

Healthy Change Journal



Your Inspirational Guide
To Finding Balance During Transitions

Healthy Change™ Journal

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional well-being and good health. In the event you use any of this information in this book for yourself, the authors assume no responsibility for your actions.

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Your Healthy Change Journal



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Introduction



Right about now, you may be asking...
just what is a Healthy Change journal?
And how do I use this journal?

**This journal is to help guide you wherever
you are on your journey through change.**

This Healthy Change journal is designed to
energize your body, mind, and spirit.
Each Healthy Change principle is unique yet
all of these principles are woven together.

So while there are individual sections
for body, mind, and spirit,
we encourage you to begin wherever you'd like.

Begin on the next page or start anywhere.
Feel free to simply open your journal and
TRUST that page is the perfect place for you to begin.
(Because it is...trust us!)

You'll notice questions sprinkled throughout this journal.
We offer them as a starting point,
to inspire your journaling.
We also encourage you to write and reflect
on your questions.

May this journal give you a place to connect
more deeply with yourself during times of change.

For it is when we connect our body, mind, and spirit,
that we experience healthy change!



Tapping into Spiritual Resources During Change

We have a guiding light
to help us navigate our journey.

It only takes a moment to connect with our
spiritual resources...
to slow down and listen.

There is an endless supply of wisdom and strength
available to us when we listen to our heart and soul.

Some part of us always knows the truth because
we were born knowing who we are and
what we came here to do.

That is both the magic and mystery of life.
And if we get off track on our journey,
we can always follow our inner guidance
to lead us back onto our path.

You are on your path when you
Live with Passion and Purpose
Be Grateful
Have Faith
Connect with Yourself and
Connect with Others.





What actions can I take today to live with more purpose?