

# TAKE BACK *your life*

A journal for women desiring real change.

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Leanne Ely  
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## Welcome to the Take Back Your Life Journal.

You've acquired this journal because you are interested in a better quality of life, one that will reflect the woman you are becoming, creating and desiring to be.

This 90 day journal is set up in such a way that you can create new habits, reinforce new behaviors, accomplish your goals, live a life of gratitude and lose the old stuff that has held you back for years.

There is inspiration and structure in this journal to help you grow every way you want to grow—spiritually, mentally, physically and emotionally, too.

The 90 day format is especially important—it sets the tone for getting things done and taking action.

I found year long planners to be too long; there's no sense of urgency or ending—it just keeps going till all of sudden, it's the end of the year and you realize you haven't even looked at your goals or their progress.

Sometimes that means you're pleasantly surprised and other times that means you're frustrated with yourself and the lack of follow through.

When it comes to planners and journals, I've done them ALL—and one thing I know for sure, if it's complicated and requires a bunch of training, it's not going to get used and will further frustrate you.

That's why I created the Take Back Your Life Journal—to keep it simple, yes. But to also use momentum to it's full advantage and to keep goals ever present. That's the uniqueness of the Take Back Your Life Journal. :)

90 days is the perfect amount of time to not only get things done or well on their way to be accomplished at the end of the year, but to also feel a sense of accomplishment and movement so that you actually stay motivated and inspired to keep the ball progressing down the field.

Here are the components to the Take Back Your Life Journal—

First of all, it's undated and there are no calendars, per se.

That's because you need to jump in and not wait for the perfect day—it's just a matter of making a decision to start so the day you get this journal in your hot little hands, is the perfect starting day!

There's room in this journal for you to create your goals—for the next 90 days.

1 year goals, just like 1 year planner/journals, are intimidating and can deflate you before you even begin.

That's not to say that you'll be able to accomplish a big goal in 90 days—but you can break it down to fit the 90 days.

For example, let's say your goal is to lose 50 pounds. 50 pounds in 90 days is too extreme, but knowing that you're working in 90 day increments, you can break that down to 12.5 pounds each 90 days to accomplish that in a year's time or, if you're really motivated, you could hit your 50 pound goal in two 90 day cycles, that's 180 days (and 25 pounds each 90 days).

Not only is that doable, but it's easily measurable and will keep you on track!

The first thing you're going to do (after you establish your Morning and Evening Rituals) is set your goals.

Remember, this is goal setting for the next 90 days, 2 goals each category, that's it. True, you may wish to accomplish more in each category and you can—you'll just need to wait for the next 90 day cycle.

Some of your goals may be to begin to develop good, solid habits, some may have numbers attached (like weight loss or saving X amount of dollars for a vacation, etc.). Some of your goals might be smaller goals to your BHAG—Big Hairy Audacious Goal, like running a marathon or something

else epic!

If you have a BHAG or a goal that won't fit into the 90 day Take Back Your Life Journal, no worries! Make a sub-goal out of it and make that your target for the next 90 days.

You eat an elephant one bite at a time, just like BHAG's and great big stretch goals!

Before we get to goals, I think it's important to look at the beginning of your day and the end.

When you create instead of reacting to the day, especially at the beginning and the end of your day with Morning Rituals and Evening Rituals, the middles seem to almost take care of themselves and naturally fall into place.

I can't take credit for this idea—my dear friend and mentor Marla Cilley of FlyLady fame is the one who got me started with morning and evening routines in 2001. It was one of the things that I have always adhered to because they truly changed my life.

I just changed her routines up slightly and called them rituals—I love rituals and the sacredness of them, so why not honor your routine by calling it a ritual? :)

Morning Rituals are important—they set up your day for success.

Most days, they're the same—you get up, get ready for work, get the family out the door to school and their jobs and off to work you go.

Now your day may not look exactly like that (mine doesn't) but the important part is to recognize what your morning needs to look like if things were to go the way they're supposed to, rather than rushing around everywhere, forgetting things and generally feeling like you're behind even before the day begins!

Here's an example of my Morning Ritual—I keep my list to 5 because it's

manageable.

1. Up and change into workout clothes and take my thyroid medication
2. Wash my face, brush my teeth, pull back my hair into a ponytail
3. Make hot lemon water while coffee is brewing
4. Grab my coffee, put on meditation app (Brain.FM)
5. Make a smoothie, take my supplements and start my work (gym time is scheduled for later — 1:30 PM when no one is there, but I'm dressed, ready to go and treat that gym time like an appointment)

Take the space below and write out a sample Morning Ritual. If you're always running late, then put times in place as well until you've got it down to a science. Reverse engineer it—if you need to be out of the house by 7:30 and you never seem to have enough time, look at what you're doing now and fix it by either taking less time with one of your activities or tasks, figuring how to move it to your Evening Ritual, or getting up earlier.

It can be done—it's all doable! Remember, what you say about something is what you create so if you say, "I just can't get it all done," your brain kicks in and says, "Your words are my command!" And guess what? You're set up to make sure that you don't get it all done; your brain makes sure of it!

Keep in mind that sometimes you DO have too much to do in the morning! You can fix that by doing some of it at night—lay out your clothes the night before, pack lunches, set the coffeemaker up so all you have to do is press the button, etc. These little time savers add up and will help you redeem your mornings!

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Next up is your Evening Ritual.

Your Evening Ritual is a combination of putting your day to “bed” and getting a jumpstart on your next day.

