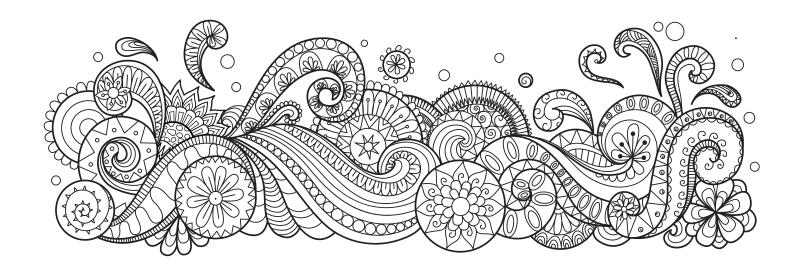


14 Days to Tranquility

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 countrol of your inner peace for the next I4 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
- 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!

Enjou your healing journey!

Affirmations

am c	ompl	ete an	d wh	nole ar	nd at p)eace	2.						
l am a	an int	elligen	ıt, be	autifu	l, Iovin	g 801	ul an	d desi	erve a	n abur	ıdanı	t life.	
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Today I fe	elt: 						
My hard	est part of the o	day wa	AS:				
	-						
My best p	part of the day	was:					
Today I'm	grateful for						

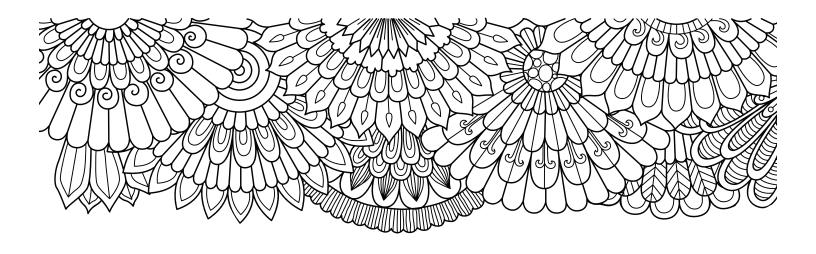


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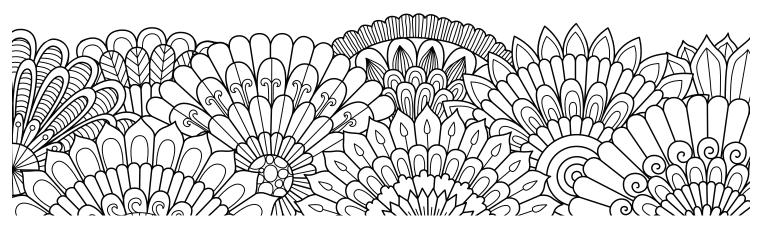
Affirmations

am compli	ete an	id wh	iole ar	nd at pead	ce.					
				,				,		
am an int	elliger	nt, be	autifu	l, loving s	oul an	d dese	erve a	an abunda	nt life	
am worthį	y of si	ucce:	SS.							
	,							,		

Today I felt:				
My hardest part of	the day wa	18:		
My best part of the	day was:			
Today I'm grateful fo	or 			



I am an intelligent,
beautiful, bring soul
and deserve an
abundant ble.



Affirmations

I am complete and whole and at peace. I am an intelligent, beautiful, loving soul and deserve an abundant life. I am worthy.							
I am an intelligent,	beautiful, l	loving soul	and d	eserve a	an abundant	· life.	
am worthy.							
						,	

Today I felt:				
My hardest pai	rt of the day wa	S:		
My best part of	the day was:			
Today I'm gratet	ful for			

