



# MEDITATION *journal*

Imagine a world where everyone is constantly learning, growing, and evolving. A world where people are motivated, engaged, and productive. A world where innovation is encouraged and celebrated. This is the world that a culture of development creates.

A culture of development encourages continuous learning, increases motivation, engagement and productivity, and fosters innovation. Even if you don't work in an environment that fosters development, you can create a development culture in your own life. It starts with making a commitment to continuous learning and growth. It means prioritizing your time and resources to invest in yourself; and it means being intentional about planning and adapting to change.

This meditation journal is a tool to help you on your journey of self-development. By spending quiet time getting to know yourself better at different times of the year, you can discover your unique talents and strengths. You can also start to identify the things that are holding you back from reaching your full potential.

Just like buried treasure, your authentic self is hidden beneath layers of conditioning and limiting beliefs; but it's there, waiting to be discovered. We catch glimpses of it when we do something we enjoy or come easily to us. When we live in alignment with our authentic self, we experience a greater sense of purpose, fulfillment, and joy.

Use this journal to dig deeper and discover yourself, and in doing so, you realize you weren't meant to fit in, but to stand out. I hope you realize how unique and amazing you truly are. No one can do what you do, the way you do it.

We are here to help every step of the way. Live life on purpose!



*Nothing is wasted.  
Instead, all of life's experiences,  
both the good and the bad,  
present opportunities to learn and grow.  
You decide whether the experiences make you better, or  
keep you stuck in the same place.  
The choice is yours.*



# KNOWING MYSELF BETTER

Answer the following questions. There are no rules. Just let your heart speak.

AM I TRULY HAPPY AND AT PEACE WITH MYSELF?  
WHY? WHY NOT?

WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.

I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.

Ecclesiastes 3:12-13





# THOUGHT PATTERNS

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

**NEGATIVE**

**POSITIVE**

**NEGATIVE**

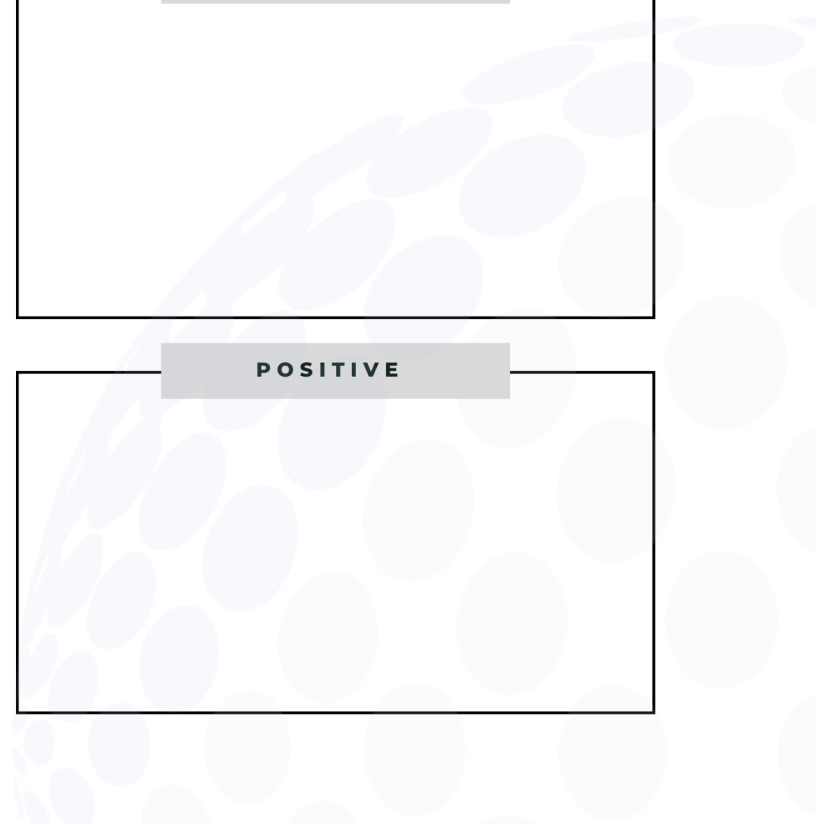
**POSITIVE**

**NEGATIVE**

**POSITIVE**

**NEGATIVE**

**POSITIVE**





# LIMITING BELIEFS

**A Belief that is holding you back:**

" ex. I can't change myself."

