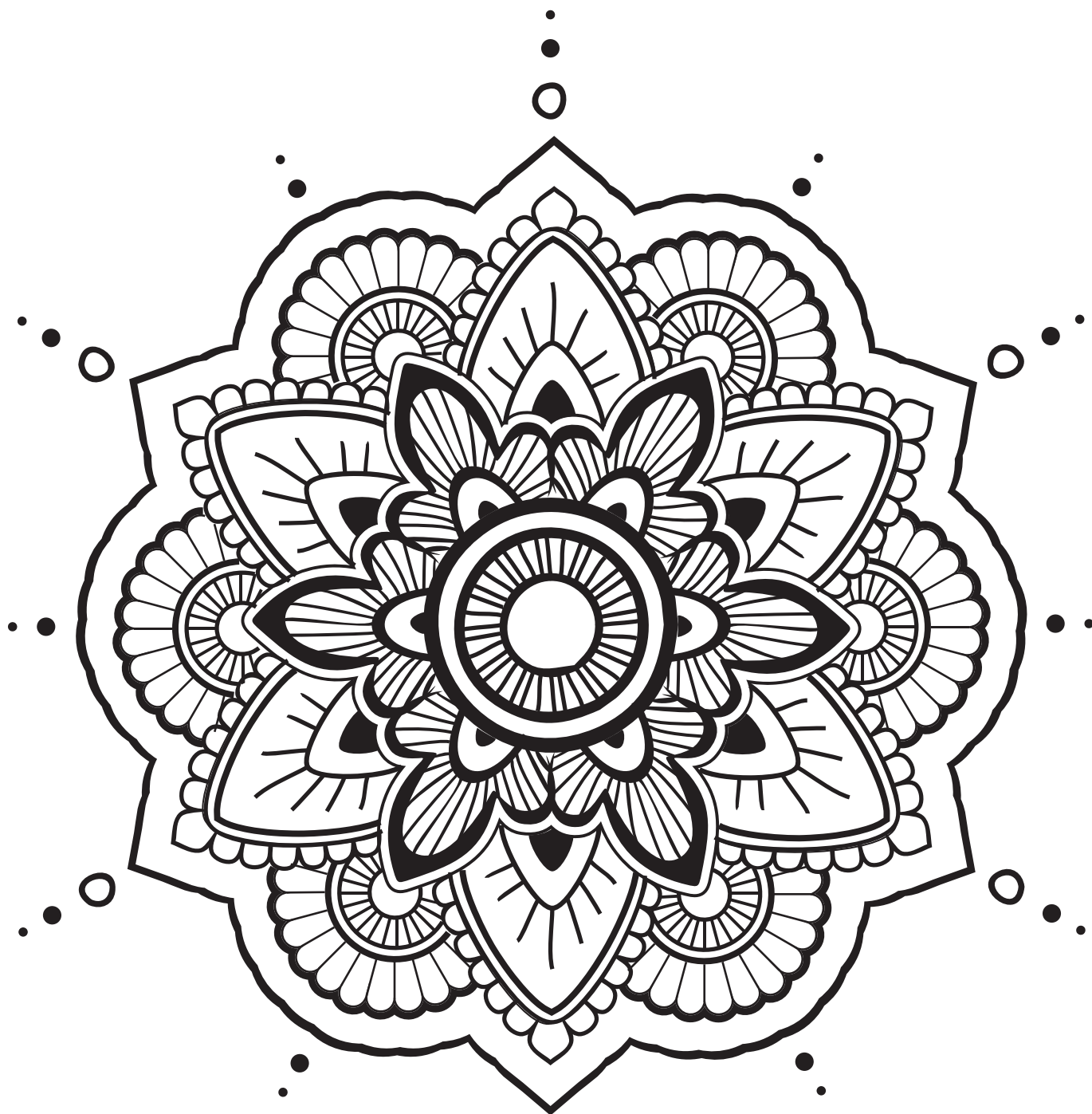
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



*I am complete and whole
and at peace.*

Day 2

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

I am worthy of success.

