

THE
S4DM
JOURNAL



CREATED BY
Heather Silva

THE
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JOURNAL



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Welcome, beautiful.

I am so glad you are here!

I created this journal as a tool to help you get the most out of your time with me and The Silva 4-Part Diamond Methodology. You can print the whole journal or just the parts you decide to use this month. You can use it over and over again.

There is no right or wrong, good or bad way to use this journal. There is only the way that works for you where you are right now.

Some people prefer more detailed journaling than others. Some prefer bullet point-type journals. I designed The S4DM Journal with both in mind. I'm voting your victory!

Heather Silva



How to use this journal

There are 3 parts to THE S4DM JOURNAL. The first section helps you gain clarity on where you've been, where you are currently, and where you want to be in your future.

The second part is a record of your daily life. The day-to-day is very important, so don't skip it.

The last section is a reflection. You will look back on where you were when you started the month, and see how much healing and life have happened,

I've included step-by-step instructions throughout. I encourage you to do your best to complete the whole journal.



STEP ONE

Welcome to step one. This step can be the most difficult, especially when you're just beginning your journey. Confusion and difficulty making decisions are oftentimes the biggest struggles my clients have when they start my program. If that resonates with you, fantastic! We will help you become clear and confident.

I encourage you to follow the instructions and complete each exercise as best as you can.

Honor where you are. If you have difficulty dreaming, that is ok and that is your answer. You might find a picture dream or even choose to draw your dream. You can draw, cut and paste a magazine picture, write it out. You might have a few different dreams. That is great. For now. It will change.

“I choose to dream big knowing I am provided for every step of the way”



REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you choose to make a reality?

MY BIGGEST DREAMS



STEP TWO

The first part of THE S4DM JOURNAL is designed to help you gain clarity and connect to yourself in a deeper way. At times, the first exercises can seem agonizing and we might not even be able to face our dreams, struggles, and fears. I am here to tell you that it is ok. It gets easier and at times, fun.

You can do this! Follow the instructions and at the end of the month, you'll see just how far you've come.

“I am healing and I choose to honor how I feel, mind, body, and soul as I let go of my past”



LET GO OF YOUR PAST

What are you ready to let go of, before you begin your journey? Take some time to fill in the spaces below with all the things that no longer serve you.

MY BIGGEST STRUGGLES

A large, empty rectangular box with a light gray background, intended for writing about the user's biggest struggles.

MY BIGGEST FEARS

A large, empty rectangular box with a light gray background, intended for writing about the user's biggest fears.

STEP THREE

Step 3 is about reclaiming your desires.

There is no right or wrong, good or bad way to use this journal. The same goes for your future and your desires. I encourage you to fill out the pages in this section and actually, all the sections without trying to determine if your answers measure up. For some, that may be the most challenging part of this process. It will get easier and more authentic as you grow in clarity, connection, confidence, and consciousness.

Be gentle with yourself as work through this first section of The S4DM JOURNAL.

On the next page, answer the questions to the best of your ability.

Remember, there is no right or wrong, good or bad lens to look through. Dream and dream big.

"It is safe to be me and I choose to accept myself as I am"





RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you choose to feel, what you choose to accomplish and whom you choose to become...

HOW DO YOU CHOOSE TO **FEEL**?

WHAT DO YOU CHOOSE TO **ACCOMPLISH**?

WHO YOU DO CHOOSE TO **BECOME**?



“I am healing and I choose to honor where I am at, how I feel, and begin to create a life I love”

STEP FOUR

The next two activities will give you an idea of how balanced you are in your life. This will change month to month and sometimes week to week. That is normal.

