

PERSONAL FULFILLMENT

Journal



PERSONAL FULFILLMENT WORKBOOK & JOURNAL

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PERSONAL FULFILLMENT

Journal

Hello Love!

I AM SO GLAD YOU ARE HERE.

Personal fulfillment is the achievement of life goals which are important to an individual, in contrast to the goals of society, family and other collective obligations. Personal fulfillment is an ongoing journey for a human individual. These prompts will help you transform and live your life as your truest self. Remember that conscious creation is a process that requires consistency and devotion, however don't be worried about being perfect. Try to show up for yourself using these prompts five to ten minutes every day, but do what is best for you. It's all about growing.

Let's get started!

”

I've spent my life plagued by old programs and belief systems. It was only when I turned to energy healing and realized that we are all just "light" having a human experience, was I able to turn my life around.



@grieco_marisa



@marisagrieco



@GriecoMarisa

MARISA GRIECO
YOUR MYSTICAL GUIDE

I believe in You!



MARISA GRIECO
YOUR MYSTICAL GUIDE

WWW.MARISAGRIECO.COM

How to Use this Workbook

Start simple and start small. Journaling enables you to work through what you need to in order to become a shining star in the world. Use this journal as a starting point. **Focus on ONE personal fulfillment or "life balance" area per month.** Record daily events for later reference and celebrate the #smallwins. The idea here is that you want to write down whatever circumstance excites you and gives you the feeling that you've won.

Write affirmations. Affirmations can be powerful psychological tools to empower you. A personal favorite is: "I am capable of loving myself enough to find peace with all circumstances." Sometimes I write a whole list and sometimes I repeatedly write one specific affirmation over and over.

Break down future goals and next steps into actionable to-do lists. There might be other places you keep to-do lists, but I find my journal the perfect place for long-term to-do lists. **Arm yourself with words of wisdom.** Write down quotes that inspire you right in your journal. **Capture those brilliant ideas as soon as they occur to you.** The trick to acting on great ideas? Writing them down as soon as you come up with them. Draw a little light bulb above your ideas so they're easier to identify when you review your journal at later times. **Take notes on things you read, hear and watch.** Note the highlights when reading a book for personal development or listening to a podcast to learn things related to your goals and growing.

When you feel free to express your innermost thoughts, you feel free to go for the life goals you really want.

YOUR PERSONAL FULFILLMENT

What does personal fulfillment mean to you?

12 AREAS OF PERSONAL FULFILLMENT

LOVE RELATIONSHIPS

This is a measure of how happy you are in your current state of relationship – single and loving it, in a relationship or desiring one.

FRIENDSHIPS

This is a measure of how strong a support network you have. Do you have at least 5 people whom you trust and you love being around?

ADVENTURES

How much time do you get to travel, experience the world and do things that open you up to new experiences and excitement?

ENVIRONMENT

This is the quality of your home, your car, your office and the general spaces where you spend your time during the day and night.

HEALTH AND FITNESS

How would you rate your health, given your age and any physical conditions?

INTELLECTUAL LIFE

How much time do you set aside to learn new things, and how fast are you learning? (Reading books, listening to podcasts... it all counts!)

SKILLS

How fast are you improving the skills that make you unique and help you build a successful career, or enjoy a meaningful past time?

SPIRITUAL LIFE

How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful?

CAREER

Are you growing, progressing and excelling? Or do you feel stuck in a rut? If you have a business, is it thriving or stagnating?

CREATIVE LIFE

Do you paint, write, play music, or engage in other activities that channel your creativity? Or are you more of a consumer than a creator?

FAMILY LIFE

How is your relationship with your partner, parents and siblings? If you don't have immediate family, how is your relationship with your dearest friends and extended family?

COMMUNITY LIFE

Are you giving, contributing and playing a definite role in your community?

Define Your Perfect

PERSONAL FULFILLMENT AREAS

1

LOVE RELATIONSHIPS

2

FRIENDSHIPS

3

ADVENTURES

4

ENVIRONMENT

5

HEALTH AND FITNESS

6

INTELLECTUAL LIFE

Define Your Perfect

PERSONAL FULFILLMENT AREAS

7

SKILLS

8

SPIRITUAL LIFE

9

CAREER

10

CREATIVE LIFE

11

FAMILY LIFE

12

COMMUNITY LIFE

Love Relationships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. *"I want to feel more intimate with my partner"* or *"I want to place personal boundaries in a loving way"*.

