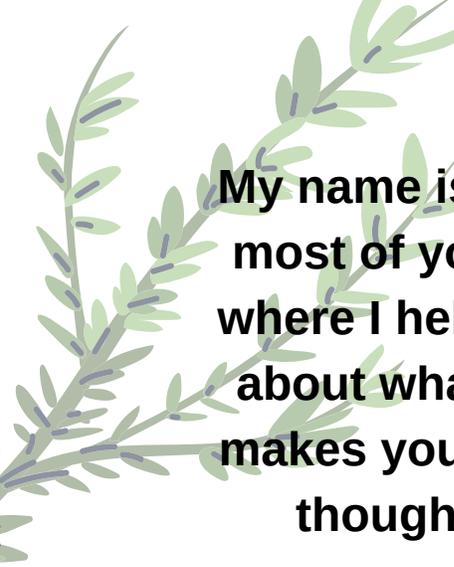


*The Living
Marvelously
Journal*

By Laurie Jonas



An eBook that is full of ways to make writing in your journal a habit and help you find clarity on what brings you happiness.



My name is Laurie Jonas and I want you to make the most of your life. I write a blog, Living Marvelously, where I help women who are tired of being confused about what they want. I want to help you find what makes you happy, discover your limiting beliefs and thoughts, and take steps into your dream life.

One of my favorite tips and something I do every morning is to write in a journal. When you write out your thoughts and stretch your imagination, you are asking the Universe to join you on your journey. You can let go of the pressure and stress and live in the flow of life.

The words that are written in your journal can be a tool for self-discovery and an outlet for your divine intervention.

I encourage you to take at least 10 minutes of your morning or evening to write in your journal every day. Give it a try!

Use the prompts in the following pages to get your pen moving! Never stare at a blank page again.

There is no right or wrong way to use a journal, make it a practice that works with your lifestyle.

Use this journal to get clear on your Marvelous Life!

Why Start A Journal?

- You are 3 times more likely to accomplish your goals and reach your dreams when you write them down.
- Writing out your goals lets you be clear and detailed about what you want.
- A journal gives you a record of your progress and success or lack thereof.
- When you write down your story, you are recording history.
- Journal writing is a way to let it all out!
- Discover more about yourself.
- Improve your writing.
- Boost your memory.
- Inspire creativity.



If “stressed out” is your normal daily setting, you already know it’s time to make a change.

Imagine the peace that comes from letting go of those limiting beliefs! To fully trust in yourself and your unlimited potential!

No more comparing yourself to others. No more feeling directionless with your life.

With this journal, you can start each day confident in your creative energy.

You can finally show up as the energetic and vibrant being you were born to be – and this journal can help you get there!

Welcome to the Living Marvelously Journal

Whether you are a seasoned writer, a sporadic journaler or you make it a daily practice, I hope to provide you a little inspiration.

When you write your thoughts and feelings down, you generate ideas, dreams, goals, and memories to help you make the most of your life.

Journal pages are yours to create whatever you can imagine.

On the following pages, you will find:

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"Keeping a journal will change your life in ways that you'd never imagine." Oprah Winfrey

Journal Fillers

Gratitude Journal - Write down 3 things you are grateful for everyday.

Dreams - Go big! If nothing stood in your way, what would you want?

Goals - Pick a big dream and set goals to get you there.

Frustrations - Write them down and redirect them. Process your feeling without projecting them.

Conversation Practice - Formulate your thoughts and ideas before you talk to someone.

Prayers - Who or what are you praying for? What do you want to happen?

Daily, Monthly and Yearly Recaps - Review your day, month or year. What did you accomplish? What do you want to remember?

Memories - Record your memories that you want to pass down to future generations.

Writing Prompts

52 weeks

[Sign up for the Living Marvelously newsletter](#) for more weekly journal prompts.

Week 1

What do you want? What do you really want? Who can help you get there? What steps can you start taking today?

