



# Heal-thy Living

**10 Day Journal for Healing and Living Life Fully**

SHARMAYNE JENKINS

Life is coming at us fast!

The only way it will slow day is if you slow it down. We have to press pause, and take time to assess if we are living a healthy life. A life that heals. Heals our mind, body, spirit, relationships, finances, home life, and earning circumstances. If we are to heal we must obey the command to "heal-thy". It is our job alone to heal ourselves and our living. May this journal and planner help you with the journey..

**Heal-thy Living Journal and Planner** will support you on your process of taking full control of creating the results you want in a way that makes your heart smile, hopefully in a way that isn't too overwhelming. Transformation ain't for punks but it doesn't have to stress you out.

**Heal-thy Living** will give you opportunities to craft a self-reflective plan for the next 10 days, and hopefully give you guidelines for many days to follow. **Heal-thy Living** intertwines journal prompts, planning opportunities, action steps, and quotes to get your mind and heart centered on your healing. Show up for your self.

Answer the questions and prompts daily or as you see fit. Spend some time with each exercise and be intentional with the answers you provide. Give your life the time and energy it deserves



*"And the day came when the risk to remain  
tight in a bud was more painful than the risk  
it took to blossom"*

*Anais Nin*

*These thoughts and plans belong to:*

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*My goals are:*

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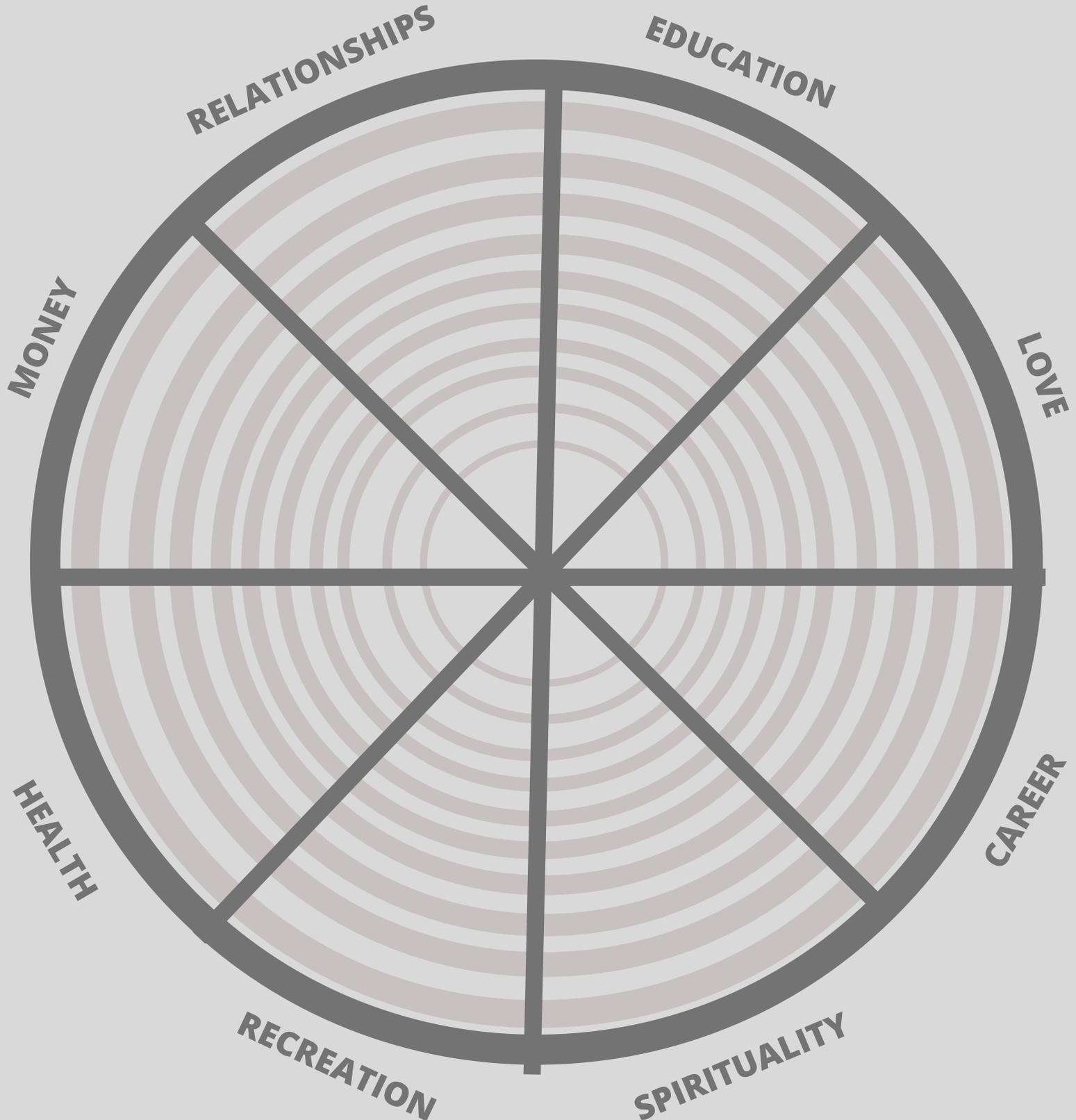
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# Wheel of life