Day 2

____/____/____

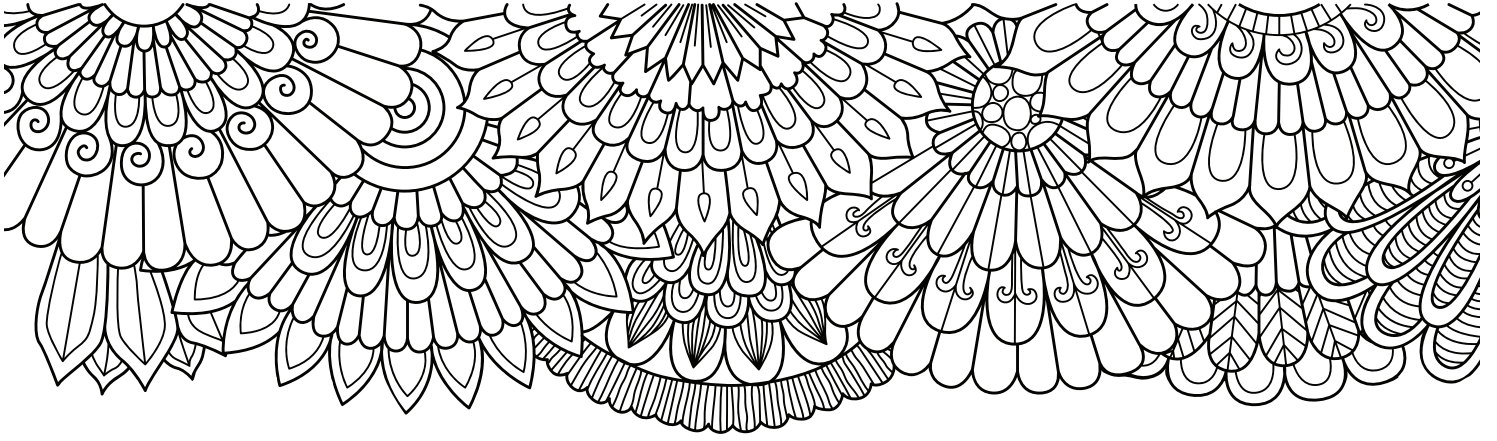
Reflections

Today I felt:

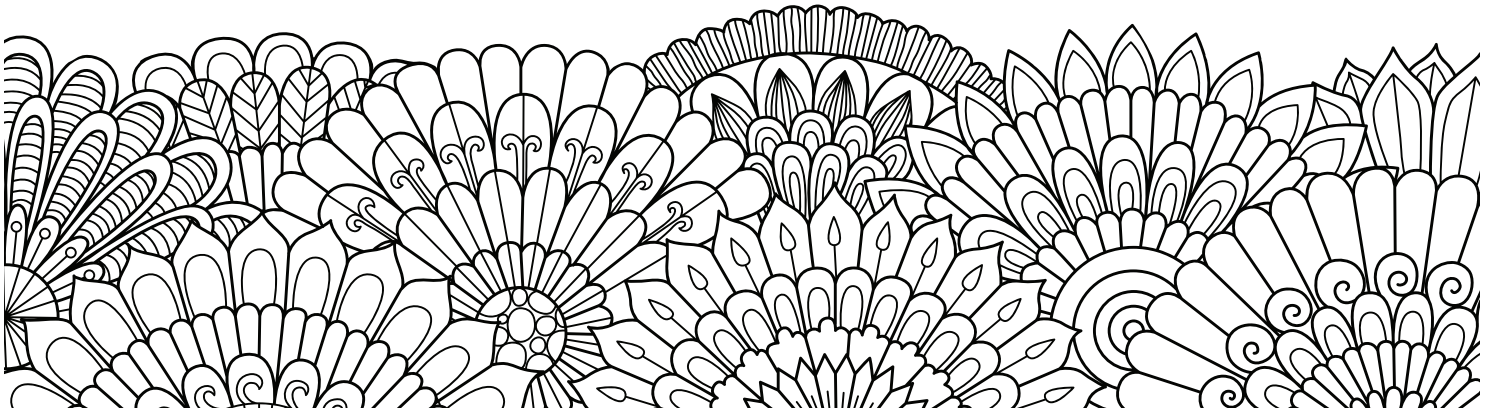
My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



*I am an intelligent,
beautiful, loving soul
and deserve an
abundant life.*



Day 3

___/___/___

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

I am worthy.

Day 3

____/____/____

Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



B-R-E-A-T-H-E

Day 4

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

I am all I need and have all I need to be complete.

Day 4

____/____/____

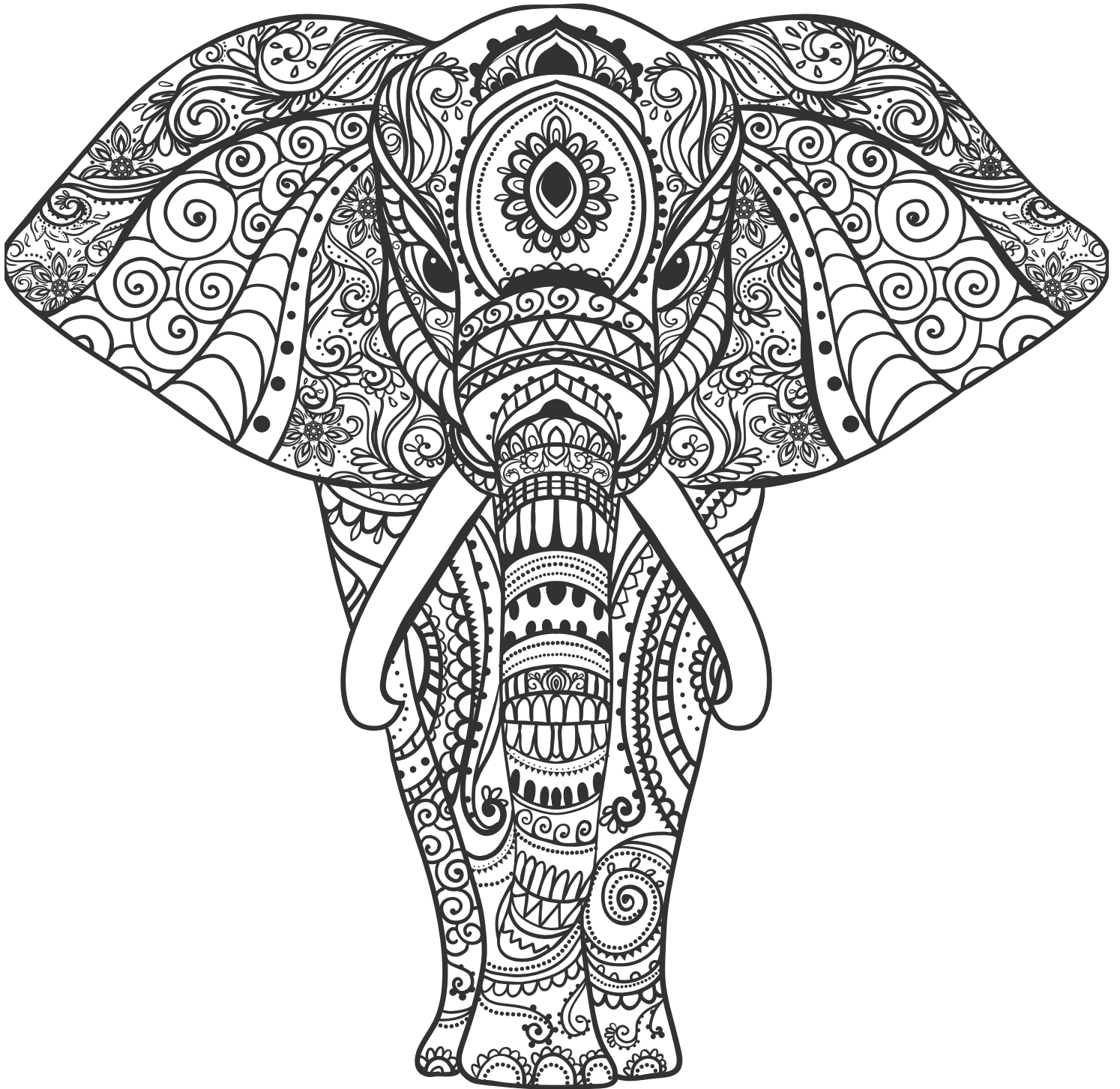
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am worthy of success.

