

DAILY
FOCUS
JOURNAL



Redemption Sanctuary



DAILY FOCUS JOURNAL

FROM REDEMPTIONSANCTUARY.COM



We really believe when implemented fully this tool will open your mind to new possibilities, foster gratitude for your life no matter the season, and help you become intentional with how you use your energy and time. Each page is comprised of five easy steps and only takes a few minutes to complete. You can print them out to create your own journal or you can simply copy the prompts down each day and use an existing journal. Here is the why behind each section:

INTENTIONAL GRATITUDE

Scientists have shown you can't have negative emotions while being grateful for things. For this reason, starting each day with five things you are grateful for will shift your focus from what is not to what you've got. No matter what season of life you are in, if you are drawing breath, you have things to be grateful for each day.

DREAMS

Many of us are trained to set goals with the turn of each new year. They are short-term and often we don't accomplish them because they seem to require too much effort. In reality, the problem is two-fold: 1) they aren't tied to our true identity, and 2) they are unrealistic for the time frame we have assigned them. If you zoom out ten years and write down what you want your life to look like, you feel like you have more margin to make those become a reality. Allow yourself to dream here and write these as if they were already true! For example, A dream might be: I am an Oscar-winning actress. You may only be taking acting classes but this is a big dream you could achieve in the next ten years.

WAYS I WILL FEEL WHEN I ACHIEVE THESE DREAMS

When we tie emotions to dreams our body experiences them as if they are already true. Take a moment to visualize your dreams coming true and write what you would feel standing in that moment. Trust me, this can be a real game-changer for you!

TWO THINGS TO DO TODAY TO MOVE TOWARDS THESE DREAMS

There are little things we can do each day to become the people we were created to be. List two actionable steps you can take today to move in the direction of your dreams. It might be something as simple as sending an email, signing up for a class, or researching a subject. It isn't meant to be complicated....just two baby steps

ONE PERSON I WILL REACH OUT TO TODAY

We need community! Every day purpose to be intentional about reaching out to someone. It can be a short text of gratitude, a note to a client, or a long chat with your BFF. Write the name of the person and how you will connect with them today and then do it! You will both be glad you did!

FINAL NOTES

I challenge you to add this daily practice to your morning routine and watch things begin to shift in your life! You will find yourself having more focus. Decisions will be easier because you will know which choice aligns with your ideal life. There will be a bar set for you and you will find yourself making progress in the direction of your dreams. Some days you will write things your conscious mind didn't even recognize as a dream for your life. Some days the list will look the same as it did the day before. Both are fine! The purpose of the practice is to begin to dream and to let God speak to your heart so you can find freedom in living your truth and becoming the person He created you to be. Be sure to drop us a note to let us know how this practice impacts your journey! We want to cheer you on every step of the way! Best of luck, Beloved!



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IG handle - @Redemption_Sanctuary_Coaching

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