Rank your level of satisfaction with each area of your life on a 0-10 scale. see the center of the wheel as 0, highly dissatisfied, and the outer edge as 10, highly satisfied.



Pick which areas you want to work on , note what you do that works in each of those areas and what doesn't work in them. Determine how you want to move forward and then plan out what you want to accomplish each day.

*It all  
begins and ends  
with you*

**Sharmayne Jenkins**

**A great life isn't promised or a given, but it is available if we do the work. There is only one person responsible for everything you experience or create in life, you. You are the cause of everything, from your feelings to your finances, you either create or allow everything that happens to you. You're the only one who determines how things go. When you are willing to see that you are ready to take charge of your life. If you created it and don't like it, you can recreate, or create something else. If you don't have what you want in your life, you now understand you can do something about it. You just have to give up the excuses, and complaining, and be willing to take some risk.**

*Look at why you haven't been creating the results you want in your focus area. Consider the following questions:*



*What were my beliefs about me and the possibilities?*

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*What did or didn't I do, say, allow?*

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*What do I need to do differently?*

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Create your  
future from  
your future,  
not your  
past.

Werner Erhard

**Without purpose to guide you, your plans, goals, actions, and days will be unfulfilling. When you are doing what you love, what you're good at, and creating or accomplishing what's important to you, while willing to go through the highs and lows of the process you are truly living in your purpose. Once you determine your purpose, then you can start to organize your life- the activities, people, and resources. And if it don't fit in, it can't get in (your schedule that is).**

- Write your personal purpose statement. It should include your 2 unique personal qualities (mine are direct, and empathetic), 2 ways you like expressing those qualities (to support and guide), and what kind of world you want to help create. Combine them into your statement.

**Here's an example I borrowed. To use my humor, creativity, and knowledge to inspire, uplift, and empower people in recovery stay sober**

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Life it ain't  
real funky  
unless it got  
that pop

**Prince**

**How do you want to feel when you look at your schedule? When you get up in the morning? When you look at who is calling you? Go out to meet with friends or family? When you walk in your job? When you look at your check? When you go to an event? Sit in silence? Plan a vacation? Work on a passion project? Fall in love?**

**Knowing how you want to feel is about the most important clarity you need when creating your goals and life. Feelings are magnetic. They draw things to you and draw things out of you. People have it all backwards, we come up with the goals, bucket lists, and plans first. What if we got clear on how we wanted to feel within ourselves, and THEN designed our goals? What if “carefree” and “joyful” are desired feelings, but for years you thought you wanted (or should want) a 3,000 sq ft house. Now you have to work overtime to**

**handle the bills, you spend weekends cleaning, and can't afford travel or treats; that will make you anything but joyful and carefree. Maybe going smaller would allow you to have a life that aligns with your desired feeling.**

**Whether you are looking for stability or to be untethered, it's all the same, know how you want to feel, and plan things that will make you feel that way.**