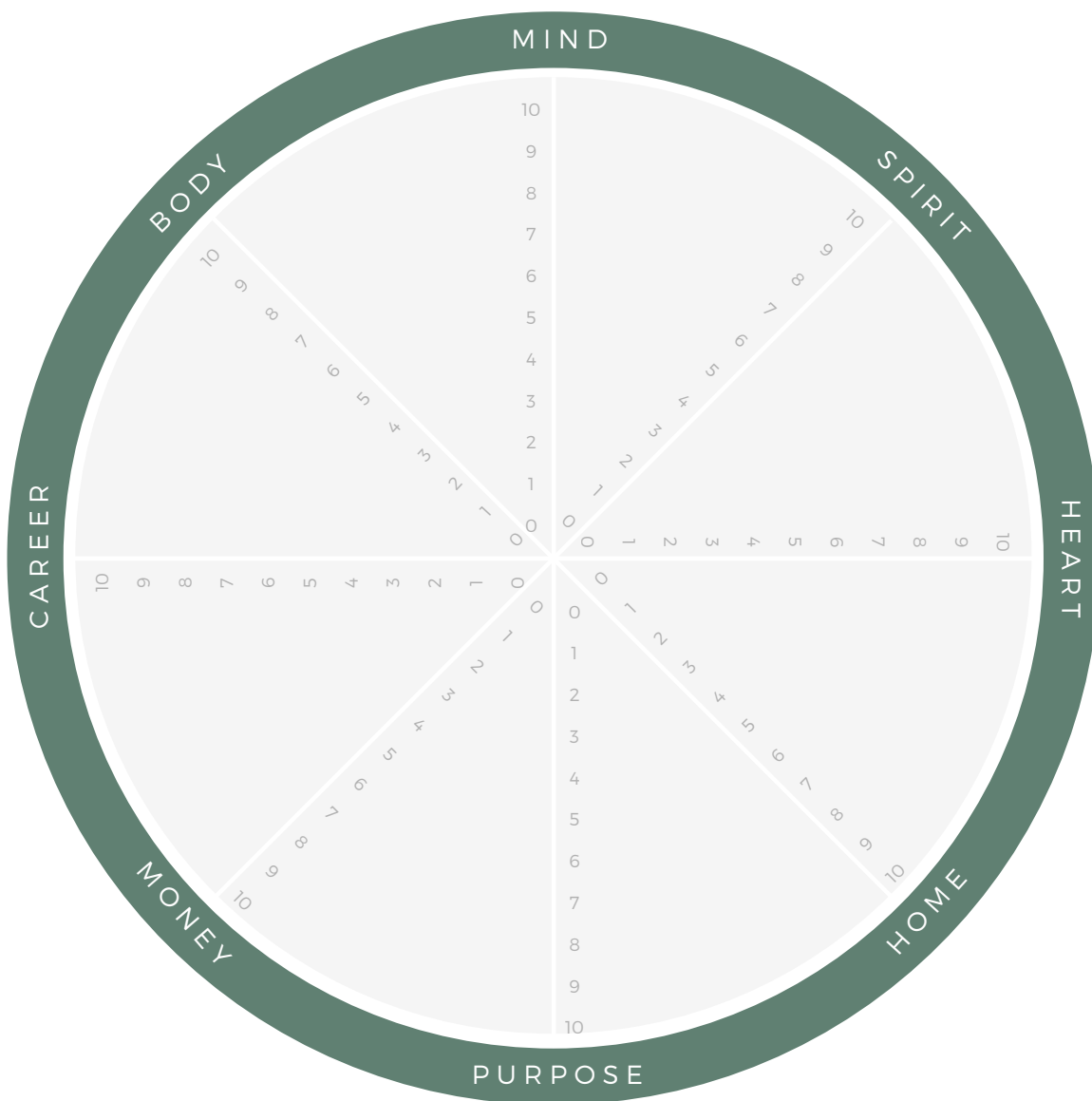
Simply follow the instructions. I don't recommend giving your answer too much thought. A number will come to you, go with it.

