

THE EVERYDAY MINDFULNESS

JOURNAL

CREATE A LIFE YOU LOVE



METTAPETS

SELF-CARE & WELLNESS NETWORK

CREATED BY

Dr. Erin Bannink



CONTENTS

- Welcome
- Journal instructions
- Reveal your Dreams
- Release your Past
- Reclaim your Desires
- Rate your Circle
- Reset your Intentions
- Redefine Your Goals
- Journal Pages
- Reflect on your Journey
- Final Review Worksheets
- Recommended Resources
- Author Biography





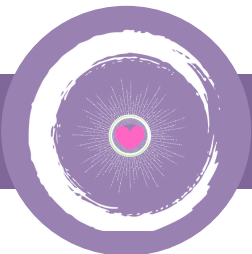
Welcome, beautiful.

Living a life you love is possible, no matter where you are starting now. The first step is believing you have the power to create a life you love. I'm here to tell you it is possible! All it takes is simple, purposeful, wise, daily actions to move in a new direction.

The key to creating positive transformation in your life is to create the causes and conditions for the changes you wish to experience.

Welcome to this journey of self-discovery and self-empowerment!

Erin

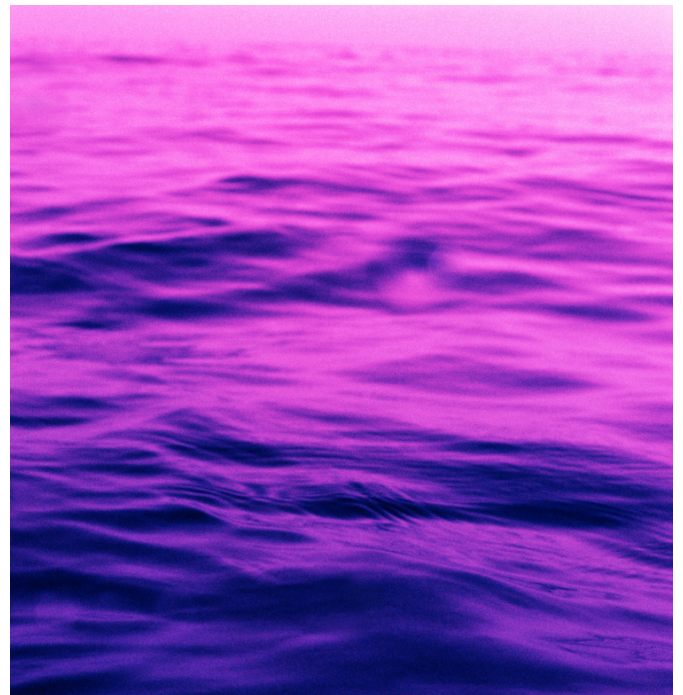
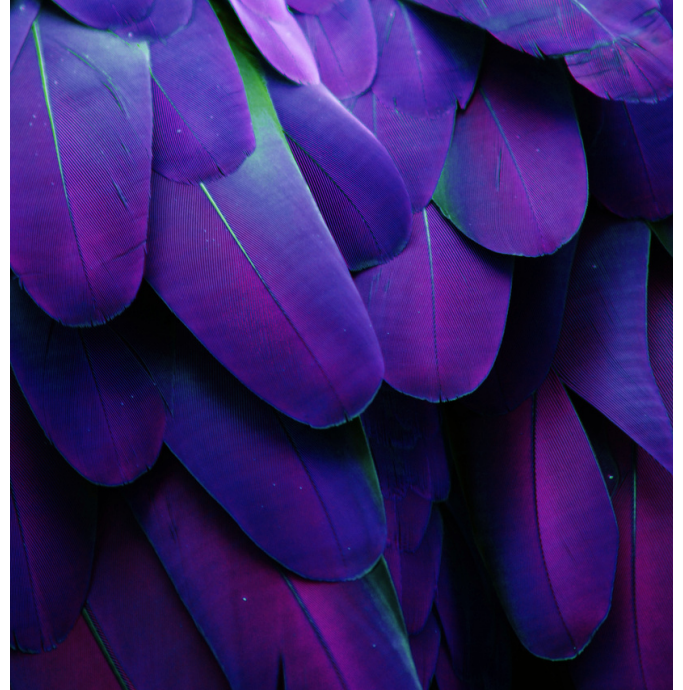


How to use this journal

The key to success in transforming your experience of life lies in understanding that all lasting transformation must start on the *inside*.

This journal will help you clarify your dreams, identify obstacles, and assess your current level of life balance.

Use this journal to guide you on a 30 day journey of self-reflection, self-discovery & transformation.



STEP ONE

You deserve to live a life of joyful fulfillment! When you are content, peaceful, fulfilled and taking joy in life, you are able to be the best version of yourself.

When you are your best self, you are able to offer so much more to others and to the world. You can see, then, that creating a life you love is not selfish. It is generous!

Creating a life you love is an act of generosity not only to yourself, but also to everyone else in your life. It is an act of generosity to the world.

When you are living a life you love, a life that is supporting the fulfillment of your dreams and passions, you bring more happiness into the world. Your success is contagious because it propels you into greater expressions of kindness, joy, caring and compassion. Authentic Love like that ripples out into every life you touch.

“Be so happy that, when other people look at you, they become happy too.”



STEP TWO

When you try to change the circumstances around you without first transforming the environment inside you, the changes you are trying for can't take root into a lasting new experience of life for you.

Sometimes life will feel difficult or you may find yourself resistant to making changes. Commonly, these roadblocks are rooted in fear.