You must find  
a place in  
yourself  
where nothing  
is impossible

**Deepak Chopra**

**This is the million dollar question, what do you want? Like really want. Not think you should want, not what you were told to want, but what YOU want. This is the next step once you understand why you are here. What kind of relationships, what possessions, what career, what experiences, what impact, what change?**

**Take the time to really determine what a successful life would look like. Make sure you aren't living someone else's dream for you. That can be difficult when so many have been filling your head with what's possible and proper, but you need to weed through it and find the desires that have gotten buried by the BS (that's Belief System y'all!). Don't give the tame answers either! Dream! Be honest! Allow yourself to tell the truth about what you really, really want. AND DON'T LET ANYONE TALK YOU OUT OF IT!! Especially not you.**



Visualize your ideal salary, savings, net worth, investments?

Home- location, rooms, yard, furnishings, décor?

Your free time. Where are you going? What are you doing? With who? For how long? What are your hobbies? What do you do to relax?

What is your vision for relationships? In love? With friends and family? What do you all do together?

We are not  
trapped by our  
thoughts. What  
we generally do,  
however, is create  
thoughts that  
trap us

Joshua David Stone

**You must believe in the vision for it to stand a chance of coming to pass..**

**#issamood. Actualization is birthed from a firm belief in the possibility. You have to make the choice to believe in your dreams.**

**Most of the expectations we have aren't even ours, we've been conditioned to limit ourselves. If we freed ourselves from that bondage, I bet everything I have, your aspirations would be miles apart from what you are telling yourself to settle for now. You have to allow yourself to believe in your vision and your ability to bring it to pass. Even when you don't know how it, or you, are going to make it happen. That means you are gonna have to let go of "I can't". How many years have you wasted because of "I can't" I ask? Wait don't tell me. It doesn't matter. What's important is what you allow to steer you now.**



Be what you  
are. This is the  
first step  
toward  
becoming  
better  
than you are

Julius Hare

**How do you want to be defined? Who do you want to be, and be known as to others? For years I was known as a hairstylist and I hated it, I wanted to be known as a Life Coach. I had to do the work to become that. I was really good at hair, and I was stuck with that reputation; not the worst thing to be called, but it didn't sit well with my spirit, and it didn't light me up, so I knew it wasn't the thing to be known for (at least not the only thing to be known for). You want to define yourself by the things that give you vitality, and peace. Often that's a result of what you do best, and makes you feel the best. It's not an obligation it's a desire. You have passion for it, a steady curiosity, and desire to grow and know more in that space.**

**Your curiosity is always your growth point.**



If you want to  
be happy, set  
a goal that  
commands your  
thoughts,  
liberates your  
energy, inspires  
your hopes

Andrew Carnegie

**You are now ready to make some goals. Proceed cautiously because every goal you give your sub-conscious mind will set it off. It will work relentlessly to bring it to pass. Ok, ready? Great. There are a couple of guidelines to making your goal powerful. You need them to meet two criteria- tell how much (a measurable quantity), and by when (a specific date and time). For example, I will earn an additional \$10,000 by 5pm, November 11th. Vague goals produce vague results so be as specific as possible. And pick goals that will stretch you... and scare you. If the goal doesn't make you wanna pee a little in your pants, it's not big enough! These goals will help you master life and grow. This means they will probably require you to acquire a new skill, new relationships, an expanded vision and managing your negative emotions and considerations. I'm here creating an eBook for goodness sake, and learning all kinds of behind the scene tech stuff because of the big goal of how many people I want to touch and how much money I want to create.**



Quit beating  
yourself up,  
beat your  
goals up  
instead

**Chinonye J. Chidolue**

**Once you have the big goal, create some incremental ones to break the big one into bite-size chunks, and to give yourself benchmarks so you can see your progress. The secret to achieving anything is getting started. The secret to getting started is to break down tasks so they aren't so overwhelming and complex. You have to make them a series of small, manageable, achievable tasks. So once you set your goals and timelines you need to determine the individual action steps you need to take to accomplish those goals.**

**There are several ways to determine how to approach this. One is to ask someone who has already done what you are looking to do and ask them the steps to take; purchase a book, or an online course that will tell the process (that's how I got here); or as Stephen Covey suggested 'begin with the end in mind', start with the goal and work backwards. After you have a good idea of what you want or need to do, then create to do lists- long term and daily. The secret here is to make the biggest and the tasks you dread the 1st you attack.**



Getting unstuck is  
a matter of choice.