Week 2

What beliefs do you still carry from your childhood about money, relationships, self worth? Do you need to change them? If yes, rewrite those beliefs.

Week 3

What big goals have you achieved in your life? Which have made the biggest impact on your life? What lessons have you learned that will help you with your new goals?

Week 4

How do you talk to yourself? Are you critical in any areas? If you call yourself dumb, fat, lazy, broke or unlovable, what affirmations can you use to change those thoughts?

Writing Prompts

Week 5

What steps can you take to be more comfortable with your body? What do you love about your body? Write a new story of self love.

Week 6

Who are the most important people in your life? Why? Who would you like to add to your life? What can you do to make that happen?

Week 7

If money didn't matter, what would you continue to do? Do you love your job? house? clothes? social life? adventures? What do you need to do to make you love them?

Week 8

What do you spend the most time on? List out a typical day. Is that how you want to spend your time? How can you fit in time to work on your goals?

Week 9

Brainstorm big dreams. Write down everything you would love to do. The sky is the limit!

Writing Prompts

Week 10

What did you want to be when you grew up? How has that changed? Do you still want to pursue your childhood dreams?

Week 11

Who would you most love to meet? Is it possible? What do you like most about them and what could they tell you?

Week 12

How would you change the world? What makes you mad about what is happening? What can you do to help?

Week 13

What would a movie about your life be titled? What do you want it to be titled? Who would play you? What would be the ending?

Week 14

What qualities and talents come effortlessly to you? How can you use those talents more positively? What are you really good at? What do people compliment you for?

Writing Prompts

Week 15

When you wake up in the morning, what excited you and what do you want to do first? What makes you want to stay in bed? Can you say no to anything?

Week 16

What is something you would love to do but have been afraid to try? Why are you afraid? What would happen if you didn't care about your fears and just took action?

Week 17

When you meditate, what is the Universe telling you? What signs are you ignoring? What keeps popping up in your life?

Week 18

How happy are you with your job? What do you love about it and what do you hate? Is there an area you need more training? What would your supervisor say about your performance?

Week 19

What big mistake have you made in your life? How did you move past it? Did you turn it into something good? How can you use that going forward?

Writing Prompts

Week 20

What is the greatest vision for your life? Close your eyes and picture it. Write down a detailed description. Where are you? What are you wearing? What are you doing? Who is with you? How do you feel?

Week 21

How happy are you with your home? What do you love about it? What would you change? Do you have a space for yourself? If not, how can you create one? How can you make it beautiful?

Week 22

Who would you be helping if you reached your goals? What impact would you make on your family, friends, coworkers? How does that make you feel?

Week 23

How is your health? How do you feel most days? What can you do to eat better, move more, get more sleep and use your brain?

Week 24

How would you describe your spirituality? Are you satisfied? What else do you need? Where can you find some guidance?

Writing Prompts

Week 25

What would you like to know more about? Do you want to learn a new skill, hobby or trade? What would you do with your new knowledge? How could it improve your life?

Week 26

What is the most important lesson you have learned? How have you applied it to your life?

Week 27

What are you most proud of in your life? Why? If it is a person, do they know? What would you tell them? If it is an accomplishment, did you celebrate? How?

Week 28

Where are all of the places you want to travel? Who would you go with? What do you want to do? Create a vision board with pictures of those locations.

Week 29

Name your fears and give them an identity. Make them real. Know what you are afraid of so that you can face them head on.

Writing Prompts

Week 30

What do you like to do to have fun? Are you doing that? When can you make time to play? What are your creative outlets?

Week 31

What lessons have you learned from the people in your life who have passed on? What did they do that made them happy? What can you carry on in their memory?

Week 32

Do you believe in miracles? What miracles have you experienced in life? How can you open your mind a little more to accept more miracles?

Week 33

When do you feel like your life is flowing smoothly? What are you doing when you are living in the present? Are you in nature, with your family, doing something you love, etc?

Week 34

Write down where your dreams stop. Where in the process of chasing your dreams do you give up? How can you face your fear and get past that stopping point?