Note: Connection refers to how well you are connected to your body, emotions, as well as environment and other people.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)
- CLARITY (Mental)
- CONFIDENCE (Mental)
- CONNECTION (Mind, Body, Spirit)
- CONSCIOUSNESS (Mind, Body, Spirit)

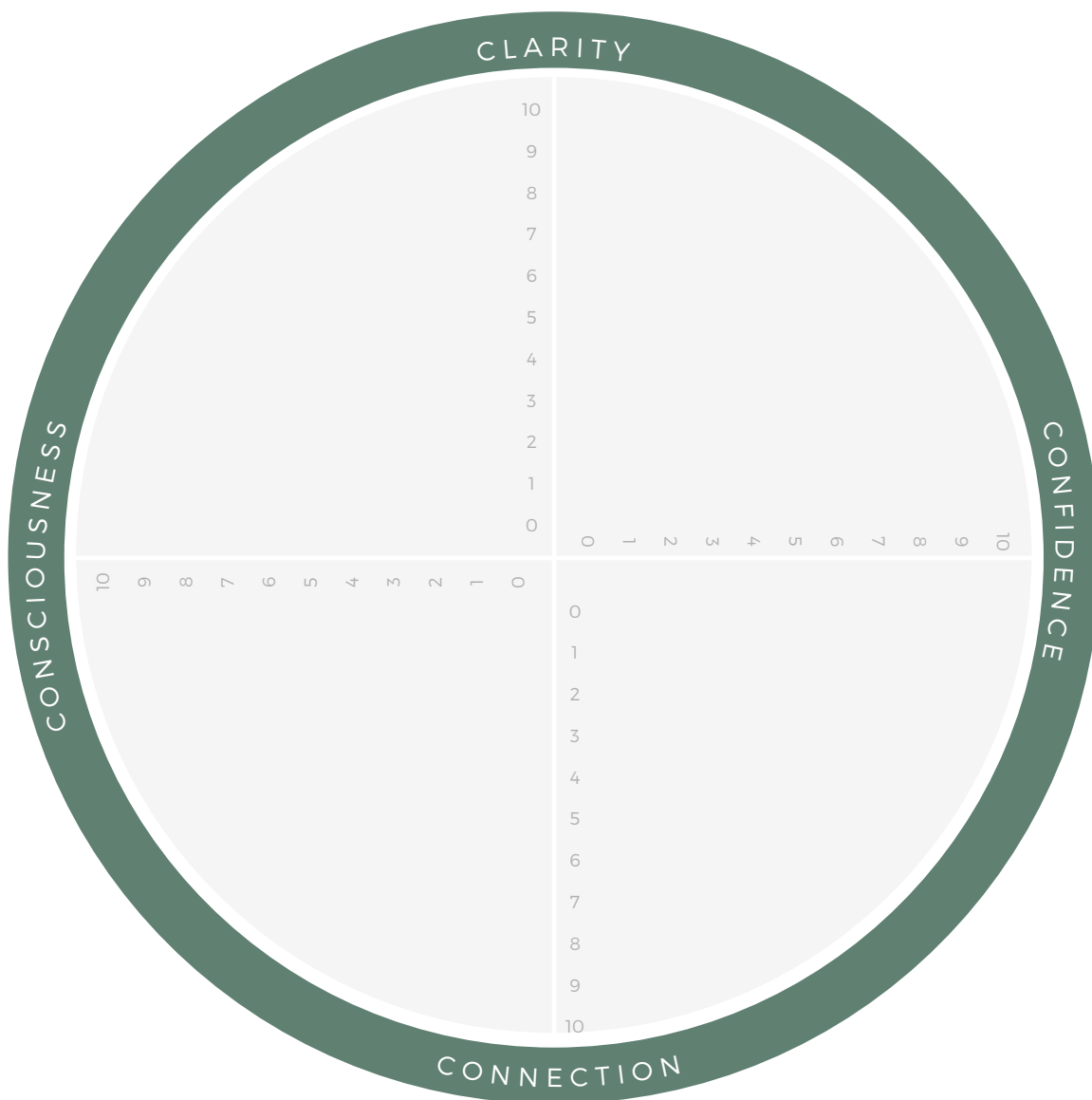
RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of these areas, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



STEP FIVE

Great job! You are almost there.

A quick note on want vs choice. When we want something, we don't have it. When we choose something, it's available to us. Yes, I know it's just a word but take a deep breath, close your eyes, and said the word want. Notice how you feel. Where you feel it in your body. Then, repeat the process with the word choose. It feels better, doesn't it?

This next part could be challenging and that is ok. Next month, it will be easier. If you are struggling with it too much, be kind to yourself. Skip it this month and see how next month goes. You can revisit this step mid-month.