Facing these fears and struggles, and naming them, releases their power over you. When you bring awareness to your fears, you are able to reflect on them and evaluate them. You are then positioned to make choices to move beyond them.

This process is liberating. Embark on this journey of self-discovery with a mindset of gentle kindness and interest.

“A truly happy person is one who can enjoy the scenery while on a detour.”

STEP THREE

There are two things that drive 99% of the decisions you make in life: fear and beliefs. Through the process of living and growing up in this physical world you have developed many beliefs about what is possible. Many of these beliefs grow from past experiences. These past experiences live on in the beliefs that you formed around them, influencing your present day life and your future through the choices that you make every day, consciously or subconsciously.

Do you believe it is possible for you to live a life that you love? In what ways do your beliefs limit you?

Creating a life you love starts by reclaiming possibility! Let go of the past. Let go of your limiting beliefs and dare to dream!

"Those who live in the past limit what's possible in their future."





*“Life isn't about finding yourself.
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

STEP FOUR

You are not a project! You are a process!

You are a process of becoming. That means every day is full of potential and every choice you make is important. Creating a life you love requires awareness of where you are putting your attention and your energy. From that place of mindful awareness you are empowered to make adjustments that bring greater balance to the many important facets of your life.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

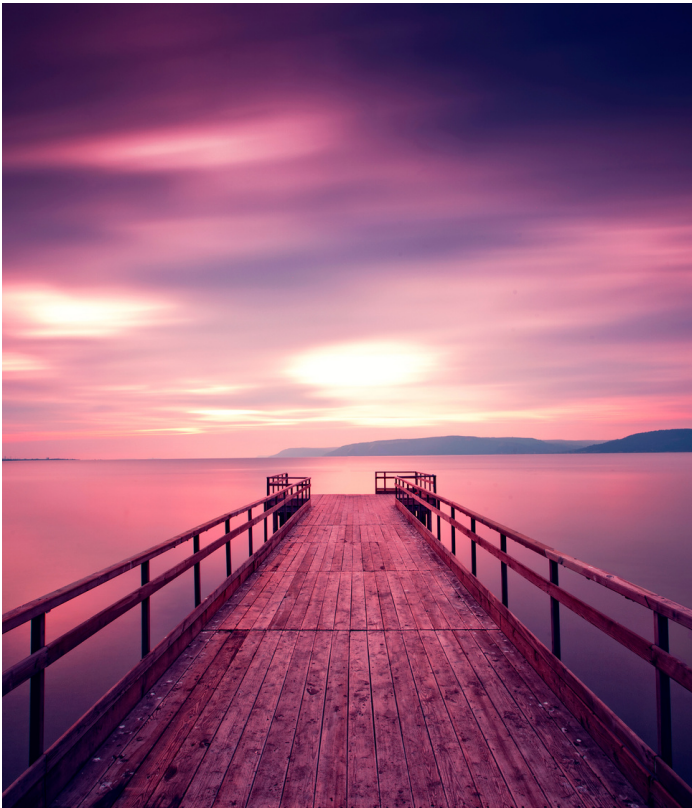
STEP FIVE

Now that you have reflected on the areas you are doing well and the areas you would like to put some positive energy into, it's time to make an action plan!

Change requires change. You got it! That means you will have to do something different if you want to experience something different. Transformation doesn't come by wishing. Transformation comes by DOING what you do every day.

In order to effectively create the results in transformation you want to experience, it's important to get clear about your goals. Get specific. This will help you make wise use of the time, energy and resources you have today so that you can experience them in greater abundance "tomorrow".

"Your future is created by what you do today not tomorrow"



STEP SIX

Your life is built from the small steps you take each moment.

Tomorrow is created from today: the actions you take today; the thoughts you have today; the beliefs you hold today; the focus you apply in alignment with the life you love today.

Your power is in today!

When you decide to do something "later", you are deciding not to do it. Because later only exists in your mind.

Choose ONE main goal you want to focus on in the next 30 days. Write that down on the next page along with six mini-goals related to that main goal.

You will use these six mini-goals to focus your process of self-reflection, self-empowerment and transformation over the next 30 days. You can even write these in your journal ahead of time to create a schedule for yourself.



HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!





MEET ERIN

Dr. Erin Bannink
Addison Township, MI
info@divinepowerhouse.com

Learn more at
divinepowerhouse.com
divinepowerhouse.community
aliacreations.com
mettapets.info
mettapetsvetwellness.com
mettapetsselfcare.com

I experienced a profound positive shift in my overall happiness and fulfillment once I realized that integrating my spiritual life and my professional life was not only okay but was key to creating better work-life balance, career satisfaction and whole-self wellness. I work as a board-certified veterinary oncologist, exclusively practicing Integrative Oncology with Classical Chinese Medicine at a specialty referral center in Michigan. I have a number of projects related to my life goals and passions that I am excited to share to help you find your own path to empowered wellbeing.



[FB.COM/DOCTOR.ERIN.BANNINK](https://www.facebook.com/DOCTOR.ERIN.BANNINK)

MARY ANN RADMACHER

*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

JOIN OUR

MettaPets Self-Care & Wellness Community



MettaPets Self Care and Wellness Community

Navigating Stress and Grief, Creating Inner Peace Together

Founded by Dr. Bannink, the mission of MettaPets Self-Care and Wellness Network is to provide an emotionally safe place for you to come for information and resources to support you in your daily self-care and provide tools for you to navigate the stressors of life with greater self-awareness and inner peace.

[CLICK HERE TO JOIN](#)

*OR GO TO METTAPETSSELFCARE.COM