Day 5

___/___/___

Affirmations

Breathe deep 5 times, counting to 5 with each inhale and 5 with each exhale.

Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

I am worthy of love.

Day 5

____/____/____

Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am worthy!

Day 6

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

I am all I need and have all I need to be complete.

Day 6

____/____/____

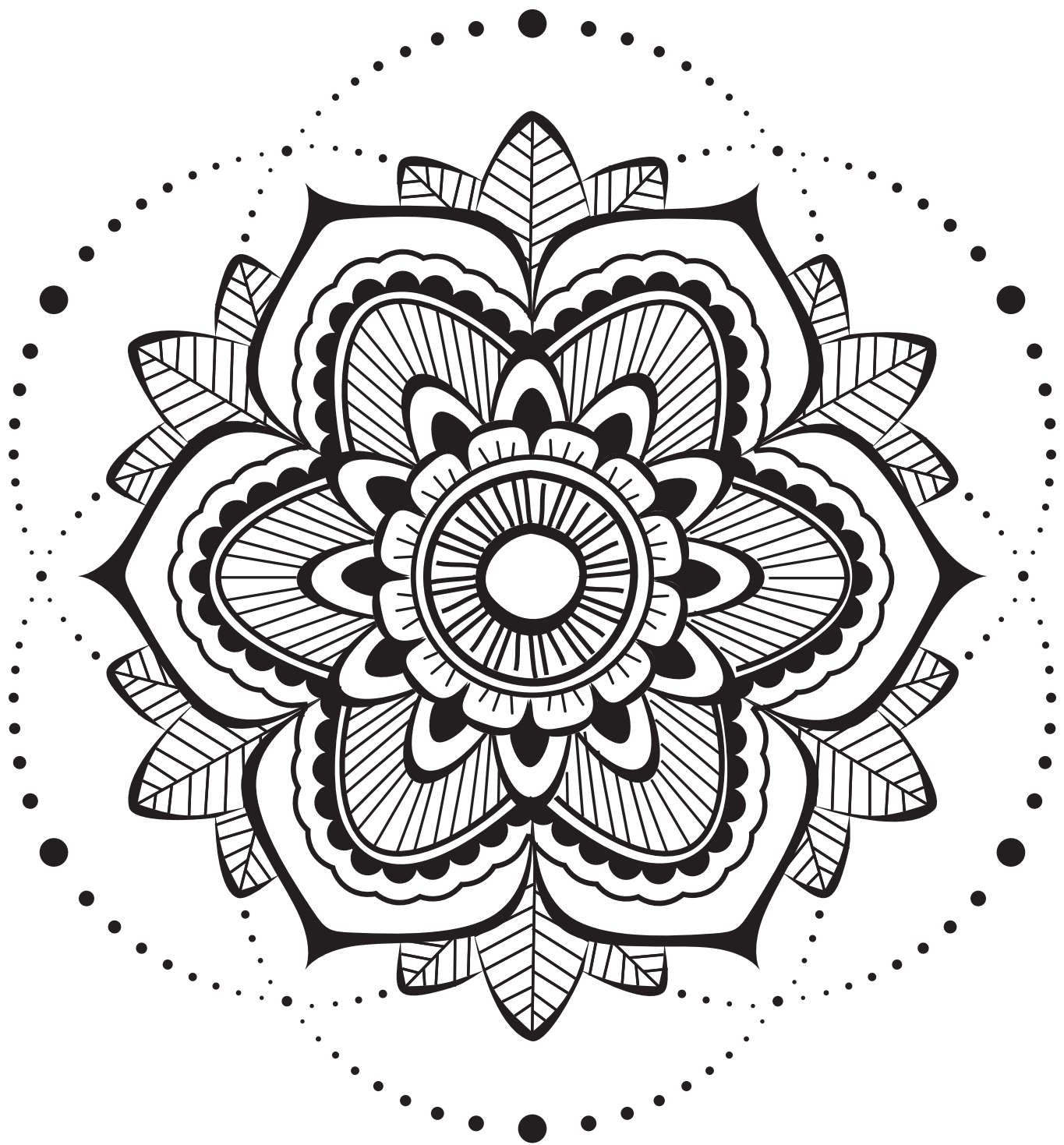
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am worthy of love!