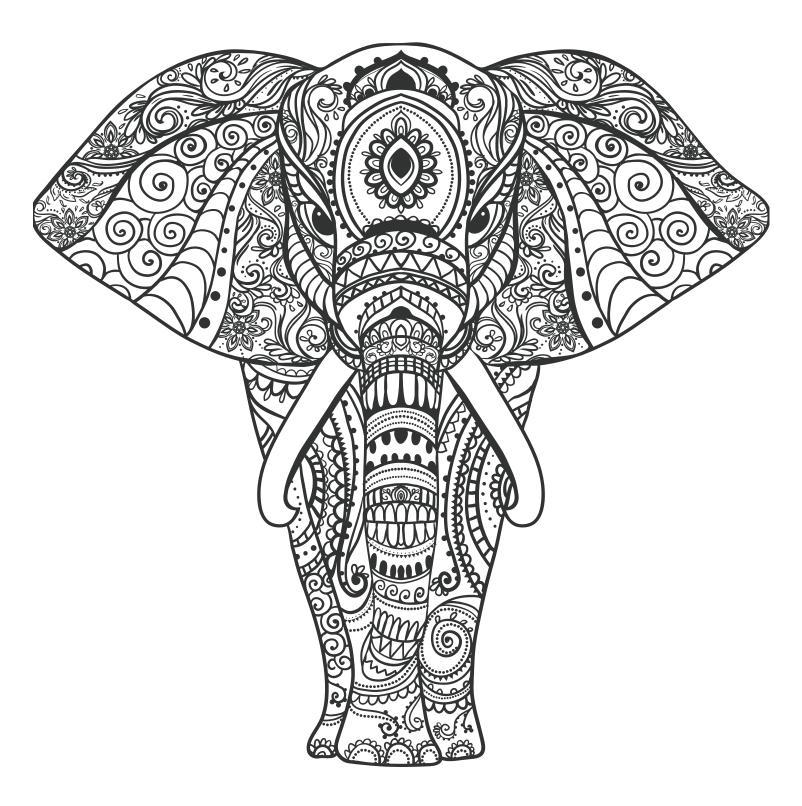


Day	4
Duy	

Affir	mations
Appro	MMMM

am (comple 	ete an	d whole	e and at	peac	е.					
l am	an int	elligen	t, beau	tiful, lovi	ing sc	oul and	d des	erve ar	n abunda	ant life.	
am a	all I ne	ed an	d have	all I nee	d o be	e com	plete.				

Today I felt:			
My hardest part of the day w	189:		
My best part of the day was:			
Today I'm grateful for			



I am worthy of success.

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 pe	ace.					
I am an intelligent, beau	tiful, loving	soul an	ıd deserv	ve an abund	lant life	Q.	
I am worthy of love.							

/	/	
	/	

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!

/ /	
/	

Affirmations

am complete and w	hole and	d at pe	eace.		
l am an intelligent, b	eautiful,	loving	soul	and deserve an abundant	life.
am all I need and ha	ave all l	need t	o be	complete.	

Today I felt:			
My hardest part of the c	day was:		
My best part of the day (mas:		
Today I'm grateful for			



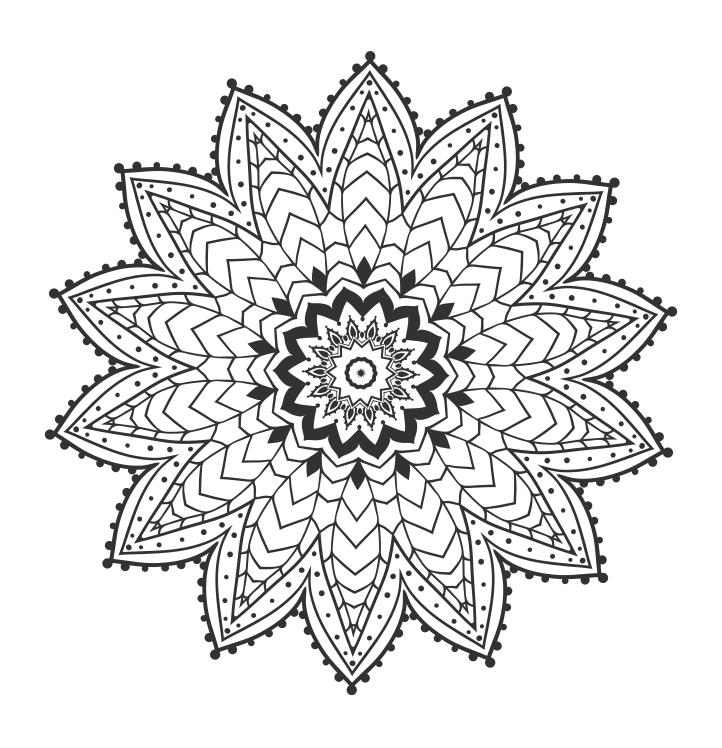
I am worthy of love!

