

Aspiration Journal

ALL THE GOOD THINGS THAT HAPPENED TODAY

THE ONE THING THAT MAKES ME HAPPIEST

HOW TODAY MAKES ME FEEL

Sage Grayson
LIFE EDITOR

sagegrayson.com

Aspiration Journal

Thank you for downloading the Aspiration Journal from <http://sagegrayson.com>. This law of attraction tool will help you get clear about what you really want in your life.

An aspiration journal is where you write AS IF everything you want to happen in your day, week, month, year, or life has already happened. If you want a new job, don't write "I wish I had a new job." Instead, write "I love my job as Marketing Manager, and I feel so good to be sitting at my big desk in my corner office." This way, you can tap into the positive feelings related to what you want and start attracting those good things to you.

Instructions

- Print this journal page and fill it out once a day or at the very start of your week.
- Write what you want to happen as if you're in the future and all those positive things have already occurred.
- Also, choose one thing that makes you happiest and how today made you feel.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

Like this worksheet? Use the code **LETSGO** to save 50% off my digital programs.

✓ **Life Editing for Beginners**

<https://sagegrayson.mykajabi.com/lefb>

✓ **Startup In 60**

<https://sagegrayson.mykajabi.com/startupin60>

✓ **Life Editor Clubhouse Archives**

<https://sagegrayson.mykajabi.com/clubhouse>