Day 7

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

B-R-E-A-T-H

Day 7

____/____/____

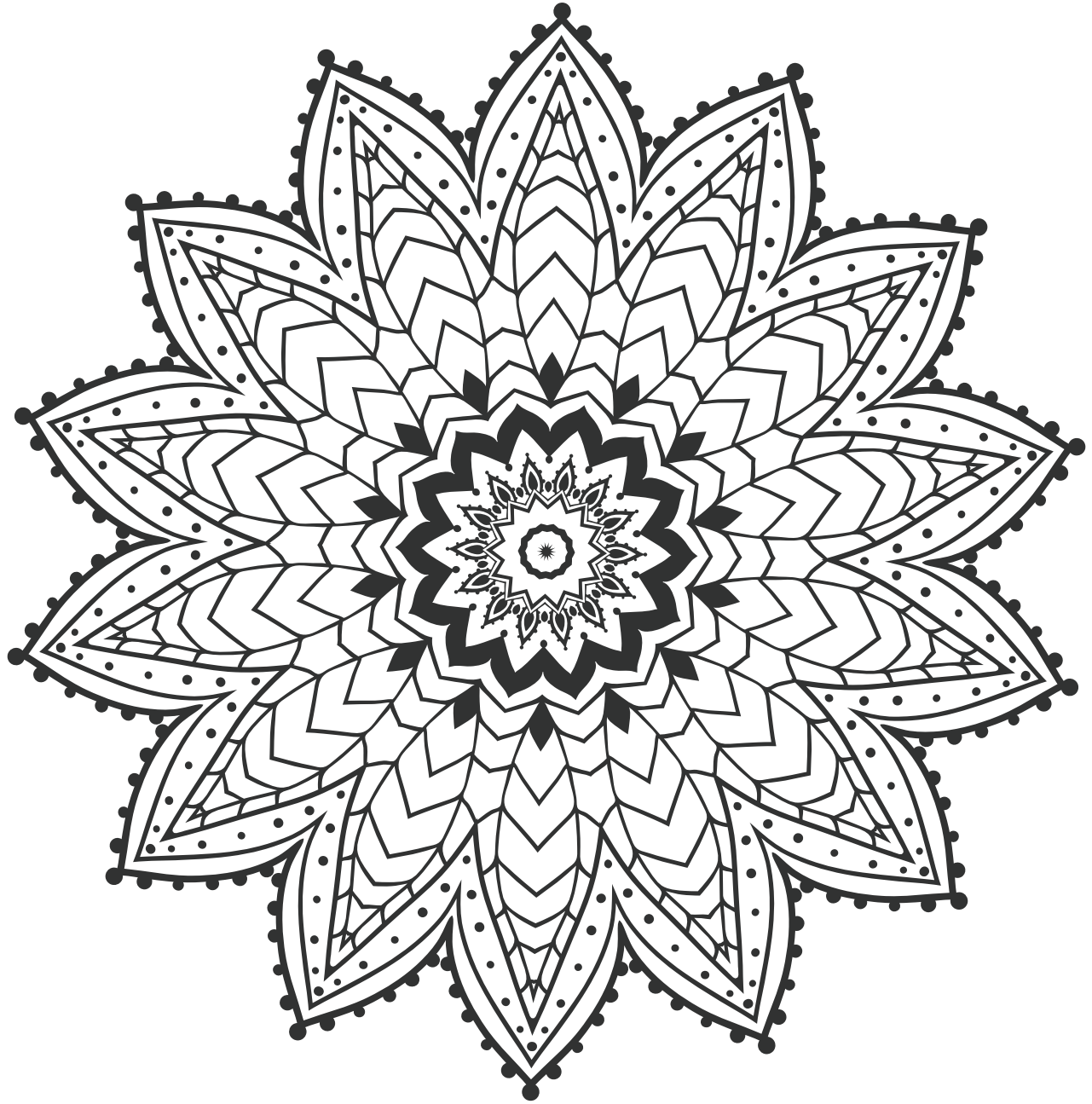
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



*I am complete and whole
and at peace*

Day 8

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am worthy of love.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