Affirmations

am complete an	nd whole a	nd at po	eace.				
am an intelliger	nt, beautifu	ıl, lovina	a soul an	d dese	erve an al	oundant life.	
3-R-E-A-T-H							

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Today I felt:			
My hardest part of the	day was:		
My best part of the day	y was:		
Today I'm grateful for			



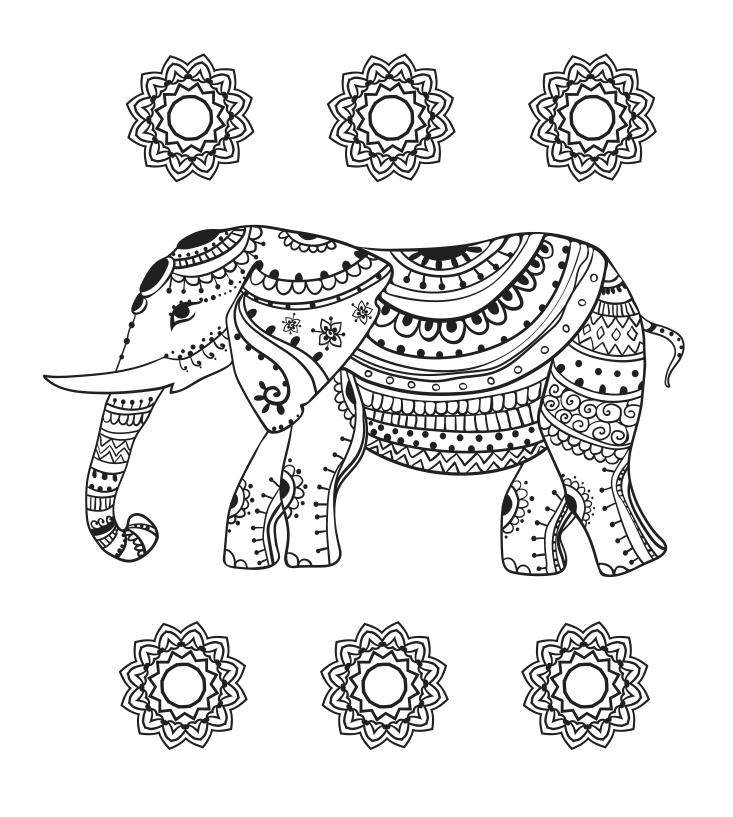
I am complete and whole and at peace

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Affirmations

am complete and u	uhole and a	t peace.			
am worthy of love.					
am an intelligent, k	peautiful, lov	ving soul and	d deserve an	abundant life.	

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

Affirmations

am (worthy.							
l am d	complete an	d Wh	nole and at	- pea	ce.			
l am	an intelliger	nt, be	eautiful, lov	ing s	oul and des	erve an ab	oundant life.	

