

# The Intuitive Method™

Weekly Journal

Date: \_\_\_\_\_



nutrition bliss  
inspired healthy living

"If you see your path laid out in front of you - Step one, Step two, Step three - you only know one thing... it's not your path. Your path is created in the moment of action. If you can see it laid out in front of you, you can be sure it is someone else's path. That is why you see it so clearly."

-Joseph Campbell

This week's top accomplishment (This is what I am really proud of):

Heck, YES!! This is what's working right now:

I'm done. Here's something that needs to shift:

This week my body has been telling me:

I am grateful for \_\_\_\_\_ because \_\_\_\_\_.

Love note to myself (if you need some inspiration, pretend you're talking to your best friend):

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Please rank each area from 0 to 5 on how you feel today. This is completely private and for your use only. It is at your discretion if you would like to share any discoveries as a result of this worksheet.

0 - Completely Dissatisfied or Missing Entirely

1 - Mostly Dissatisfied

2 - Somewhat Dissatisfied

3 - Somewhat Satisfied

4 - Mostly Satisfied & Content

5 - Completely Satisfied & Content

Overall Health	
Connection / Relationships / Support	
Creative Outlet / Self-Expression	
Career	
Social Life	
Home Environment	
Sleep	
Physical Activity	
Management of Stress	
Spirituality or Religious Practice	
Purpose	
Finances	

*Celebrate and express gratitude for all that is working well in your life right now.*

Now for some TLC. You will see the 0-3's above will evolve and shift with time. Of the areas above that scored a 0-3, which one is a priority right now? Write it down.

List one action you will take to support that top priority - no matter how big or small. Mark time in your calendar & make it happen.