Day 8

____/____/____

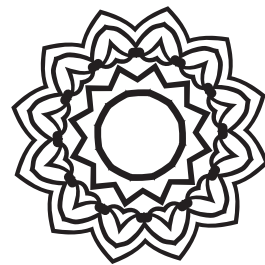
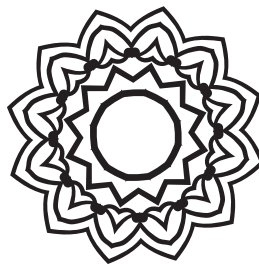
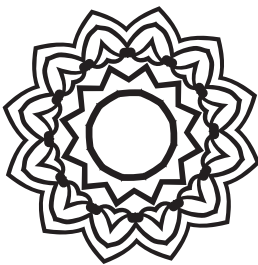
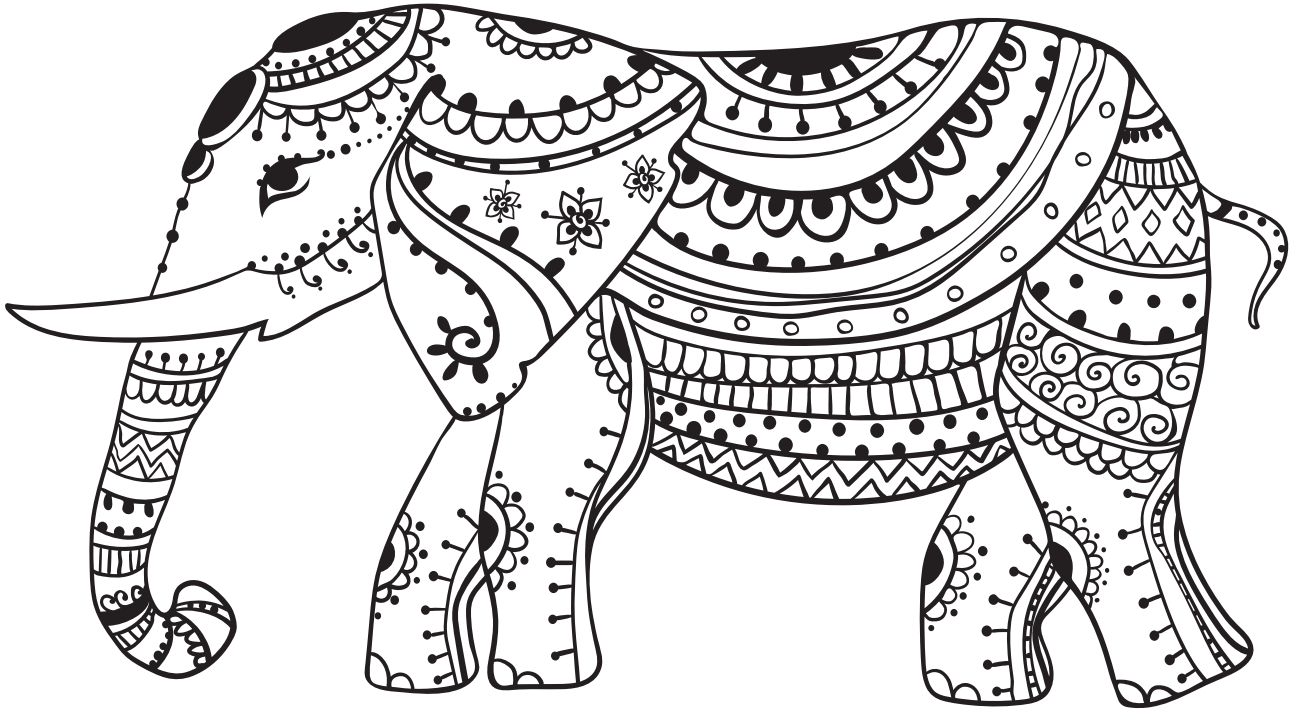
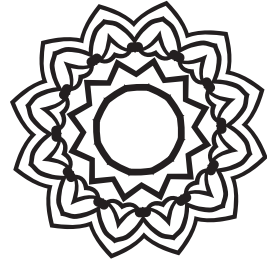
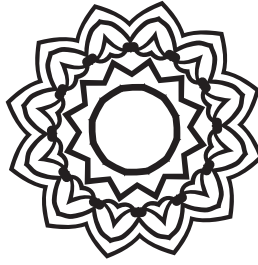
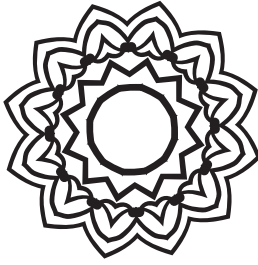
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am all I need to be complete

Day 9

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am worthy.

I am complete and whole and at peace.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