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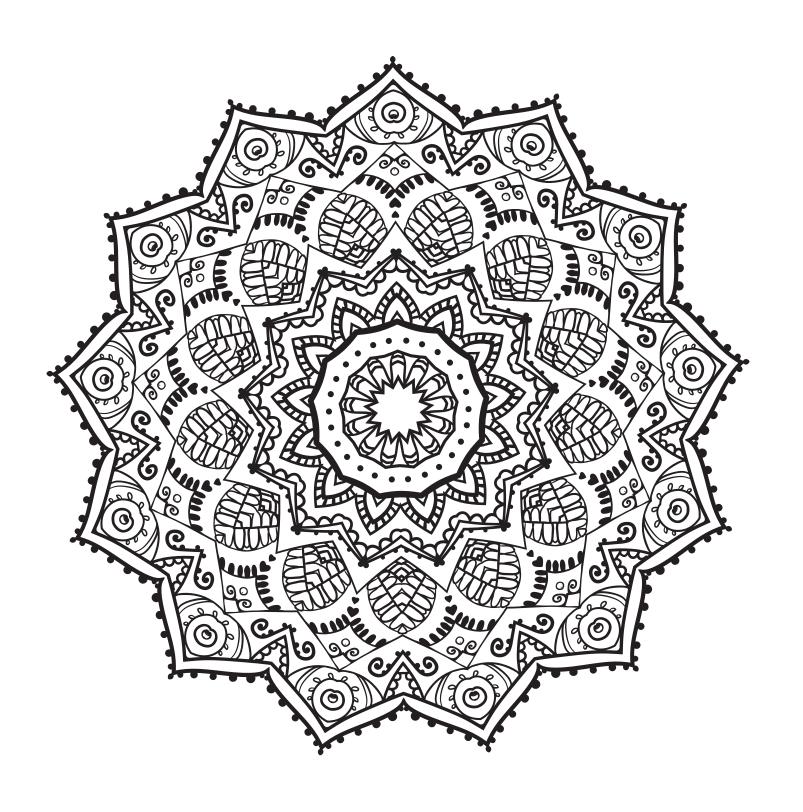
Today I fe	elt: 						
My hard	est part of the o	day wa	AS:				
	-						
My best p	part of the day	was:					
Today I'm	grateful for						

I and an intelligent, beautiful bring sout and dessent happiness.

Affirmations

l am worth	ny of succ	.229				
l am worth	ny of joy.					
l am wortl	hy!					

Today I felt:					
				-	
My hardest part of the day was:			_		
My best part of the day was:			_	_	
	-		-	-	
Today I'm grateful for					
				-	



B-R-S-A-TH-S

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Affirmations

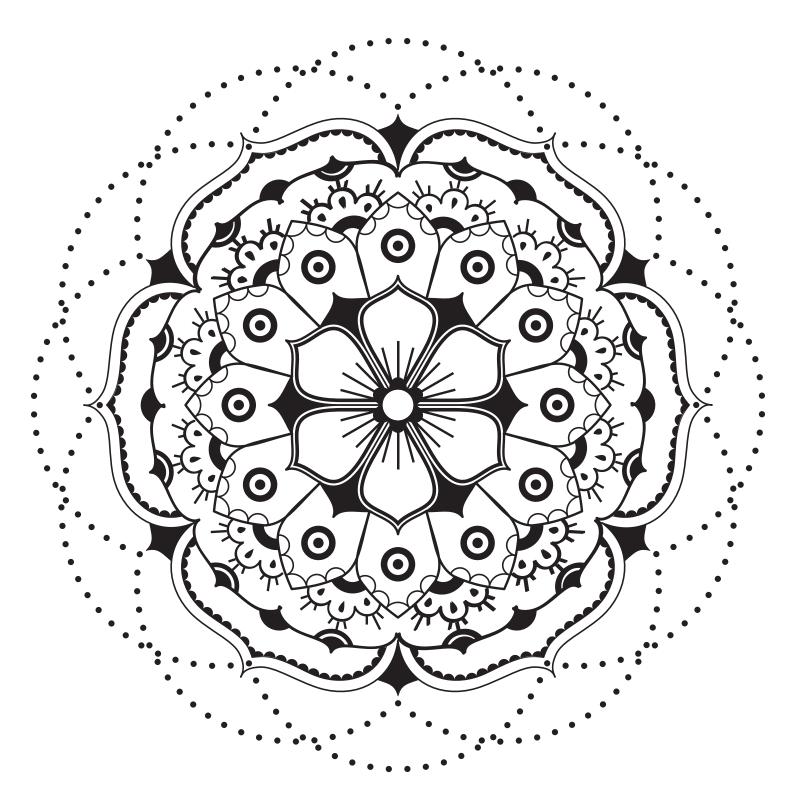
Breathe deep 5 times, counting to 5 with each inhale and 5 with each exhale.

