

Aligned & Activated

**A Journal to Ignite Your Passion,
Purpose & Possibilities
One Day at a Time**

**Susan Winner
BeRealGetReal.com**

Hey, Superstar!

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◆ Welcome to Activated & Aligned – your daily dose of
◆ “let’s do this!” in journal form.

◆ This isn’t just a notebook – it’s your backstage pass to
living with purpose, passion, and a little bit of magic.

Each day, you’ll kick things off with six feel-good prompts to set your vibe and your vision, then close the day by giving yourself the credit you deserve (because you’re kind of amazing).

Whether you’re conquering your to-do list or just remembering to drink your water – every step counts.

Let’s turn the ordinary into the extraordinary, one page at a time.

In your corner,

Susan Winner
aka Susan Wiener

Daily Ritual - 6 Sentence Starters

Date _____

I am so happy and grateful for...



I'm excited about...

I see myself...

I'm expecting...

I'm passionate about and committed to...

I'm proud of myself for...



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