Day 9

____/____/____

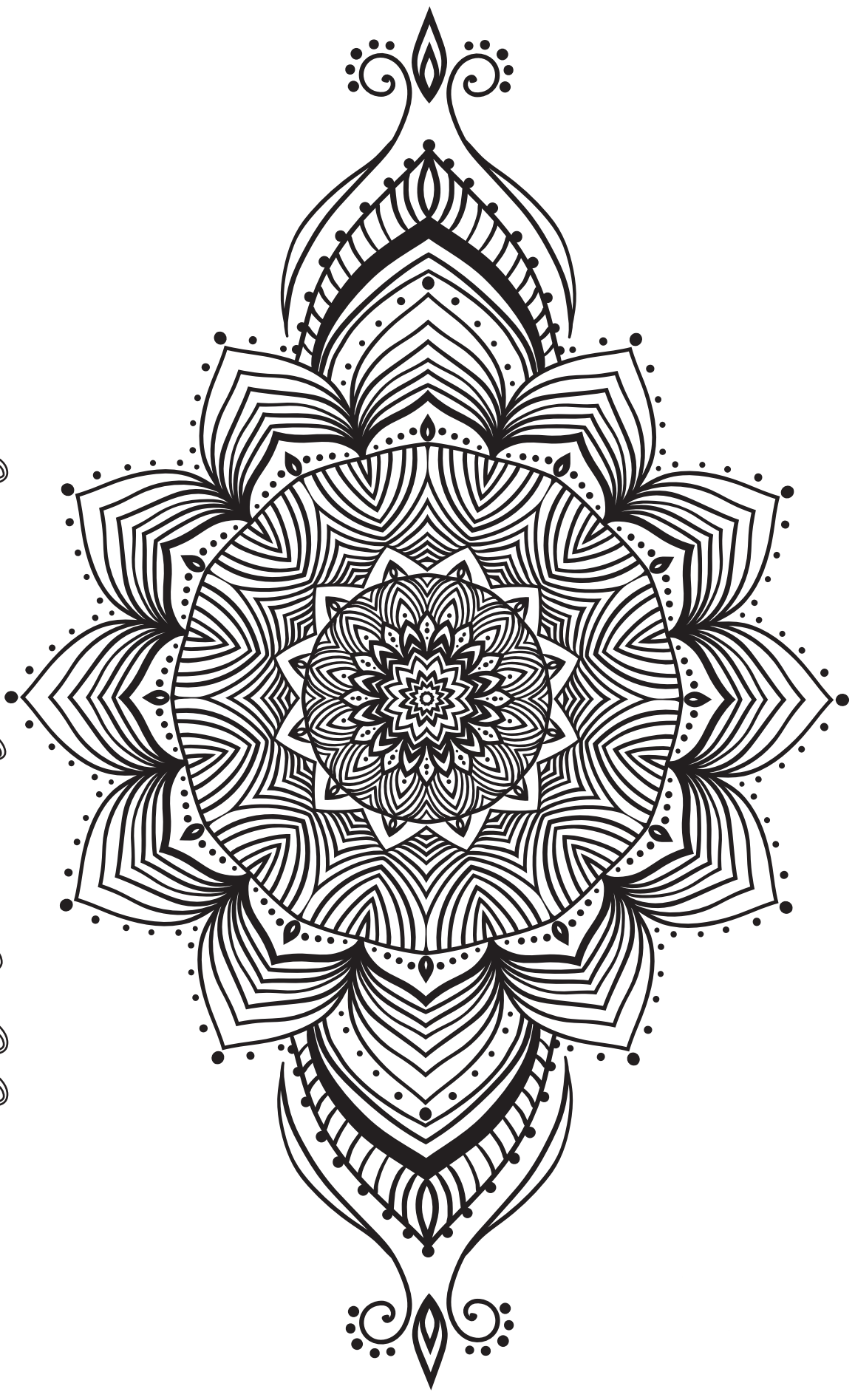
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



*I am an intelligent, beautiful loving soul
and deserve happiness.*

Day 10

___/___/___

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am worthy of success.

I am worthy of joy.

I am worthy!

Day 10

____/____/____

Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



B-R-E-A-T-H-E

Day 11

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale and 5 with each exhale.

Then begin. Say and write each 3 times.

I am complete and whole and at peace.

I am all I need and have all I need to be complete..

I am worthy!

Day 11

____/____/____

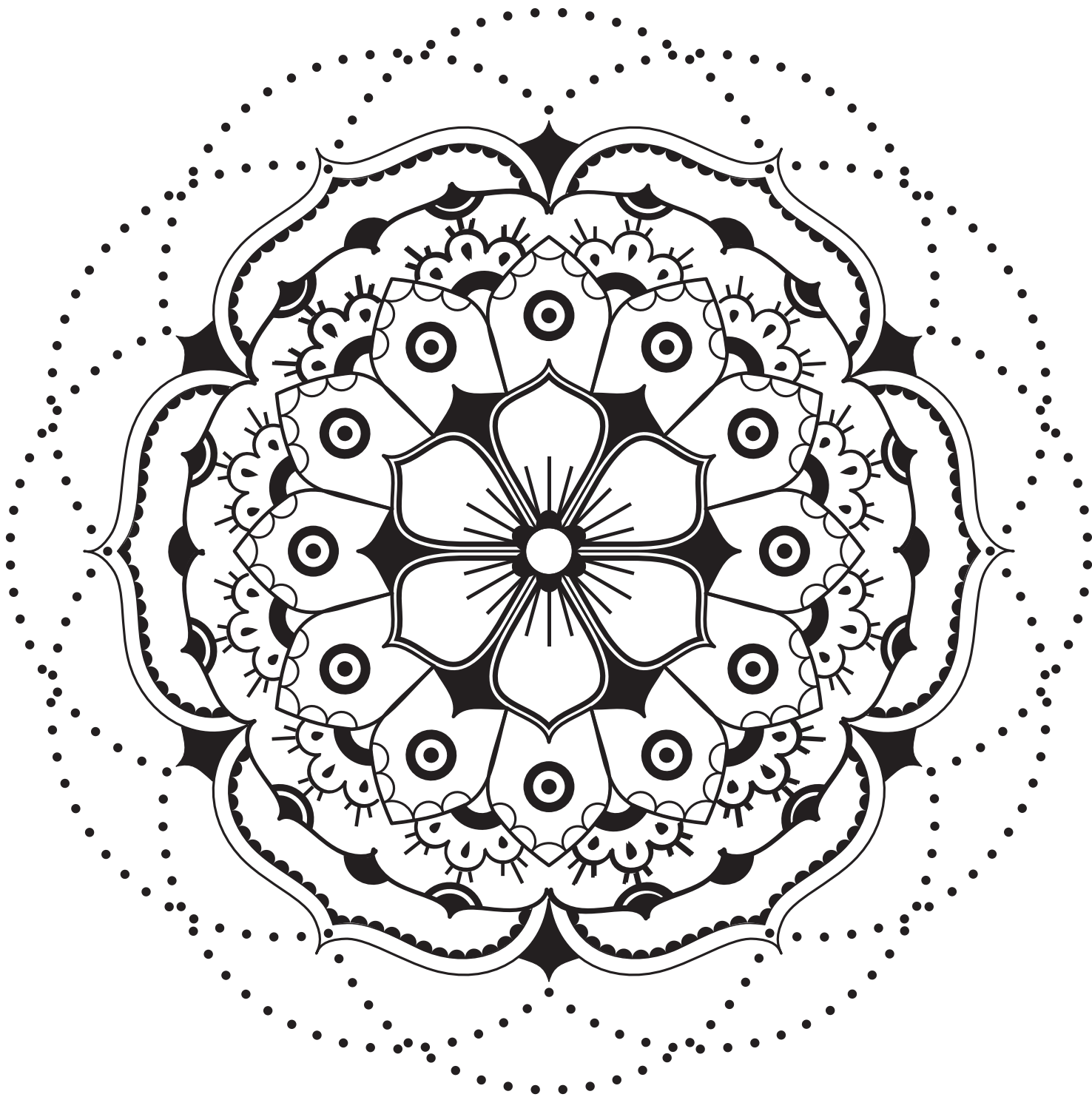
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am worthy of success.