Then begin. Say and write each 3 times.

l am complete a	and whole	and at p	eace.			
l am all I need a	and have a	ll I need	to be co	mplete		
l am worthy!						

/	/	
/	/_	

Today I fe	elt:			 		
My hard	est part of	the o	day was:			
My best p	oart of the	day (was:			
Today I'm	grateful fo	r				



I am worthy of success.

/	/
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Affirmations

l am (compl	ete ar 	nd wh	nole a	and cr	eative.					
l am :	all I ne	eed a	nd h	ave a	ll I nee	ed to be	comple	ete.			
 [am	an in	telliger	nt, be	eautifi	ul, lovi	ng soul	and des	serve ar	n abunda	ınt life.	

Today I felt:			
My hardest part of the day w	188:		
My best part of the day was:			
Today I'm grateful for			



I am complete and whole and joy ful.

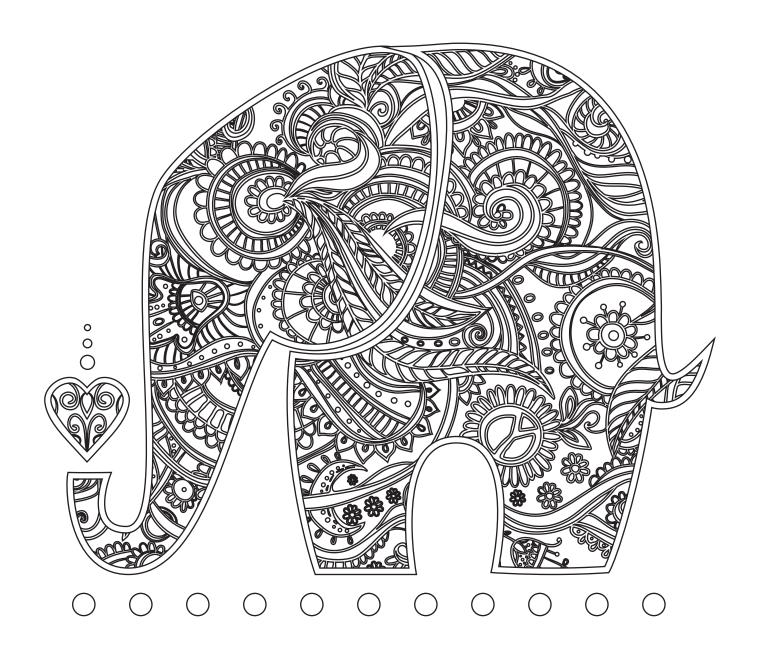
EvaMedcroft.com

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Affirmations

lamu	worthi	y of s	ucce	SS.			
l wort	hy of	love.					
lamu	worthį	<u>y!</u>					

Today I fe	elt: 						
My hard	est part of the o	day wa	98:				
	-						
My best p	part of the day	was:					
Today I'm	grateful for						



I am worthy of joy.

/	/
/	/
	/

Affirmations

I am worth	y of happ	iness	 		
	·				
I worthy of					
I am worth	y! 		 		

Today I felt:				
My hardest part of the	day wa	as:		
			 -	 -
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!

	M	onth:		Yea	-					
At tl	At the end of the month 1 want to feel:									

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/