"I can and I am"





RESET YOUR INTENTIONS

Before we begin, it is important that you get clear on what you choose each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL



RESET YOUR INTENTIONS

Before we begin, it is important that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

CLARITY

CONFIDENCE

CONNECTION

CONSCIOUSNESS

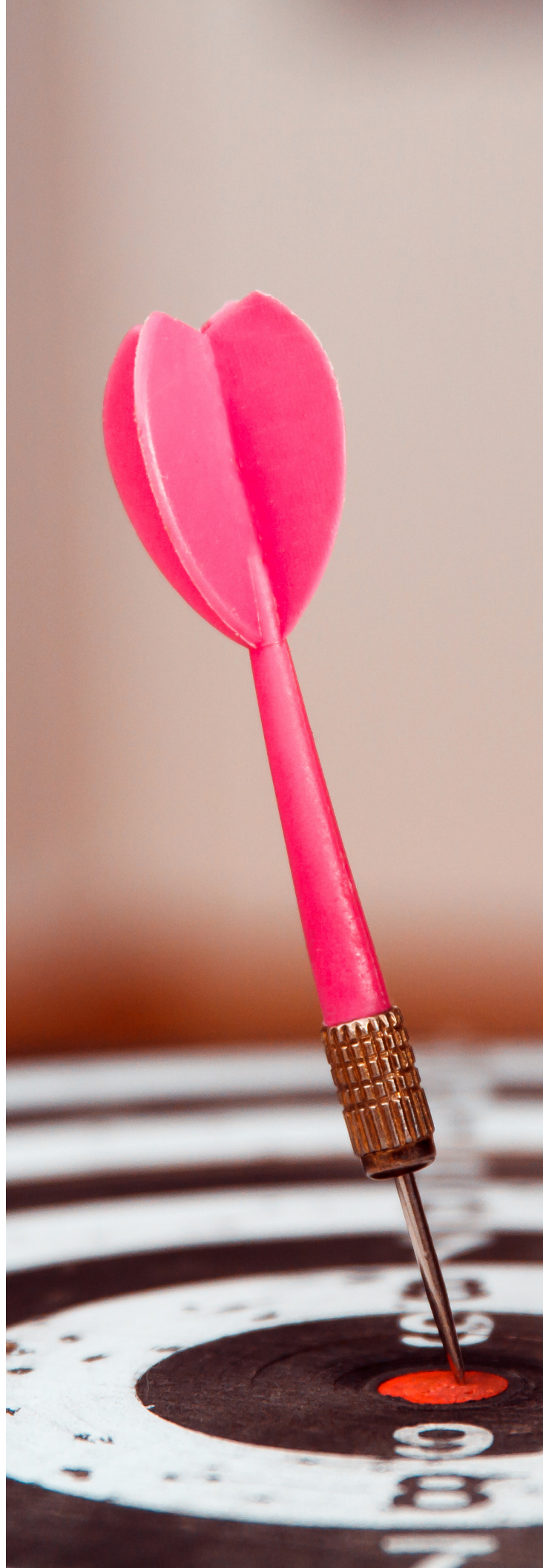
STEP SIX

You are doing great!
Now it's time to set a goal for this month.
You have already done some deep work. This
is the last step in this section.

Reflecting on all your answers, what is the
one thing you choose to focus on this month?
Keep in mind that as we work together,
through THE S4DM JOURNAL, in The S4DM
Healing Circle, and or in our 1 on 1 private
session, greater clarity, confidence,
connection, and consciousness will happen.
and choosing one of those as your monthly
focus is a great place to start.

If you have something else in mind, go for it!