When you bookend your days with your Morning and Evening Rituals, your world is a better place and life seems to run a lot smoother.

I’ve noticed too, that my Morning and Evening Rituals have helped to ease the overwhelm that can come with always having a lot to do and give me a better jump on what needs to be done. I’m not caught off guard and it’s easier to plan what I need to do next and keep flow happening instead of just allowing the day to happen.

Here’s what my Evening Ritual looks like:

1. Fill up my water bottle (I take it to bed every night). Put my thyroid pill out on the nightstand.
2. Lay out my workout clothes and shoes. Make sure my gym bag is packed.
3. Get my coffee ready to go so I just have to press the button; fill the kettle for lemon water
4. Turn out the lights, go to bed (early, around 10 PM)

**Create your Evening Ritual here:**

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And then there is goal setting—

Goals can intimidate and stall us instead of setting us up for success. We find ourselves wanting to do it “right” and because we think we’re doing it “wrong.” So instead of getting our goals written out, we end up with nothing!

I’m sure you’ve heard the term S.M.A.R.T. goals.

S—is for Specific  
M—is for Measurable  
A—is for Attainable  
R—is for Relevant  
T—is for Time Based

When your goals are S.M.A.R.T., you’re moving in the right direction!

The only other thing I would add to S.M.A.R.T. goals is an intention and affirmation to make it real, repeatable and a part of your daily life.

Here’s an example of 2 S.M.A.R.T. physical goals with the added intention and affirmation wrapped around it.

I love doing goals this way because your daily intention/affirmation holds space for both goals. The ultimate two for one, LOL!

**GOAL:** I will lose 24 pounds by the time I’m done with this Take Back Your Life journal (90 Days).

**GOAL:** I will workout 4 days a week and will schedule my workouts and honor them like I would a doctor’s appointment.

**INTENTION & AFFIRMATION:** I am steadily and easily losing 2 pounds a week by staying on my plan and honoring my exercise commitment.



That's it—keep it positive and you're on your way!

You get TWO goals per category--

### **Physical/Health**

GOAL 1: \_\_\_\_\_

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GOAL 2: \_\_\_\_\_

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INTENTION/AFFIRMATION: \_\_\_\_\_

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### **Personal Development/Business/Career**

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GOAL 2: \_\_\_\_\_

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INTENTION/AFFIRMATION: \_\_\_\_\_

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**Spiritual/Intellectual/Emotional**

GOAL 1: \_\_\_\_\_

GOAL 2: \_\_\_\_\_

INTENTION/AFFIRMATION: \_\_\_\_\_

The Goal Workshop will of course help you to take a deeper dive into how to get your goals written out—I strongly urge you to attend if you haven't yet!

"Our deepest fear is not that  
we are inadequate. Our deep-  
est fear is that we are power-  
ful beyond measure!"

-Marianne Williamson



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## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Morning Ritual Completed

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**My intentions for today are...**

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## My Day

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☐ Morning Ritual Completed

☐ Evening Ritual Completed



## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Morning Ritual Completed

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Evening Ritual Completed

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Morning Ritual Completed

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Evening Ritual Completed

## Journal/Notes

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Morning Ritual Completed

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Evening Ritual Completed

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Morning Ritual Completed

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☐ Morning Ritual Completed

☐ Evening Ritual Completed

## Journal/Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Path Correction/New Lessons/Do Better

[illegible]

DATE \_\_\_\_\_

**Today I am grateful for...**

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**My intentions for today are...**

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Morning Ritual Completed

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Evening Ritual Completed

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[illegible]

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Morning Ritual Completed

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed



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Evening Ritual Completed

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☐ Morning Ritual Completed

☐ Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

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☐ Morning Ritual Completed

☐ Evening Ritual Completed



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Morning Ritual Completed

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Evening Ritual Completed

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

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### Path Correction/New Lessons/Do Better

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Morning Ritual Completed

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Evening Ritual Completed



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### Path Correction/New Lessons/Do Better

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☐ Morning Ritual Completed

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

[illegible]

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Evening Ritual Completed



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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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☐ Morning Ritual Completed

☐ Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Morning Ritual Completed

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Evening Ritual Completed

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## My Day

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☐ Morning Ritual Completed

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☐ Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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DATE \_\_\_\_\_

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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☐ Morning Ritual Completed

☐ Evening Ritual Completed



## Journal/Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

### Path Correction/New Lessons/Do Better

[illegible]

DATE \_\_\_\_\_

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Evening Ritual Completed

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### Path Correction/New Lessons/Do Better

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Morning Ritual Completed

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Evening Ritual Completed

## Journal/Notes

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### Path Correction/New Lessons/Do Better

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☐ Morning Ritual Completed

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Morning Ritual Completed

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## Journal/Notes

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## Journal/Notes

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4. \_\_\_\_\_

## My Day

7am

\_\_\_\_\_

8am

\_\_\_\_\_

9am

\_\_\_\_\_

10am

\_\_\_\_\_

11am

\_\_\_\_\_

12pm

\_\_\_\_\_

1pm

\_\_\_\_\_

☐

Morning Ritual Completed

2pm

\_\_\_\_\_

3pm

\_\_\_\_\_

4pm

\_\_\_\_\_

5pm

\_\_\_\_\_

6pm

\_\_\_\_\_

7pm

\_\_\_\_\_

8pm

\_\_\_\_\_

☐

Evening Ritual Completed



## Journal/Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Path Correction/New Lessons/Do Better

[illegible]