Day 12

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am complete and whole and creative.

I am all I need and have all I need to be complete.

I am an intelligent, beautiful, loving soul and deserve an abundant life.

Day 12

____/____/____

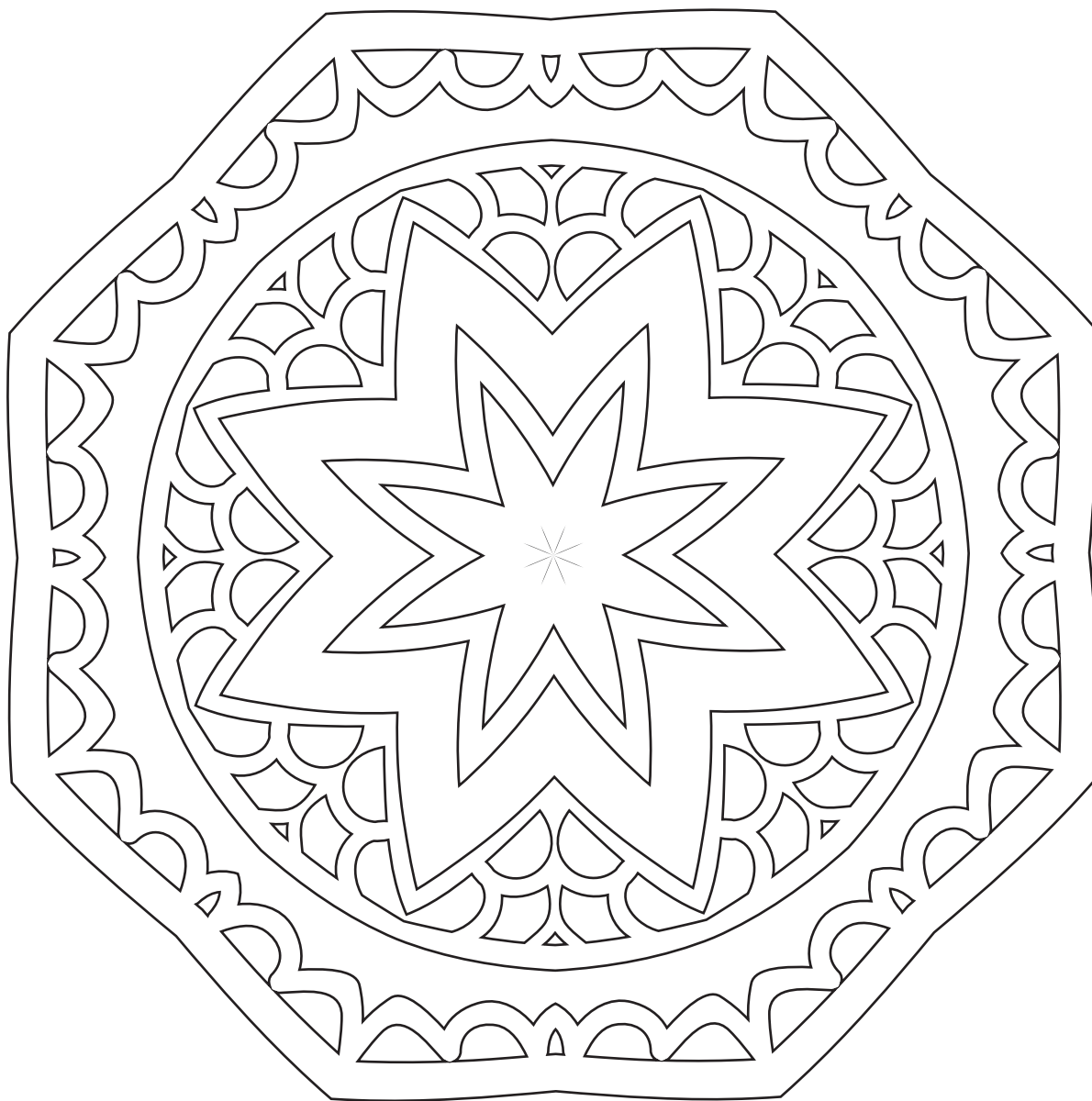
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



*I am complete and whole
and joyful.*

Day 13

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am worthy of success.