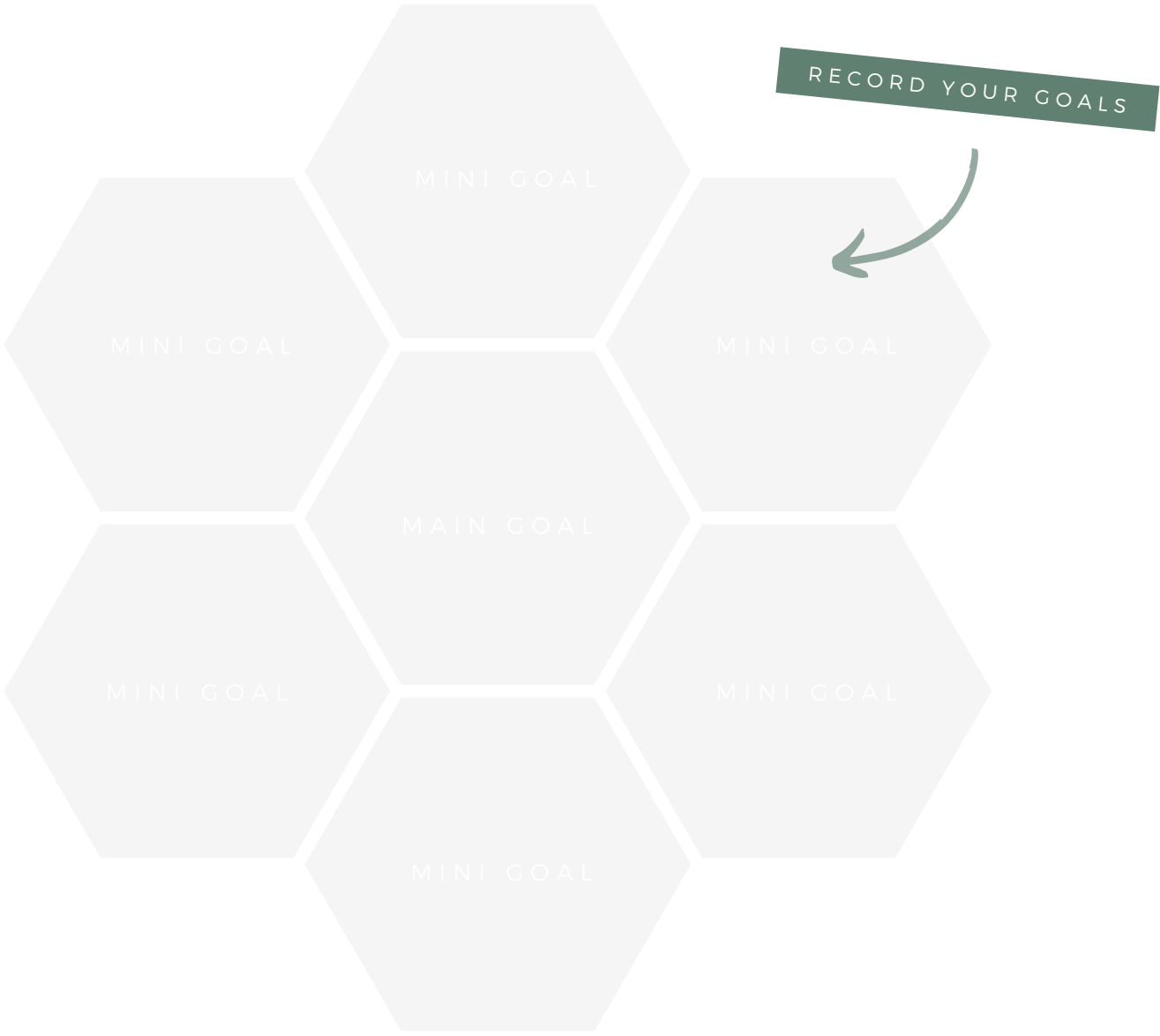
Again, there is no right or wrong, good or
bad goal to have. If it's too stressful, skip it
this month. That is ok!





REDEFINE YOUR GOALS

It's time to redefine what you CHOOSE to focus on. Set one main goal to focus on in the next 30 days and then break it down into 6 sub-goals that will help you reach it faster!



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!

My Artistic Expression
DRAW, DOODLE, OR COLOR YOUR DAY HERE

DAY ONE
Journal Prompt

Day 1
Date: S/M/T/W/T/F/S

- Set intentions
- Journaling
- Meditation
- Nourishing Foods
- Mindful Eating
- Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS
Morning Thoughts Feelings & Intentions
How do you want to feel today?
What do you want to do today?

