Your Heroine's Journey

Journal For Heart-Centered, Type A, List-Makers!

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Dear Heart-Centered High Achiever!

My name is Cat Williford, and for twenty-seven years I've been privileged to support women to succeed in business and life on their own terms and to strip off the masks that prevent them from enjoying life and their successes.

My clients love the fast-acting-deep-dive coaching that helps them own the strength in their vulnerability as they embrace all parts of their story.

I call this exploration Your Heroine's Journey!

Embracing our full story allows us to remove the masks that keep us stuck. It also encourages us to pick up the pen and write the story we choose to live into.

In their words:

"Coaching with Cat is pure decadence without guilt. The investment I hold in coaching is the highest level of self-love and self-care I can give to myself with the highest guaranteed return." ~ Laura Bradley, indie music artist & songwriter

"Spending time with Cat is one of the most worthwhile things I have done in my career! She provides great tools to use in various situations of your hectic life! Cat truly helped me to become a stronger, more confident leader. I am very grateful for the gift of Cat!" ~ Alison Sheehan, Momentum Worldwide SVP

Living Your Heroine's Journey

One of my favorite self-development tools is journaling. Writing out my emotions and thoughts is cathartic, eye-opening and supports me to remove the masks that keep me playing small. And yet ... I don't always take the time to sit down and write inside one of the pretty journals on my bookshelf. So, I created a straight-to-the-heart-of-it template for myself, shared it with clients and colleagues and they ALL love it!

So now, I share this hybrid of list making, intention setting and reflection with you! Even though it is quick and to the point, you will experience the benefits of regular journaling like discovering patterns, habits and old beliefs that no longer serve. With the daily intention list you can easily re-calibrate, unmask and try on new behaviors and beliefs that not only feel good, they invite success!

It is my deep wish that you enjoy Your Heroine's Journey Journal! I'd love to hear from you about your experiences journaling this way. Please do email me!

Love & Light,
Cat

Cat Williford, MCC, CPCC
cat@catwilliford.com

A few notes about this journal:

1. This is designed as a 30-day journal, so once you download the document, copy it and save it again. Or once you begin filing in portions of it, make sure to click “Save As” and re-title it, with the month or something you will recognize the next day!

2. Every seven days is a “List of 100” on various topics for you to brainstorm about. Give yourself permission to do these 10 or 12 at a time, or in whatever way works for you.

3. Each of the morning and evening portions of the journal can be done in five minutes or less!

4. It is completely OK if you notice the same chosen feelings and experiences coming up repeatedly. That may be a message from your higher self about what to expand consciousness and competency around. (Flow & Ease are frequent intentions for my daily experience.)

5. Please don’t write your to-do list in the Areas of Focus / Tasks section! The intention of this space is to identify the over-arching important themes you choose to focus on that day. For instance, I might say “Outreach” rather than: call three prospects, send three follow-up emails, etc. When we focus on the big picture intention, all manner of unpredictable opportunity shows up.

6. In the “Identifying Resources” portion, Resources can be anything from your own creativity, know-how, and intelligence to people, relationships that support you, the weather, open blocks of time, books, bubble baths and even social media!

7. Self-love focus of the day doesn’t have to be time-consuming like going for a mani-pedi. The most beneficial self-love focus I’ve written to date is: Trust myself to know what is right for me, no second-guessing.

8. In the evening gratitude section, full permission to be grateful for the yucky stuff you learned and grew from.

9. Identifying your learning daily (or re-learning!) is important for deepening awareness and expanding choices.

10. Choosing what you will do with the learning is putting that learning into action, which leads to transformation. Happy Journaling and Happy Transformation!

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SELF-LOVE FOCUS of the Day:

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Ending the Day

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100 PEOPLE, THINGS AND MEMORIES THAT SHAPED ME:

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APPRECIATION: PEOPLE, PLACES, EXPERIENCES

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100 WAYS I CAN (AND DO) EXPRESS SELF-LOVE:

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3.
4.
5.

3 Things I (re)LEARNED today:

1.
2.
3.

What do I want to do with my LEARNING?

_____

_____

_____

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Which mask will I remove today?

Date:

Starting the Day

3 FEELINGS/ EXPERIENCES I choose today:

1.
2.
3.

3 Areas of FOCUS / TASKS to accomplish today:

1.
2.
3.

3 RESOURCES at hand to support me:

1.
2.
3.

SELF-LOVE FOCUS of the Day:

_____

_____

Ending the Day

5 things I am GRATEFUL for tonight:

1.
2.
3.
4.
5.

3 Things I (re)LEARNED today:

1.
2.
3.

What do I want to do with my LEARNING?

_____

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If you don't have your copy of my new book yet,

The Ovarian Chronicles,

you can get it

HERE!