I worthy of love.

I am worthy!

Day 13

____/____/____

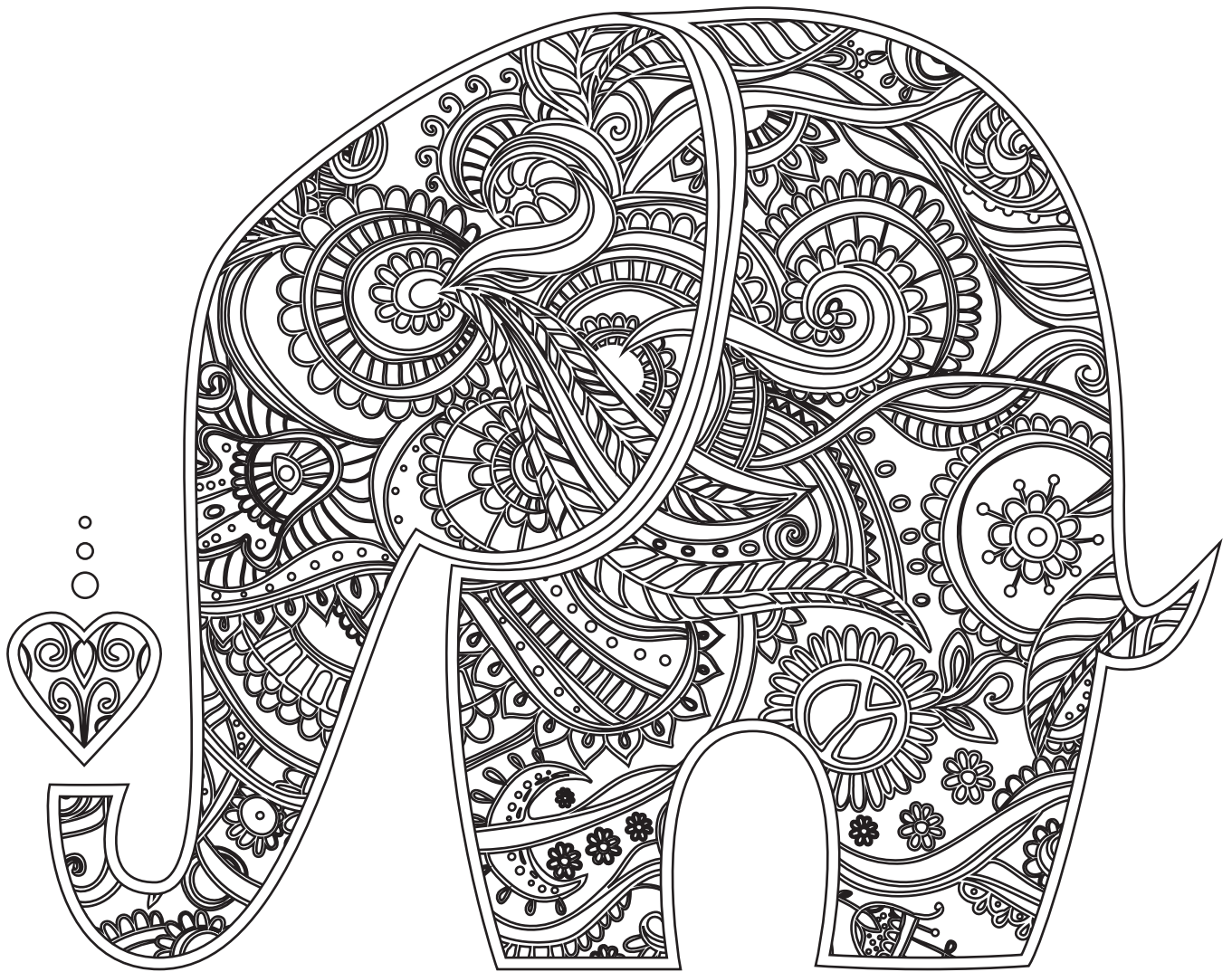
Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am worthy of joy.

Day 14

____/____/____

Affirmations

Breathe deep 5 times, counting to 5 with each inhale, hold for 5, and counting to 5 with each exhale. Then begin. Say and write each 3 times.

I am worthy of happiness..

I worthy of love.

I am worthy!

Day 14

____/____/____

Reflections

Today I felt:

My hardest part of the day was:

My best part of the day was:

Today I'm grateful for



I am Worthy!

Month 1

Set yourself up for success!

"Setting goals is the first step in turning the invisible into the visible."
~Tony Robbins

This month is about getting ready for your year of transformation. It's time to take stock, take action, and put yourself in the best position to move forward and say YES to making real and lasting change in your life. You've got this!

Month: _____ Year: _____

At the end of the month I want to feel:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Congratulations!

You've dedicated 14 days to healing your
nervous system, your mind and your self!

I would love to celebrate with you.

Share your experience
with me on your fav social media:



<https://www.facebook.com/emedcroft>



<https://www.instagram.com/evamedcroftcoaching/>



<https://www.linkedin.com/in/evamedcroft/>