

Empower Change Journal

6 Phases of Inner Change

Reflect - Grow - Expand

Go past your mind's limits and create your New Personal Desired Reality!



Phase 1: Awareness

Become consciously aware of your thoughts, actions, strengths and limitations, create a space for choice and start gaining back control over your life.



Phase 2: Mindfulness

Learn to be present in the now and open up space between stimulus and response in order to create choice.



Phase 3: Decluttering

Make physical and mental space for new things to arrive, learn to cleanse and liberate yourself.



Phase 4: Self love

Allow your self love to blossom by becoming your own best friend, learning how to set healthy boundaries, practise gratitude and create your own positive affirmations.



Phase 5: Habits

Prune those hard wired unhelpful habits and replace them with new healthy ones.



Phase 6: Action

Get clear on what you want and create your personalised step by step action plan. Go from dream to reality!

Our self-coaching personal growth journal combines 6 personal development phases that assist in moving past our mind's obstacles, allowing us to create a bountiful future, while we nourish our soul.