Writing Prompts

Week 35

Wouldn't it be awesome if.... Finish that sentence 25 different ways.

Week 36

How would you describe yourself to a stranger? What do you most want people to know about you?

Week 37

Write a love letter to yourself. What do you love now? Finish this sentence, "I love myself enough to".

Week 38

Where have you traveled? What is your favorite place? What was your favorite experience? Where would you like to go next? What has traveling taught you?

Week 39

What habit would you most like to break? What can you replace it with?

Writing Prompts

Week 40

What is your favorite childhood memory? Do you have it recorded? Write as many details as you can remember.

Week 41

Who is your greatest role model? What is the most important thing they have taught you?

Week 42

What is your morning routine? What is your evening routine? What else would you like to add to your routines?

Week 43

What is your favorite holiday? How do you celebrate it? What plans can you make now to be prepared?

Week 44

What is something outside of your comfort zone you would like to try? Who can help you make that happen? Set a plan in motion!

Writing Prompts

Week 45

What is making you feel stressed right now? What needs to happen for your stress to go away? Write down everything you are feeling.

Week 46

Who do you miss the most who has passed away? Write a letter to them sharing all they have missed.

Week 47

What does your ideal relationship look like? Who is it, how do you feel, what do they do to make you feel special?

Week 48

What is your favorite music? Find a song you love and write down the lyrics. Can you make up your own lyrics?

Week 49

What is your favorite way to spend time alone? What is your fantasy way to spend time alone? Can you make that happen?

Writing Prompts

Week 50

What are your favorite foods? What is your favorite meal? How do you feel when you eat them?

Week 51

What is your favorite movie? Why is it your favorite? How does it make you feel?

Week 52

What are the characteristics of a true friend? Name your friends who have those. Do you have those characteristics?

Affirmations

Find an affirmation that speaks to you and write it in your journal 3 times everyday.

I am finding my own happiness. I will not worry about things I can't control.

My life is mine to create. I will make it beautiful!

I am ready for an extraordinary day!

I am living marvelously. I do not take anything for granted.

I have a unique, beautiful soul!

My life is ridiculously wonderful!

Affirmations

I will stop thinking I need to be better and I will lovingly accept myself!

I am always moving in the general direction of my dreams.

I intentionally surround myself with beautiful things and people!

I accept myself and all of my amazing imperfections. I am worthy of love.

I am blessed with a life of infinite possibilities.

I trust that I am exactly where I need to be.

Affirmations

I am grateful for another day to make a difference in someone's life.

I speak my truth.

My gifts and talents are needed in this world.

The only approval I need is from God.

We transform the world by transforming ourselves.

My life is filled with peace, love, joy and happiness.

Create Your Own Affirmations

Types of Affirmations

Statements of Best Qualities

Gratitude - Express Appreciation

Visualizations

Beliefs and Claims

Asking Statement - Give me or Help me

I Am Statements

I am...

I trust that...

I allow...

I choose...

I am willing...

Powerful words to use

Amazing	Courage	Happy
Beautiful	Creative	Plentiful
Unique	Inspired	Spirit
Blessed	Motivated	Success
Marvelous	Powerful	Wonderful
Faith	Extraordinary	Positive
Persistence	Abundant	Strong
Intention	Authentic	Purpose
Grateful	Surrender	Love

Two helpful websites

Louise Hay is one of the founders of the self-help movement. Her affirmations are beautiful and have helped many people. If you need more ideas for your daily affirmations, you should visit her website. <https://www.louisehay.com/affirmations>.

www.creativeaffirmations.com
A website chock full of positivity!

Consciously choose your words that will help you to either eliminate something from your life or help create something new. Create affirmations you want to live by. Recite or write them down daily to create a habit and make sure the Universe knows exactly what you want!



List Ideas

How Can You Use Lists?