AFFIRMATIONS

Write the affirmative statements that affirm and help you visualize your goal, i.e. *"I am showered with appreciation and love"* or *"I am worthy of self-care time daily"*.

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. *"Create a vision board"*, *"Script my boundary setting for a challenging situation and rehearse it"*.

Friendships

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want my friendship to be less gossipy and more mindful" or "I want to allow more time for socializing".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I place my boundaries gently but firmly" or "I am free to meet my friends once a week".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Set a calendar reminder to meet with friends", "Book a nanny and delegate chores to free some time".

Adventures

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to travel once a month", "I want to explore exciting opportunities" or "I want to be more spontaneous".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I am an explorer and a free soul by nature" or "Adventures are coming my way".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize local trips every month", "Visit a place I've never seen before in my town every weekend".

Environment

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I want to live in an inviting home that brings me joy" or "An inspiring, minimalist workspace".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I take care of my home and afford myself comfortable and quality furniture".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Create a home budget and contribute to it monthly", "Declutter home and purge once a month".

Health and Fitness

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Feeling energized and strong", "Improving my sleep routine" or "Eating healthy and getting healthy".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "My body is vibrant and powerful " or "I make healthy food taste great".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Develop a weekly workout routine that works for you", "Prepare home made food twice a week".

Intellectual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Expand my worldview" or "Learn new things that interest me".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "My consciousness is infinitely expansive" or "I learn with happiness and ease".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Subscribe to a quality podcast", "Read a book every month".

Skills

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Learn to play the Moonlight Sonata" or "Become proficient in handling conflicts gracefully and respectfully".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I am devoted and persistent" or "I am a good communicator and I read people with ease".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Master one section of the Sonata every week", "Plan and script confrontations in advance".

Spiritual Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Being in touch with my inner being" or "Tapping into my energy field with ease".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I am universally loved and supported at all times" or "Flow and focus come naturally to me".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Meditate and journal daily", "Speak mindfully and never gossip".

Career

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Establish a stream of passive income" or "Be recognized as an expert in my field".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I work less and earn more" or "I am one of the best at what I do".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Launch a Templates webshop", "I share my knowledge actively on social media".

Creative Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "I practice my favorite form of creative expression daily".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "Creativity is my natural state. I honor my creative needs and I deserve daily time to be creative".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Block a time every day / on the weekends to express yourself creatively".

Family Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Show more love and spend more quality time with my family".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I have enough time and desire to be present and playful with my family".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Organize weekly family board game nights" or "Spend 20 minutes one-on-one time with each family member".

Community Life

BALANCE

MY CURRENT GOAL

Write what your current goal is in this life area, i.e. "Sign up for that plant-a-tree action with the local NGO" or "Share my expert knowledge on social media".

AFFIRMATIONS

Write affirmative statements that affirm and help you visualize your goal, i.e. "I happily give back to the world through my engagement in the local community".

ACTION STEPS

Write what action you need to take to accomplish your goal, i.e. "Open up an Instagram account and post expert posts 3x a week".

Yearly Vision Calendar

FOCUS ON ONE LIFE AREA EACH MONTH

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

Monthly Planner

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

DATE _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DATES TO REMEMBER

IMPORTANT NOTES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Daily

PLANNER

DATE:

NOTE:



3 THINGS I AM GRATEFUL FOR

TOP PRIORITY

1.

2.

3.

