

Journaling for Success



a gift from Jaimie Sarah

Why Journalling?

Journalling is a way to connect with your greatest wisdom, intuition and vision on a daily basis.

It's a way to get clear, focused and grounded no matter where you are or what's going on.

This is not about "Dear Diary" notes to self or brain dumps on paper (although those can be useful at times). This is about moving you forward in the direction of your dreams.

There are two effective ways to journal:

1. To affirm what you are creating in statement format. For example "I am...." "I have..." etc.
2. To write out empowering questions or "prompts" that you then answer yourself, again in statement format. These can be the questions below, or your own intuitively guided questions!

I have provided examples of both on the following pages.

I hope you find them helpful! If you get stuck feel free to email me at jc@definitelydefinitely.com and I will do my best to guide you.

Example Journalling Prompts

You can use these prompts as starting points, or write out your own. For example, you might decide to sit in silence for a few minutes and ask "what question would be most beneficial for me to consider right now?" and see what comes through. Don't worry if nothing comes through, you can always use the ones below and see how you get on.

What would the next level version of me do right now? (The version that already has what I most want?)

What does my higher self want me to know today?

**If I were fully owning all of me, what would I create next?
What would I do and say that I am not doing and saying currently?**

If I were fully expressing everything that's inside of me - the message and the work I'm meant to do - what would I be sharing? What would I be saying?

Where (if anywhere) am I out of alignment?

Where am I in alignment and what can I learn from this?

**If I felt fully confident today, what would I be saying yes to?
What would I be saying no to? What would I be actively pursuing?**

If I had no nerves and no fear - then what?

Example Journalling Prompts

If I was already enough, then what?

What are the aligned actions for me to take today?

What message do I know I need to share today?

What magic do I know I need to create today?

Who do I need to BE to achieve huge success today?

What does my higher self know I need to do today?

What are my body and soul yearning for today?

What do I know and trust is totally achievable for me now?

What do I desire to create from this space?

If I knew that my money/financial goals were already taken care of, then what action would I take today?

Who do I need to connect with today?

I desire....

I am creating...

Example "I Am" statements

I am nourishing my body and soul

I am strong, lean and fearless

I am a bold and unstoppable [leader / creator / connector / etc] and I evolve second by second

I fearlessly connect to potential clients / partners / influencers etc about my offerings / vision

I confidently share my business / mission etc with everyone I know who needs it

I am confident being on stages (for maximum impact name specific stages and sizes of audiences)

I am asking for opportunities to get up on stage and [insert other visibility opportunities]

I am asking to be on the committee...

I am actively reaching out to [insert people you dream of reaching out to]

I am giving back to my community [insert specific ways that you are doing this using your unique gifts and talents]

Example "I Am" Statements

I am love

I am connected

I'm alive

I'm free

I love my life

I love life and life loves me

My body is strong, lean and healthy

I'm in the best shape of my life

I'm thriving

I'm loved

I receive with ease

I'm respected and adored

I'm at peace

**People love to buy services from me / to pay me for my
unique gifts and talents!**

People love to help my mission

___ (insert desired amount of £s) days are my new normal

I receive new opportunities and new business with ease

**I attract the perfect new team members / clients etc with
ease**

I just keep getting better

My income grows exponentially now

I love my/our business/mission etc

I love who I am

I am free

I am at peace

I trust myself completely

I trust the universe/God/source completely

Everything is unfolding perfectly for me
Everything always unfolds perfectly for me
I am love
I am peace
I am freedom
I am a beacon of love, passion, vitality and freedom
My energy is magnetic and magnetises the perfect people to me
I share my message with ease and flow
I speak my truth with ease and flow
I inspire and empower others with ease and flow
I love myself
I am magic and light
I am pure potentiality
I am a divine being and a gift to the world
My mission is a gift to the world
I am deeply on purpose, in alignment and in flow
I love to create
I love to connect
I connect with ease
I meet new customers, potential team members, collaborators etc everywhere I go, including in the most unexpected of places
I am deeply connected to myself, my loved ones, my team and to source
I always have enough money
It is safe for me to be successful doing what I love
It is safe for me to be wealthy

It is safe for me to be successful and wealthy beyond my wildest dreams
I receive with ease
I create with ease
I solve all challenges with ease and see them as opportunities
I receive greatly now
I am a channel for money and abundance
I am money
I am wealth
I am abundance
I am vitality and freedom
It is easy for me to create compelling content and a highly engaged audience / community etc
People love to follow me
My ideal people and clients love to follow me
New collaborations and partnerships flow with ease
I magnetise new potential collaborations and partnerships that are in total alignment with ease now
It is safe for me to embody who I truly am fully and without holding back
I get to fully embody my true identity and power now
All that I desire is already done
Everything is perfect and exactly as it is meant to be
I am light
I am trust
It is safe for me to be ME
The more that I own my unique gifts, talents etc, the more I thrive, and impact the world positively
All of my needs are met

Sales Affirmations

It is incredibly easy for me to make sales because I'm brilliant at what I do, people and their businesses need it, and I'm highly skilled at magnetising and connecting with those who need what I have to offer

Sales is simply relationship building and I am a brilliant relationship builder

Sales is serving and I love to serve

Sales is communicating and I love to communicate, which includes listening deeply as well as speaking mindfully and making every word count

Sales is a sacred duty and generating and following up with leads is something I owe to my customers because I can really help them

Sales is FUN

I make sales anytime, anywhere, even and especially when I'm having fun, relaxing, or just being totally present in life

Because I really care about my potential customers and clients having what they want, it's effortless for me to follow up

Sales Affirmations

Potential customers/clients appreciate me following up with them because they can feel that I care

Making sales is never about me it's about serving

I love making sales!!