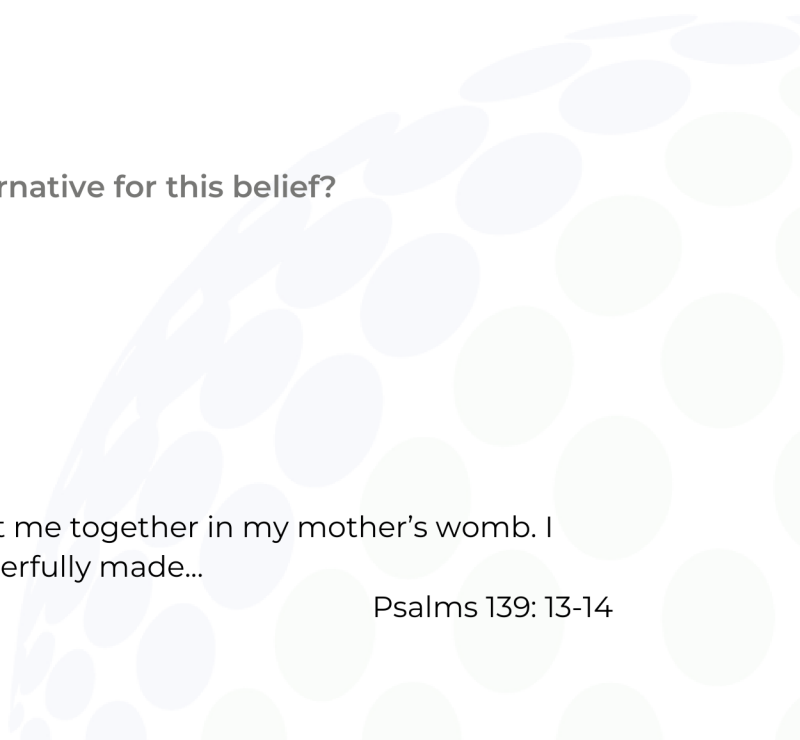
**Where did this belief come from?**

**How is this belief harmful?**

**What is a better alternative for this belief?**

...For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made...