Organize your information

Prioritize your day

Collect and bookmark information

A form of meditation by sitting down and just writing a list of everything that is on your mind

Putting your ideas into the Universe and telling it what you want

Bullet Journals

Useful, Every Day Lists

To do lists

Movies - ones you have watched and want to watch

Books - ones you have read and books you want to read

Items in your pantry/grocery lists

Clothes - know what is in your closet

Recipes to try

Birthdays

Self care ideas

Restaurants to try

TV shows to binge watch

People to pray for

Monthly expenses

List Ideas



Lists of Success

People you would like to meet

Things you've accomplished this year

Your goals - break them down

Your dreams - anything you can think of, the bigger the
better

Passwords

Your talents and strengths

Favorite podcasts and websites

List of your truths and beliefs

Business Ideas

Projects

List Ideas



Lists when life feels overwhelming

Uplifting songs

What are you thankful and/or grateful for

Favorite quotes/affirmations

If I ruled the world, I would make these changes

What am I looking forward to

Gift lists

What I love about myself

Compliments I've received

100 things that make me happy



List Ideas

Other Fun Lists

Birthday wish list

Names for future pets/cars

Rainy day things to do

List of things to do when you are bored

Bucket lists

Beautiful things

If I had all the money in the world, what would I
buy

Places to visit

Date night ideas

Free Style



Use these prompts to write freely. Let your spirit lead you, do not think, just write!

Who am I?
How do I view myself?

What do I need to know?

Spirit, take my hand. I am ready and willing to speak with you today. Thank you in advance for your words, your wisdom, your guidance and your grace.

What can life teach me today?



Automatic Writing Prompts

Throughout my blog, Living Marvelously, I talk a lot about living your dream life. But the question comes up, “What if I don’t know what that is?” I want to introduce you to automatic writing. Using automatic writing prompts, and meditation is one way you can connect to your higher source and use the help to download your dream life.

When you can clear your mind, connect with your Higher Spirit, and listen for guidance or inspiration, you will be amazed at what is downloaded.

The first thing you must do is set aside your thinking mind. Take a few deep breaths and get quiet before you read the prompts. Then put pen to paper and write whatever comes to mind. Don’t think about or judge it. Just write.

Automatic Writing Meditations

Guidance for a Current Struggle (3:49 Audio)

Ask for specific guidance on the biggest struggle you have today and how to find peace with it. This may lead you to options you haven’t thought of that will make you happier.

Spirit Take My Hand (3:08 Audio)

A prompt to help you connect with the Universe and let them lead you to write freely and through a stream of consciousness. Have the intention of downloading your dream life in your mind.

Automatic Writing Prompts

Prompt #1 – Spirit Take My Hand

“Here I am. Take my hand. I am ready, willing, and worthy to speak with you right here and right now. Thank you in advance for your words, your wisdom, your guidance, and your grace. Amen”

Prompt #2 – Thank You for the Guidance

“Good morning Lord, Universe and all my Angels. Thank you for my blessed life. For the opportunity to choose what I want to do based on what I love. My options to play out my dreams. For the awareness of when I need to pause and reflect on what I’m doing and where I’m going. And for guidance to help me decide what my priority is now. Today, I ask for your guidance on _____. Thank you in advance for your words.”

Prompt #3 – Visualize My Dream Life

“Today, I ask you for a vision. A vision of what makes me happy. A vision of what I’m grateful for and what I’m prepared to manifest in my life. Please give me the words to describe my visions. Thank you for helping me see the many possibilities for a marvelous life.”

Let's Connect

If you have any questions, contact me at lauriejonas@livingmarvelously.com. I'm happy to help.

And, if you need more help in finding clarity in how to reach YOUR goals and dreams, sign up for 1:1 coaching with me! Let me help you become the enlightened creator of your life.

You can also find me on these platforms:

Facebook: <https://facebook.com/lauriejonas444>

Pinterest: <https://pinterest.com/livingmarvelously>

Instagram: <https://instagram.com/lauriejonas/>

Hop on and say hello!
I'd love to see how you are using your journal.

Cheers to your marvelous life,

Laurie