

JOURNAL

Yourself To Joy

Journaling is a powerful tool to work through limiting beliefs, uncover fears that are holding you back and identify where you really want to go in life. When you are attempting to level up to a higher vibe emotion, journaling can help you move up the emotional scale easier and faster than simply overthinking and discussing with friends.

START WITH GRATITUDE:



- *3 to 5 things you are thankful for & write about how they make you feel*
- *One thing you are looking forward to*
- *One thing you are proud of*

SHIFTING BELIEFS

- *Name the person you're having the most difficulty with.*
- *What is it that most impresses you about them?*
- *Name 5 things you are grateful for about the person.*
- *What have you learned from them?*
- *What you want for them in the future?*



PLANNING FOR THE FUTURE:



- *When looking back on this year, if you were to say it was the best year of your life, what would that look like?*
- *Identify your next action step with this question: What is my next best move?*
- *Write about your goals as if they have already happened in present tense.*
- *What did you accomplish? What does it feel like?*

YOU ARE WORTHY

- *What have you always wanted?*
- *Why do you feel you can't achieve it?*
- *Is that ultimately true?*
- *Reframe this belief and choose a different story. What is the new story?*
- *Write as if it's already yours - how do you feel? What does it look like?*



AFFIRMATIONS:

- *I know that I am worth of my desires.*
- *Everything I need is coming to me.*
- *Opportunity comes easily to me.*
- *My mind is filled with love and gratitude.*
- *I only attract the best situations.*
- *I am ready to accept my dreams as reality.*



HELLO, I'M SHAUNNA LEE



*I've Experienced **All The Divorces...***

The One I Left, The One That Left Me, and the WWII Version.

I went from a teen pregnancy statistic to successful entrepreneur, but it took me decades of trial and error. After 3 divorces, sending two kids to college, and losing two corporate jobs in a single year, I am the queen of starting over... again and again.

I had to take the hard road to build a life and find a love that I don't need a vacation (or divorce) from. The same things that used to piss me off don't even bother me anymore. I fell in love with my life and manifested the man who truly, unconditionally loves me.

Today, I help other single moms take steps towards the future they thought they'd have when they found themselves divorced. I don't want anyone else to have to take the hard road!

As a certified, trained professional coach, I can help you shortcut the path to a life you love.

Together, we overcome shame and guilt, and transform the chaos and fear after divorce into fuel to skyrocket their lives. I believe good people do great things when they are free from the toxic, repetitive patterns that their ex can drag them into.

If you're the kind of person who is willing to let go of blaming your ex and take control of tomorrow, you're in the right place. My mission is to help women create a plan for true freedom that comes from falling in love with your life.

It all starts here - [You Got This!](#)