

YES! YES!

Journal



**33 days at a time to align heart and
mind to create a magnetic life!**



My why for creating this journal for you~

My intenSati journey began in 2007. It's a practice that I found during my yoga training and young parenting days. This was a enlightening practice that embodies all the aspects of our humanness. Using mantras, meditation, and movement we activate an energy frequency that aligns with our best self, creating a positive self image.

33 represents the intenSati practice and calibrates with the energy of "messenger of love".

Journaling is a foundational practice that helps me clean out the clutter of my mind so that I can allow in positive words and beliefs that have been lying dormant.

I invite you on this journey of self exploration, just 33 days at a time to tune in to your best self and take inspired action, just one day at a time!

lead with love,
Dawn

Hi and welcome to your YES! YES! Journal. I'm so excited for this journey for you. Now is the time to **feel** your dreams into reality. To begin fueling your desires with all the good feeling thoughts. And to awaken your souls deepest desires.

Yes! Yes! is a statement we often say in the intenSati practice to proclaim our vision of our greatest self. YES #1 is the vision we hold for our amazing life. Declaring our commitment to live the life we choose. YES #2 is for the inspired action we commit to take each and every day to move closer to what brings us joy, ease, and happiness.

There are 3 keys to a powerful positive self image that's fueled with your joy, excitement and passion:

T = Thinking

E = **Emotions**

A = Actions

We think, and act all day long. Mostly sleepwalking, unaware of how we're impacting or creating our life - often creating what we don't want. It's time to wake up and consciously create the life you desire and most importantly, deserve!

Yes! Yes! Journal Instructions

How to Use Your YES! YES! Journal

This is a journal like no other. There's no more playing small. It's time to create the life you've been wanting. This is your time to shine! Shine so bright for the world to see. This is a 33 day journal. 33 is the numerical symbol for 'messenger of love'. I invite you to dedicate the next 33 days to think, feel and be exactly who you choose to be. You will see the shifts happen that begin paving your path to more ease, joy, and passion for living your life.

Create your goal statement, fuel it with your imagination - see the vision, feel what it feels like as if you are already there.

Each day you will write your commitment for the day that is in alignment to moving 1 step closer to your goal (YES #1). Next you will write the inspired action that you will take each day toward that committed thought (YES #2).

MOST IMPORTANT: you must practice the **feeling** of how you will feel once you have reached that goal. Here's an example. When asking clients what will more money do for them, the answers consistently are: freedom, ease, peace, passionate living, serving bigger, joy, more adventure. YOU HAVE access to those feelings **right now**. It is the feeling, the energy frequency that will align with your thoughts and actions to create the reality of what you desire. Your emotion is your secret ingredient to all your desires. Feel as if it is now! Have fun with this. Use your imagination and creativity.



Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that.....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I am the creator of my reality"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I am able to hear the voice of my soul"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: “I celebrate the beauty in my life”

Yes! Yes! Journal



DATE:

YES! to your desires! 
I am so happy and grateful now that....

YES! to your daily action steps! 
Today I will....

fuel your frequency: "I AM connected to Divine Source"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I claim my right to live a great life"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I am glad to be alive"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM born to thrive"

Yes! Yes! Journal



DATE:

YES! to your desires! 
I am so happy and grateful now that....

YES! to your daily action steps! 
Today I will....

fuel your frequency: "I AM blessed with all I need"

Yes! Yes! Journal



DATE:

YES! to your desires! 
I am so happy and grateful now that....

YES! to your daily action steps! 
Today I will....

fuel your frequency: “I allow all joy to flow to me”

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM rooted in all good"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: “I emerge anew”

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM who I choose to be"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I choose what to think"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I choose how to feel"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM enough now"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "All is well"

Yes! Yes! Journal



DATE:

YES! to your desires! 
I am so happy and grateful now that....

YES! to your daily action steps! 
Today I will....

fuel your frequency: "I AM love in action"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM the keeper of my health"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I co-create my reality"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM who I choose to be"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I appreciate my life"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM blessed with all I need"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM grateful for my life"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM grateful for all I have"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM enough"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM blessed with all I need"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM braver than I think"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I work with the Divine"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM exactly where I need to be"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I love and accept myself"

Yes! Yes! Journal



DATE:

YES! to your desires! 
I am so happy and grateful now that....

YES! to your daily action steps! 
Today I will....

fuel your frequency: "I AM stronger than I think"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM powerful beyond measure"

Yes! Yes! Journal



DATE:

YES! to your desires! 

I am so happy and grateful now that....

YES! to your daily action steps! 

Today I will....

fuel your frequency: "I AM aligned with my good"

Yes! Yes! Journal



Order here for your
next 33 days to get tapped in, turned
on and tuned up to your best self!

<https://createconsciousliving.com/page/yes-yes-journal>

for additional information on Dawn Gaden
classes or programs:
810-623-7375
www.dawngaden.com

fuel your frequency: “I AM aligned with my good”