



Self Alignment Journal

FOR _____

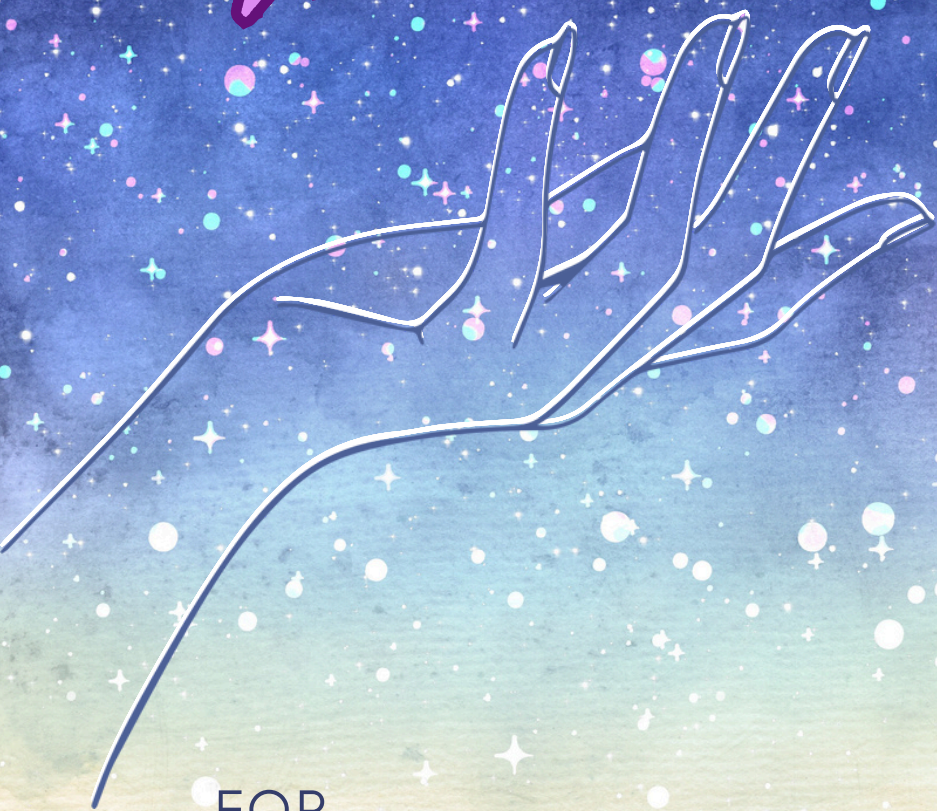
SELF ALIGNMENT

Journal



FOR _____

Self-Alignment Journal



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Declaration

In this space and time, I become one with who I truly am. Nothing and no one can define this but me. I am the I am. I welcome insights, wisdom, assurance, higher-consciousness and the spiritual realm to assist, support and guide me to who I am becoming, and show me the path to who I was, in all thing, in all lifetimes, in all parallels of this Universe in which I exist in this lifetime. I remain an open vessel to change, adapt, welcome, align and rise with all that is the greater good.



DATE

S M T W T F S

DAILY ALIGN

WHEN THE DAY IS DONE AND THE MIND
IS WINDING DOWN

ACTUALLY, I AM

MY MIRACLE

I'M ALIGNED WITH

TODAY I'VE COME TO THINK THAT



WHO/WHAT SHOWED UP AS A
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Reflections





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MONTHLY REFLECTION

MONTH _____

THE 'I AM' IN ME IS BECOMING



MIND*BODY*SOUL * INSIGHTS

WHAT HAS HELPED ME

journalling mindfulness
music nature research
movies courses talks
lectures meditation
books

Other



ART EXPRESSION



Printing Instructions with Pre-Cut Paper

Thank you for your purchase! My aim is to ensure a hassle-free printing experience for you as you start your journal. Here's a straightforward guide to follow for the best results:

Before You Begin:

Ensure a smooth printing process by following these essential steps:

- Avoid printing directly from your web browser.
- Download the files to your computer first.
- Open the files using the free Adobe Acrobat Reader.

How to Print:

If your printer supports duplex (double-sided) printing, use this feature.

Choose "Double Sided / Print on both sides of the paper / Duplex" and ensure you choose "Actual Size". Or scale to 100%.

Choose the paper size that matches your purchase:

Size	mm	inch
A5	148 x 210	5.8 x 8.3
Personal Wide	120 x 171	4.75 x 6.75
Franklin Covey Compact	10,8 x 17,1	4.25 x 6.75
Personal	95 x 171	3.74 x 6.73
A6	105 x 148	4.13 x 5.83
Pocket	81 x 120	3.18 x 4.72
Pocket Plus	90 x 127	3.55 x 5

- select "Flip on long edge."
- Choose "Auto" or "Portrait" orientation.

Final Steps: Punch holes, if needed.

Your printed insert is now ready for use.

If you have any queries, please don't hesitate to let me know. We're here to assist you.