



Your soul came here
on purpose.

With love from:



TheRiseCollective.org

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About This Journal

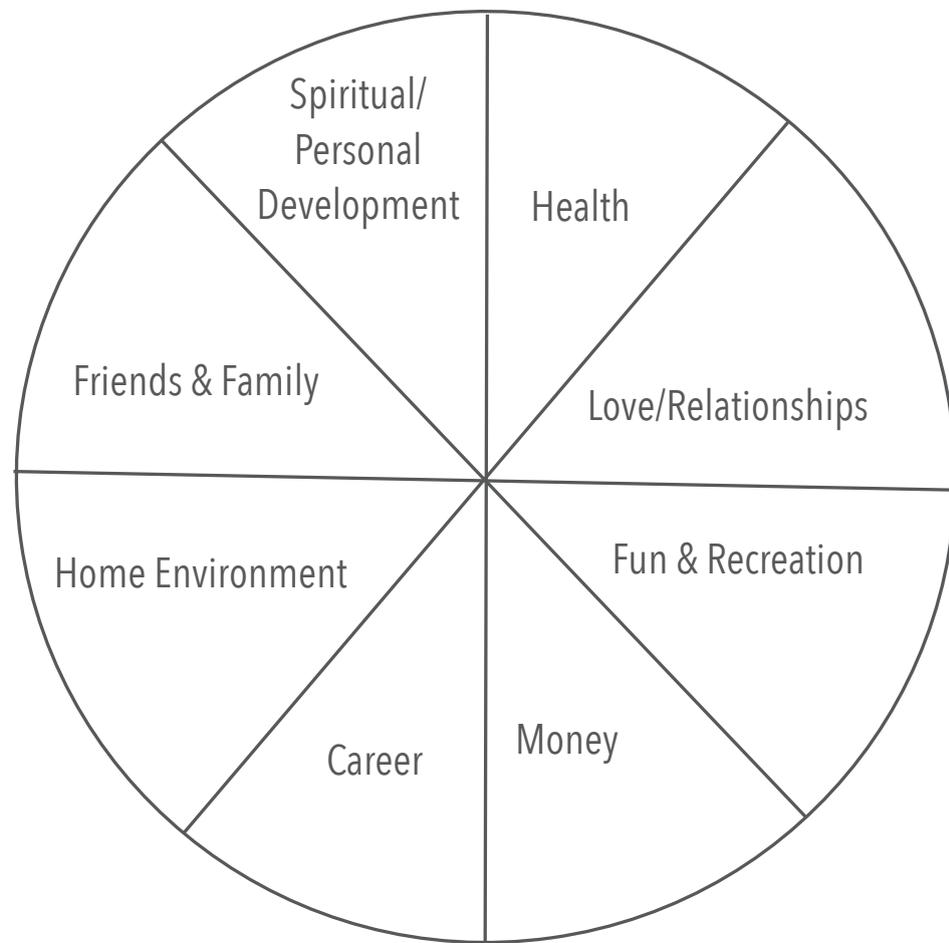
This journal is designed with sections for being, doing and having. It is intended to help you **be** your sacred feminine through your body's wisdom, the earth's wisdom and reflective practices. It will help you **do** your sacred masculine by working with goal-setting and navigation, and envisioning what you want to **have** in your life as you become the woman who is able to achieve your goals through Rites of Wisdom.

Please light a candle and sit quietly while you take some time to yourself and fill these pages. Contemplate the wisdom you hold in your body, in your DNA; the wisdom the earth holds to share with you; and the wisdom you can open to when you confront your past and step into your own version of adulthood that is not shaped by others' or society's expectations.

The exercises in this journal are born from our Life Design Planner combined with some of the techniques I work with when I coach clients. It is a preview to the journal and exercises you receive when you sign up for the Rise and Shine 60-day program. Please contact me if you would like to know more!



Color in your satisfaction with each of the following areas of your life:

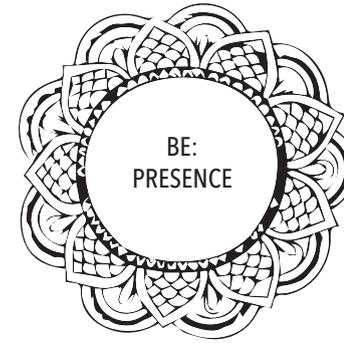


When did you experience the most fun and joy this month?

When did you experience the most frustration, sadness, or anger this month?

What were you most proud of this month?

What could have been better? How could you have improved on those experiences?



Let's ground in the present by tuning in with the cycles of nature and our bodies. Write down a few things that make you feel vibrant, alive, and grounded in the beautiful, present moment.

Use your favorite divination card deck to create a forecast for the month. When you look back at these pages, you will have an idea of what to focus on or look out for.

