

MIQUELL



Hey!

I'm a no bs kinda girl that believes anything is freakin' possible for you.

It took awhile for me to believe that about myself. Over the last 3 years I've invested in myself on a massive, serious level knowing that when I poured into me...the growth, enlightenment, and love that I found would naturally flow into others.

It's happened. And now, I am living **my best life**.

- I am confident...and only gaining more confidence everyday.
- I am strong...stronger today than yesterday.
- I am loved..because I love ALL of me first.
- I am walking out my God-designed life's work.
- My relationships are souring.
- My money story has massive momentum.
- Each day brings amazing, new connections!

How did this happen?

I became intentional about learning/knowing me and then taking action.

That's what this journal workbook is about - Digging deep and finding you. **Your Best Self**.

Goto your favorite space. Give yourself a good 2-3 hours. Turn on inspirational music. Bring a notebook, pen (no pencil...first impressions are the honest ones) and let's dive into these journal prompts, and see what's inside of you waiting to be revealed. The only wrong answers are the ones where you set limits on yourself.

I'll see you on the other side...

love & peace.....  
MIQUELL

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# Your Best Self

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## Journal Workbook

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# Childhood Dreams

"Little girls with dreams become women with vision" ~ unknown

Think back when you were a child. What would you dream about?

Are there any dreams from your childhood you still believe are possible?  
Why or Why not?

What people or circumstances diminished your childhood dreams?



# Today's Dreams

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

What do you catch yourself dreaming about?

What would you try right now if you knew you could not fail?

Dig Deep Here...

Picture yourself living out your dreams day after day.

How do you feel? Process it through all five senses.



# Your Fears

"Courage is resistance to fear, mastery of fear, not absence of fear."  
Mark Twain

What limiting beliefs or relationships do you have that reinforce your fear of failure?

What are other fears you have besides the fear of failure?

What do those fears stem from?



# Your Best Self

"When you catch a glimpse of your potential, that's when passion is born."

Zig Ziglar

What is something you do naturally well?

What people or causes are you drawn to?

What topics or concerns do others often ask your advice on?



# Your Best Self

"If you don't love what you do,  
you won't do it with much conviction or passion."

Mia Hamm

What is the one thing you would do all day, never get paid for it,  
and still feel fulfilled?

What are some unique characteristics you possess?

How do you enjoy using these characteristics to promote the greater good?



# Your Best Self

"If you don't love what you do,  
you won't do it with much conviction or passion."

Mia Hamm

Does what you are doing right now, day after day, fall in line and support your childhood dreams, today's dreams and the people/causes you feel drawn to? Why or Why Not?





"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination and dedication. Remember, all things are possible for those who believe."  
Gail Devers

*Over Belief*

*Let's bring it all together...*

This may be difficult...but the more accurate you can be, the more clarity you will have. Answer the following questions by looking over your answers from the previous journal prompts .

What is your greatest fear you listed?

What is your greatest limiting belief?

What is your biggest childhood dream?

What is your biggest dream today?

What is your biggest reason for not pursuing your dream mentioned above? And is this reason something you can change?



# Final Thoughts

## Beautiful friend of mine...

I will never forget processing my own thoughts and feelings after answering similar questions such as the ones you just did. It seemed a war was going on inside my heart and mind. I felt sad, angry, confused, yet invigorated, pumped, and excited all at the same time. I had a fresh perspective. I was honest about my limits and believed I could overcome them. I knew there was more for me to do on this journey in becoming my best self. My future and family were on the line, and honestly...so were my finances. But even more? My Happiness!

I wanted to travel. Own my own business. Be my own boss. Spend time with my husband and kids all while being financially stable and living a life of happiness and fulfillment.

I made a choice.

- No more going back.
- No more would I blindly follow cultural and societal norms.
- No more would I commit to this rat race and what others expected of me.
- No more boundaries. Everything was possible. Everything.
- My Best Self...living out loud for the world to see.

I was created for so much more.

My life's work was empowering other women to recognize their greatness, identify their next steps, and live out the life they dreamed of as little girls...their best life.

And get this. Here I am. Doing it. Living my best life. I did it. You. Will. Too.

- No more are you meant to settle...
- No more are you meant to just "get by"...
- No more will you blindly follow what society calls the "right path"...

*NOPE. Not Anymore.*

You were created for **greatest**.

You were created to **DREAM** big!

You were created to be **happy** and **fulfilled**.

You were created to live in **freedom** and **abundance**.

You were created to be **your best self**.

*Your time Is Now. Take Action on the next page!*



# Call to Action

## Are you ready for your next steps?

For some of us like myself, I needed an extra level of support...someone in my corner, cheering me on and pointing out my hangups.

Does this sound like you?

- You wake up most mornings in a mad rush with no peace.
- The woman you see in the mirror does not reflect who you are inside.
- You are not happy with your physical body.
- You can't communicate how you truly feel without feeling tremendous fear.
- Relationships are draining because they expect more from you than you do from them.
- You show up to a workplace that doesn't bring you joy or fulfillment.
- You never complete your To-Do List even though you took time to create it.
- Your daily schedule you created doesn't go the way you had planned.
- You're living paycheck to paycheck hoping for a bonus at the end of the year.
- Debt. Debt. Debt.
- When hanging out with friends or new peeps, you realize you had a great time after the fact and not during the moment.
- The daily grind is not fulfilling to you.

Here's the deal...this is it! Your one life! Make. It. Count. Take chances!

Are there risks? Yep. I've taken them and you can too.

Failure? Absolutely. I'm a Failure Pro!! (I've learned failure is actually my friend.)

This journal you've completed is only a snippet from my coaching program when you work with me.

Head veer to my website [www.miquell.com](http://www.miquell.com) and schedule a 15 minute clarity call with me right now.

I hope to talk soon!

love & peace ~ MIQUELL