I love serving clients and making sales gives me the opportunity to help more clients

I have a sacred / divine duty to sell my offerings to those who need them!

I love having a range of offers so that there's something for everyone

I'm so grateful to have put a range of offers in place that are a win win for everyone

Sales is the lifeblood of my business and I choose to give it what it needs to pump and serve effectively

It's safe for me to make lots and lots and lots of sales

I serve, I deserve!

Marketing Affirmations

I have a sacred duty to market my business

I can market my business authentically and with integrity

I love doing marketing that works for me and for my ideal clients!

I love serving clients and effective marketing gives me the opportunity to help more clients

I love delivering educational value through my marketing as well as generating leads

I'm so grateful to get to market to my ideal clients

I'm so grateful to get to create authentic and compelling marketing

I'm so grateful that marketing gets to be in flow for me now

It's safe for me to market abundantly

It's safe for me to be supported with my marketing

It's safe for me to ask for help

I don't have to figure it all out by myself - I get to be supported

Continue affirming what you desire, what you are creating, and, what you are committed to until you feel in an optimal state to go into the rest of your day and turn it into reality.

For this reason, first thing in the morning either before or after a workout is the best time to journal, however feel free to experiment and see what works best for you.

Daily is best. However, if you feel the desire to do it more than once a day, and you notice that this supports your performance and keeps the mind monkeys at bay, go for it. This is about you and your success!

Lastly, remember, that journalling isn't a magic wand. The things that you affirm won't happen by magic just because you journaled about them. Going out there and taking aligned action is critical to the process.

As long as you do this, your goals and desires should happen faster than you previously imagined possible because you'll be in a superior state of mind, a superior energetic frequency and you'll also have a keener eye for aligned opportunities.

I can't wait to hear how you get on!

Jaimie

About Jaimie

Jaimie is the Founder of Definitely Definitely. She helps visionary leaders worldwide consciously create and continually expand their dream lives and businesses so they can be happier, freer and make more impact and profit.

After training as a Life, Business, Wellbeing and Leadership Coach, Jaimie founded Definitely Definitely and her unique 360 Degree Coherence methodology. Her philosophy combines her motto of "If It's Not A Definitely Definitely, It's a No", empowering her clients to make faster and clearer decisions than ever, and a deep appreciation of the impact of the personal aspects of life on business results.

She has noticed that often the most effective way to improve brand magnetism, is to empower experts from within before even looking at business strategies or tactics. However, she also has deep marketing and branding expertise, and is renowned for her high energy, infectious positivity and agile yet relentless approach to helping her clients to achieve and exceed their goals.

Jaimie has a Psychology degree from the University of London, additional training from the Institute for Professional Excellence in Coaching, the Institute for Integrative Nutrition, the UK College of Hypnosis and Hypnotherapy, and Harvard Business School, and previously spent 9 years in corporate marketing with FTSE 100 companies including SAP and Thomson Reuters in both London and New York City.

What People Like You Are Saying About Working with Jaimie Privately

“Having someone 100% on your side to bounce ideas off, share concerns, challenge you, hold you to account and celebrate with is so valuable. Jaimie helped me find my own clarity, and every time I left the sessions with a renewed sense of excitement and drive to deal with the challenges of running my own business. If you’re thinking about working with Jaimie, do it! And when you do, fully go with it. The more you trust the process, the more you’ll get out of it.” – *Tom Newton, Founder, London, UK*

“Jaimie’s ability to get to the heart of blockers and challenges is first class. As I went through the challenges of launching my business, her candid feedback and perspective provided massive value. Importantly, she remembers details between sessions, is available for ongoing dialogue, sends excellent follow-ups and genuinely helps along each step in the journey. Other coaches just don’t compare to that.” – *Dan Morris, Founder & CEO, New York City, USA*

“With her calm but sharp presence, Jaimie brought clarity and a collaborative spirit to me and my team. We enjoyed her coaching – both individually and with the whole team – and it was truly transformative. A vitamin boost for any team wanting to become more open and effective.” – *Anders Sjöstedt, Founder & CEO, Spain & Sweden*

"I recently finished my 2nd programme with Jaimie. I had a big goal and I achieved this with massive growth in my business. The surprising thing though was all the other things I gained as a result of our coaching.

Jaimie helped me understand that I have a message that, when shared authentically adds incredible value to SOME people – and that it is ok if it doesn't speak to everyone!

Before our coaching I was trying to be something to everyone which resulted in me being nothing to all! This was a huge insight and has helped me confidently share my story authentically in person and on social media and know that I will attract the right people.

Jaimie's mix of mindset and practical coaching (literally helping me craft messages and find time saving tools) and the accountability she provides has helped me view my life and business with a huge sense of abundance rather than 'lack'. I feel like any possibility is open to me now and that the negative internal voice has become infinitely quieter and is now turning into my cheerleader!

I have seen an improvement in my relationship with my boyfriend and my team as I show up in those relationships more willing to be truly honest and vulnerable and that has had a clear knock on effect on the results they are seeing too.

Finally I am hugely grateful to Jaimie for helping me ditch the mum guilt and feel empowered to build my business and continue to do the things I love around my baby. Powerful stuff!" - *Lisa Turner, Bath, UK*

“Jaimie is extraordinary! I’ve worked with a coach just once before, and to be honest I found it to be a huge waste of my time. Not so with Jaimie... our Discovery Call alone gave me a page-long list of insights into what has been blocking me in my business alongside a stack of ideas to move me forward. I left the call incredibly impressed, and I’ve no doubt you will too!” – *Trish Mossman, Founder, Antigua*

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