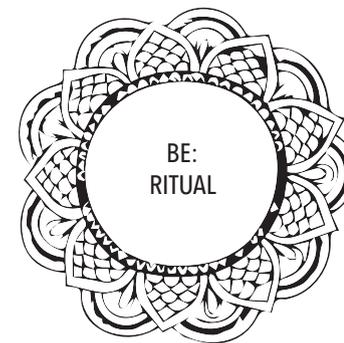
Week 1

Week 2

Month Theme

Week 3

Week 4

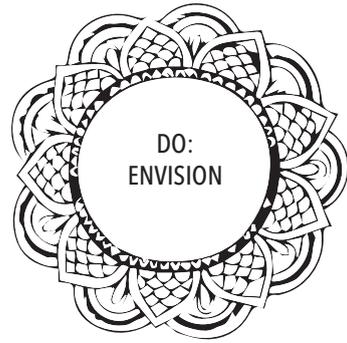


Your daily morning and evening practice
Circle the rituals that you most enjoy, and create your AM/PM practice from those, or add your own:

- exercise smudge yoga journal
- meditate dance time in nature
- visualize cook pray gratitude

Morning practice:

Evening practice:



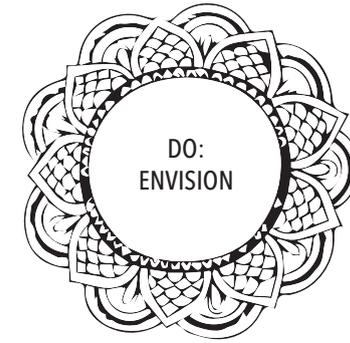
Envisioning your life

Who did your soul come here to be?

Who have you always dreamed you could be?

If you want more, you have to *be* more.

Recording your visions for your life is one of the best ways to actively participate in your beautiful journey.



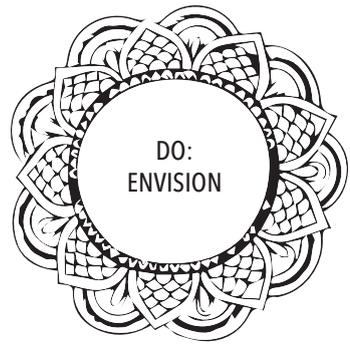
What do you **value** most? How can you incorporate those values into how you live your life?

What do you need to **let go** of in order to live according to your values?

What do you wish you could **feel** like? What do you wish would be a part of your life?



Use this whole page to paste or tape images and words that resonate within your being. Paste images of material things that you want; feelings you want; money you want; skills you want; jobs you want; relationships you want; trips, classes, ANYTHING you want—paste it here, and manifest it this year.

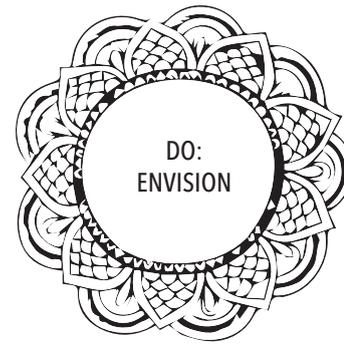


Write your 1-year vision

Where will you be in 1 year?

Write in the present tense.

age in 1 year: ____ Year:

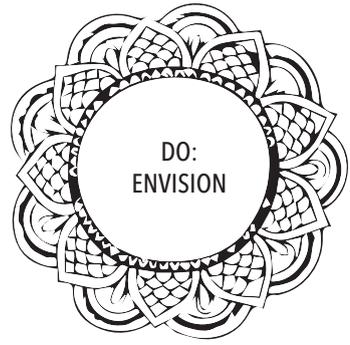


Write your 3-year vision

Where will you be in 5 years?

Write in the present tense.

age in 3 years: ____ Year:



Write your 10-year vision

Where will you be in 10 years?

Write in the present tense.

age in 10 years: ____ Year:

Personal Goals

1 year

3 years

10 year

Health Goals

1 year

3 years

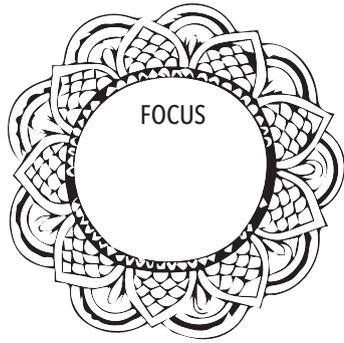
10 year

Career and Financial Goals

1 year

3 years

10 year



TOP 3 WEEKLY GOALS:

What gifts am I ready to receive this week from the bountiful universe?

I AM GRATEFUL FOR:

DIVINE MESSAGES AND THEMES:
What is coming through?

MONDAY, JAN. 2	FRIDAY, JAN. 6
TUESDAY, JAN. 3	SATURDAY, JAN. 7
WEDNESDAY, JAN. 4	SUNDAY, JAN. 8
THURSDAY, JAN. 5	I love myself.

BRAIN DUMP	ERRANDS
	PHONE CALLS

THIS WEEK'S BOOMERANG ACTION ITEM

Brilliant ideas

Self care to savor this week: *This week's success to celbrate:*