EVENING REFLECTIONS
Evening Thoughts Feelings & Intentions
How did you feel today?
What did you do today?

CRATITUDE JOURNAL
1.
2.
3.

HABIT TRACKER

AFFIRMATION

Glasses of Water

What I love about me
1. 2. 3.

DAILY JOURNALLING PAGES TO RECORD YOUR THOUGHTS AND FEELINGS

WRITE YOUR DAILY INTENTIONS HERE

TRACK YOUR DAILY HABITS HERE

REFLECT ON YOUR DAY HERE

RECORD WATER INTAKE HERE

WRITE POSITIVE AFFIRMATIONS HERE

LIST 3 THINGS YOUR GRATEFUL FOR

WRITE WHAT YOU LOVE ABOUT YOURSELF HERE



THE
S4DM
JOURNAL

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Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 2

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 3

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 5

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 6

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 7

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 8

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 9

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 10

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Artistic Expression

Day 11

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 12

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 13

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME




1.




2.




3.

Day 14

Date:
S/M/T/W/T/F/S

-  Set intentions
-  Journalling
-  Meditation

-  Nourishing Foods
-  Mindful Eating
-  Went outside

-  Moved My Body
-  Expressed Gratitude
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

- 1.
- 2.
- 3.

Day 15

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 16

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 17

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

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What did you accomplish today?

GRATITUDE JOURNAL

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2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 18

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 19

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

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Went outside

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 20

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 21

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 22

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 23

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

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What do you want to accomplish today?

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 24

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 25

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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Morning Thoughts Feelings & Intuitions

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What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 26

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

My Feelings

Day 27

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 28

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 29

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 30

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

WHAT I LOVE ABOUT ME

1.

2.

3.

Day 31

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

CLASSES OF WATER

WHAT I LOVE ABOUT ME

1.

2.

3.

FINAL REFLECTIONS



Congratulations, you did it!

It's been a month of deep diving. You took several brave steps this month and I am proud of you. You let go of the things that no longer serve you, created some new beneficial habits, learned a thing or two about yourself, and you have become more clear, confident, connected, and conscious.

In the last section, I created a space for you to see just how far you've come. It's quite possible many things have changed, including what is important to you.

Take some time to revisit your entries from the start of the month and reflect on them. Next, fill out the last few pages and print a new copy for next month.

In love and light,

Heather Silva



FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind, and even your soul. Describe the emotions, thoughts, feelings, and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

CLARITY

CONFIDENCE

CONNECTION

CONSCIOUSNESS

DREAMS

FEARS

STRUGGLES

GOALS

Helpful Resources

01

PRIVATE 1 - 1 SESSIONS WITH ME

We all have blind spots and areas of trauma that need to be identified and healed. More often than not, privacy is required.

02

The S4DM Healing Circle

This is my intimate group. Each month we choose a topic and natural modality to implement. This all takes place in private group.

If you would like more information on the above, simply click on the link provided and it should take you to my website.

IF you would like to schedule a free conversation with me, you can do so [HERE](#).



MEET HEATHER

Heather Silva

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Learn more at

mindbodygod.com

I've been married a few times, in relationships with narcissists, drug abusers, and spiritual abusers, and that's putting it nicely. I've been asked to leave toxic churches after refusing to submit to their abusive tactics and what I call silently ex-communicated from a cultish church. I've served under the good and the abusive.

I also spent years working on my healing and rediscovering who I am which led me to create the Silva 4-Part Diamond Methodology.

I've gone from hating myself to accepting and loving Me!



@HEATHERLSILVA



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MINDBODYGOD.COM

MARY ANN RADMACHER

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

JOIN OUR

Exclusive S4DM HEALING CIRCLE Membership



Gain clarity and confidence, connect with yourself and others like you, and elevate your consciousness together with me. Each month we choose a different topic and natural modality to help us overcome it.

We then implement it and live healthier and happier!

Topics we cover are trauma-related and we learn and apply the Silva 4-Part Diamond Methodology

[CLICK HERE TO JOIN](#)

* LEARN MORE OR SAVE YOUR SPOT AT MINDBODYGOD.COM