Psalms 139: 13-14





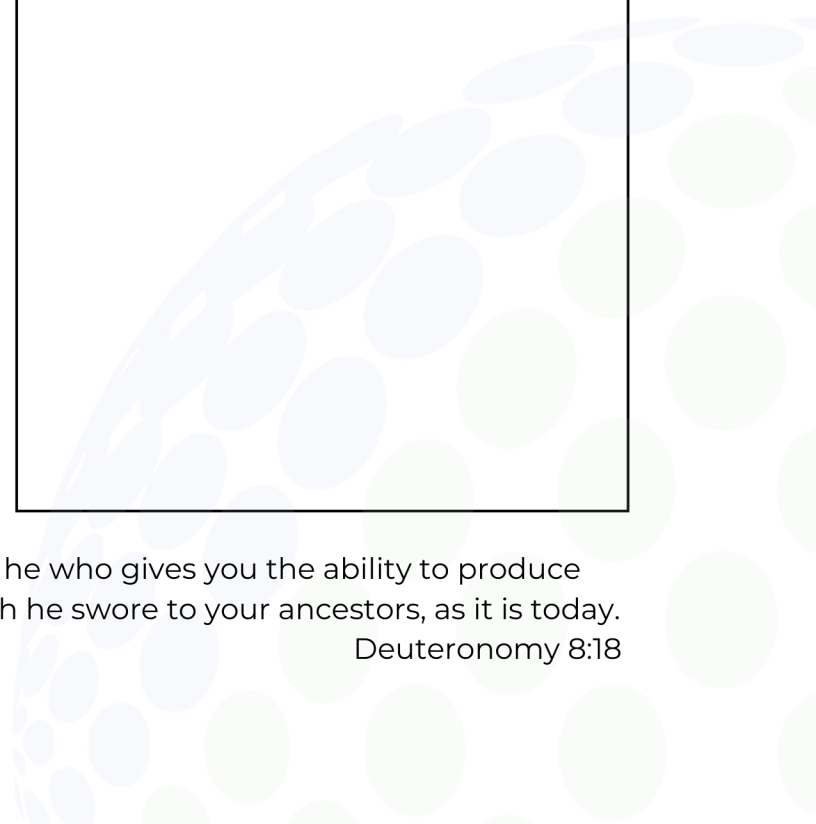
# MY BELIEFS ABOUT MONEY

MONEY IS

MONEY SHOULD

But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

Deuteronomy 8:18





# LIST OF ATTRACTIONS

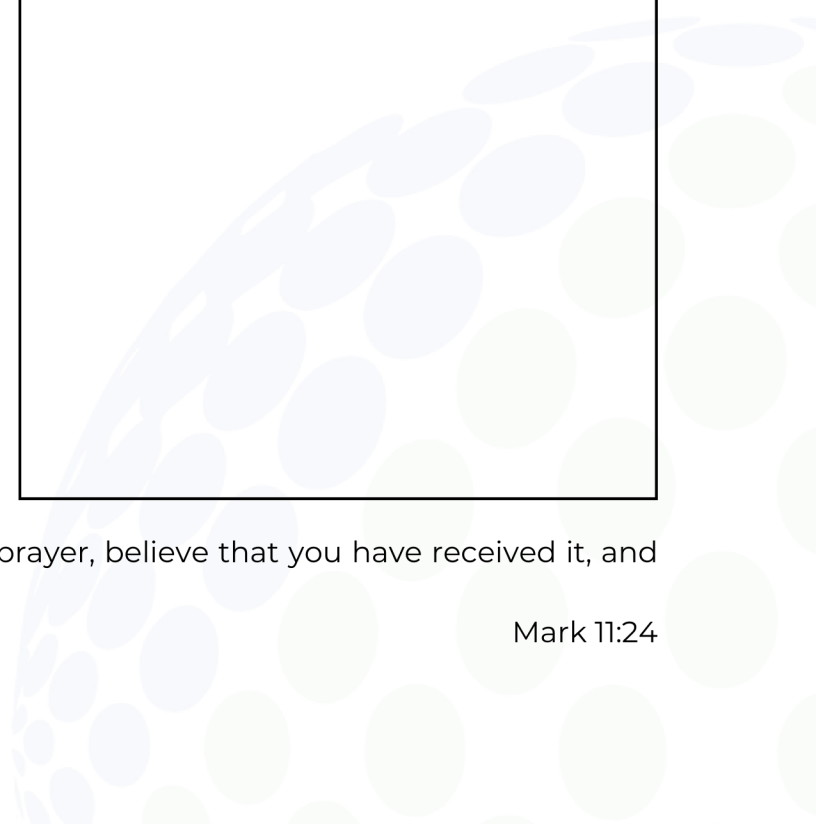
Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

THINGS YOU HAVE ATTRACTED  
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT  
INTO YOUR LIFE

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Mark 11:24







# LETTING GO WORKSHEET

WHAT I'M LETTING GO OF

HOW I FEEL

STEPS TO MOVE FORWARD

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11





# 10 MINUTES TO FACE FEAR

One fear you are ready to put behind you:

One way in which your fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

John 14:27



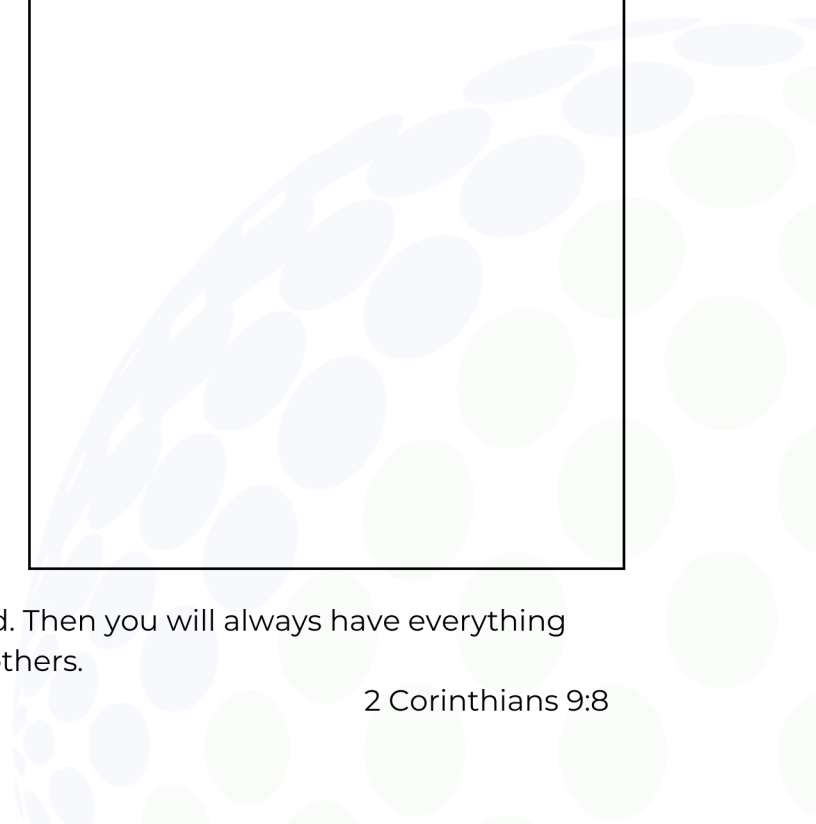
# ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.

2 Corinthians 9:8





# BUCKET LIST

## Achievements

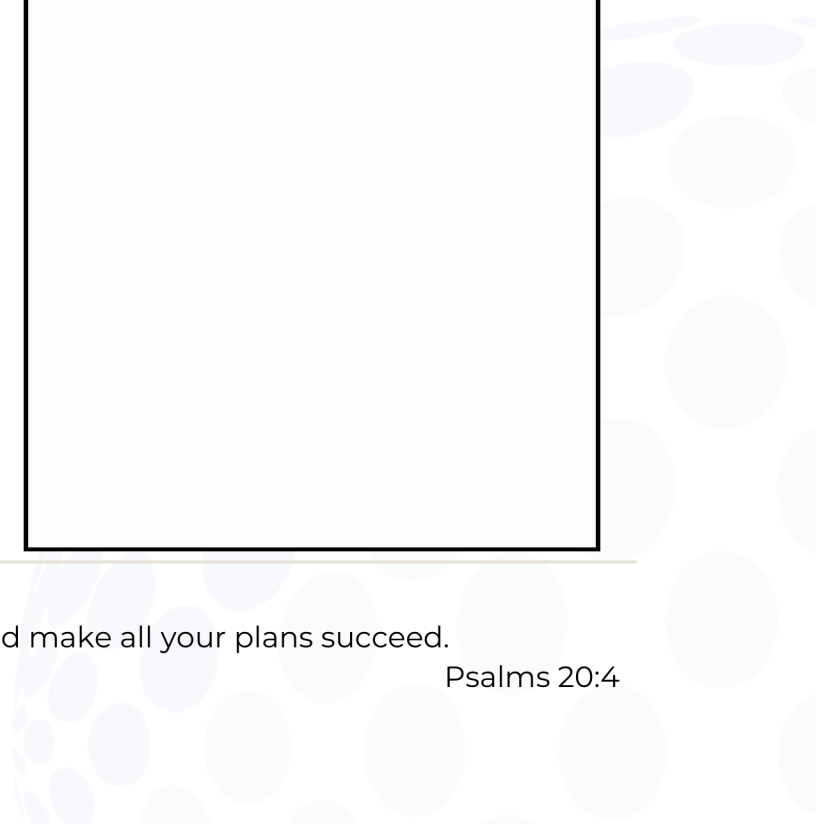
On this side, write down all the things you want to ACHIEVE - physically, financially, relationships, career etc.

## Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

May he give you the desire of your heart and make all your plans succeed.

Psalms 20:4





# MANIFEST YOUR DREAMS

## **HEALTH**

I feel vibrant and alive.

## **RELATIONSHIPS**

I feel so lucky to have loving people.

## **FAITH**

I feel calm, centered and connected.

## **FINANCES**

I feel abundant.

## **MIND**

My mind is sharp and focused.





# SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

## DESCRIBE IT

HOW DOES THAT INTENTION MAKE YOU FEEL?