If you want  
flourish in life  
make a choice  
today to move  
into that reality.  
You can do it.

Sereda Aleta Dailey

**I always like to start all processes with considering our mindsets. Mindsets control everything. I always say, where the mind goes, the behind follows. This will not be any different. For *heal-thy living* to occur, you have to think differently than you have been, or you will continue to get what you've gotten. The point of this all is to stop recreating the same experience over again. You may think you're stuck, but you aren't, you are in motion, but you're moving in circles, just doing the same thing repeatedly.**

**This happens because you keep thinking the same thoughts, maintaining the same beliefs, and saying and doing the same things. All that has to change. For things to change you have to get out the prison called your comfort zone. Your comfort zone is your danger zone. It's a result of your limiting beliefs, self-doubt, and adopting what others have told you about what's possible for you. You're gonna have to let go of what makes you stop. Let go of limiting beliefs, fear, resentment, guilt, and shame. Let go of can't, must, must not. Let go of other people's opinions and playing small. And realize that much of these things have been existing within you for years, so they might not leave easily, but they can go, IF you do the work. Let's start now!**





attract what  
other people  
pursue!

**Heather Hughes**

**When you are truly on purpose, believe in your vision, speak life to the possibilities, expect results and rewards, and stay in gratitude, you will attract people, resources and opportunities to you. I always say where the mind goes the behind follows, but I need you to know that the universe follows it too. It will give you what you think about. As you narrow in on what you want (and not what you don't want) you will find that all kinds of ideas, strategies and inspirations come to mind. These may be what will spark your planning and goal setting. Take note of them. See what your body says. The easiest way to start attracting all you want is to create positive emotions around those things. You can't be inundated with thoughts of fear and dread and expect to attract abundance and fulfillment. Nor will they come if you are bitter, judgmental, blaming, and possessed with feelings of guilt. This is where your affirmations come in. Your gratitude and appreciation will draw all you need closer to you.**



The key is not  
to prioritize  
what's on your  
schedule, but to  
schedule your  
priorities

**Stephen R. Covey**

**NOW we can get to planning!!!**

**Hopefully you now realize to really have a thoughtful plan, or even goals, there is work to be done before you begin making decisions for your future. To make a life that brings you satisfaction, you really need to know all the things I've had you explore over the last 2 weeks.**

**Identify the one to five things you must accomplish on any given day, and then pick the one you absolutely must do first. Then build a schedule around the most important items (which are usually the ones we try to avoid). The goal is to stay on schedule and complete the most important item first. Successful, purpose driven, and high achievers people stick to their schedule, and folks that are always looking back wondering what happened let life get in the way. Handle your business. Don't be "folks" anymore.**

**Plan your day the night before.**  
**By creating your to-do list the night before, you can plan, prepare, and bring to remembrance things you scheduled that you've forgotten. On more than one occasion I've looked at my calendar the night before to plan the next day and realized I had a meeting I'd totally forgotten about. That can change everything-from what I planned to wear, to what I eat or drink in the morning.**

**When you have your schedule created the night before you can start your day running. You know exactly what you're going to do, in what order, and you've already prepared the materials you need. Also, If you plan your day the night before your subconscious mind will work on those tasks all night. And then when you get up in the morning do whatever it takes to stay on schedule!!**

**The victory is in the strategy!!!**

# My Plan

WEEK ONE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT/SUN**

# My Plan

WEEK TWO

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT/SUN**

Nobody can go  
back and start  
a new beginning,  
but anyone can  
start today and  
make a new  
ending

**Maria Robison**

# About the Author

Sharmayne Jenkins, known as the Manifest Coach, was named "One of the Seven Life Coaches Every Black Woman Should Know" by ForHarriet.com, and is the founder of Reinvention Solutions Coaching and Training company. She lives in New York, and when not trying to change the world before bedtime she loves a good house music party!