HOW DOES THAT INTENTION MAKE OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

James 4:3



# MANIFESTING GOALS

GOALS

--

WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

--

HOW WILL I FEEL WHEN I ACHIEVE THIS?

--

MY STEPS

--	--

In all your ways acknowledge him,  
and he will make straight your paths.

Proverbs 3:6

PROJECTED DATE

--



# INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

Be careful what you are hearing. The measure of thought and study you give will be the measure of virtue and knowledge that comes back to you –and more- will be given to you who hear.

Mark 4: 24



# MINDFULNESS

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6: 34





# MONTHLY REFLECTION

Best things that happened this month...

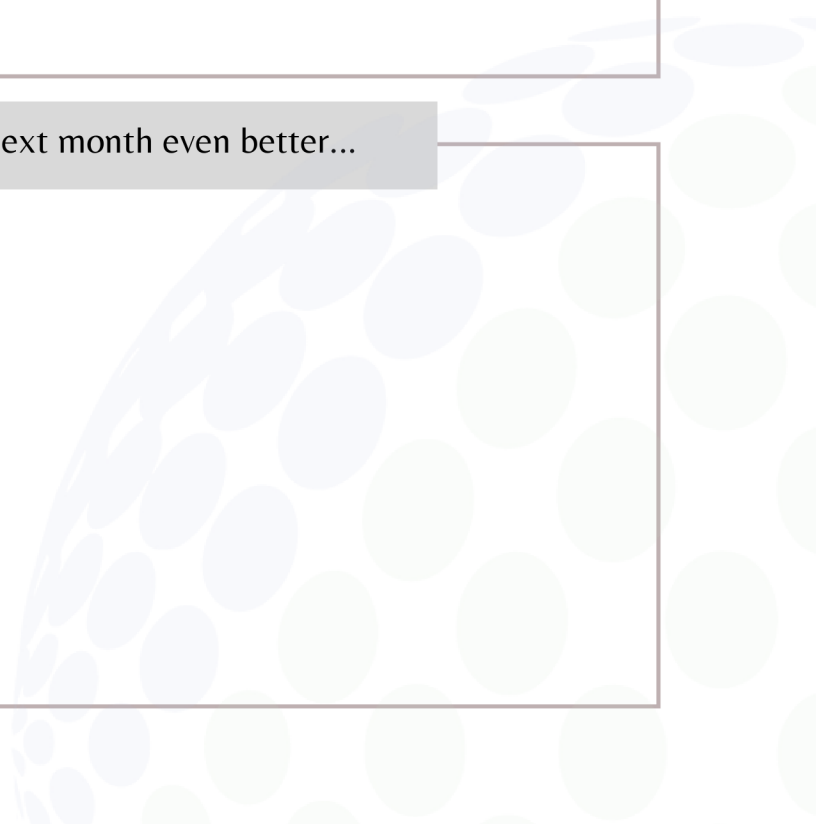
Empty box for writing reflections on the best things that happened this month.

Who were the best people of the month (why?)...

Empty box for writing reflections on the best people of the month.

What can I do to make next month even better...

Empty box for writing reflections on how to improve next month.





# YEARLY REFLECTION

The best things that happened this year...

The best people of the year(why?)...

What I learned this year...

I'm most grateful for...

What I am doing to make next year even better...

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

James 1:17



# VISION BOARD

Career / Business	Finance
Family / Friends	Love
Mind / Growth	Health
Faith	Fun

Where there is no vision, the people perish: But he that keepeth the law, happy is he.  
Proverbs 29:18

Changing the World, One Person at a Time



Hi there! I'm  
Yvette Lopez

Coach  
and Strategist



*Developing Self, Building Bridges,  
Gaining Momentum!*



### Development Coaching

Our customized coaching programs empower individuals and teams to achieve full potential. Career advancement or organizational transformation, our coaching services equip you or your team to accomplish more than you imagined possible.



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Scientifically formulated supplements, meticulously crafted to enhance your cognitive function, increase energy levels, and overall well-being. Nootropics and adaptogens work synergistically to optimize mind and body, promote mental clarity, enhance creativity, alleviate symptoms of stress, anxiety and depression.



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