THINGS TO GET DONE

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SCHEDULE

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Daily Self Reflections

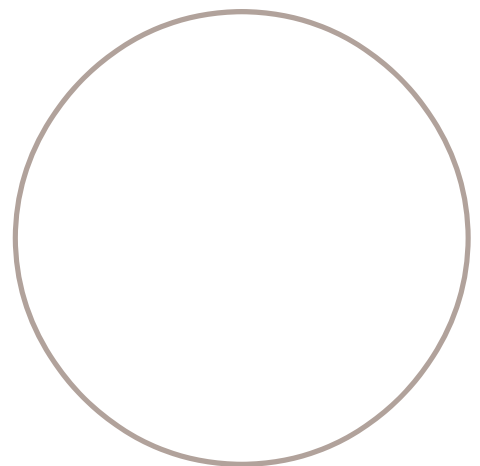
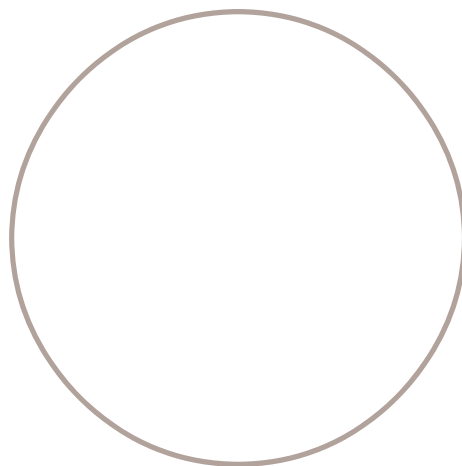
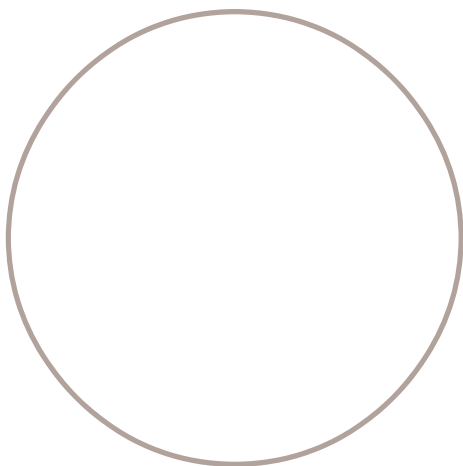
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INNER SELF		OUTER SELF	
MY MOOD	DAILY MOVEMENT		
CURRENTLY INSPIRED BY	DAILY HIGHLIGHT		
MY PURPOSE	NOURISHMENT	HYDRATION	
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SELF AFFIRMATION			

PAST

PRESENT

FUTURE



THE SEVEN Chakras

AND THEIR MEANINGS



CROWN CHAKRA | COSMIC ENERGY

knowledge, consciousness, fulfillment, spirituality
"I UNDERSTAND"



THIRD EYE CHAKRA | INSIGHT

intuition, lucidity, meditation, trust
"I SEE"



THROAT CHAKRA | TRUTH

communication, expression, creativity, inspiration
"I TALK"



HEART CHAKRA | LOVE

acceptance, love, compassion, sincerity
"I LOVE"



SOLAR PLEXUS CHAKRA | WILLPOWER

strength, personality, power, determination
"I DO"



SACRAL CHAKRA | PLEASURE

sensuality, sexuality, pleasure, sociability
"I FEEL"

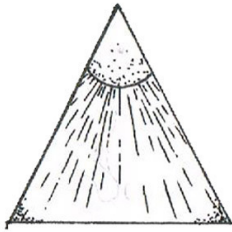


ROOT CHAKRA | SURVIVAL

energy, stability, comfort, safety
"I AM"

THE FOUR Elements

AND THEIR MEANINGS



FIRE

Rules: courage, passion, sexuality, energy, will, transmuting, flame, healing, divinity

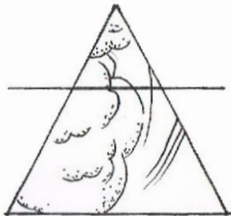
Zodiac: Aries, Leo, Sagittarius

Virtues: Will Power, Courage, Enthusiasm

Crystals: Red Jasper, Garnet, Bloodstone, Lava stone

Chakra: Solar Plexus

Stimulate Fire Energy: light candles, exercise, an adventurous activity



AIR

Rules: mind, clarity, wisdom, logic, thoughts, higher consciousness, psychic work

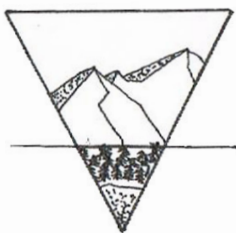
Zodiac: Gemini, Libra, Aquarius

Virtues: intelligent, practical, optimistic

Crystals: Jasper, Agate, Amber, Topaz

Chakra: Heart Chakra & Throat Chakra

Stimulate Air Energy: spend time outside, do a creative project



EARTH

Rules: grounding, strength, healing, success, stability, sturdiness, empathy, rebirth, wisdom

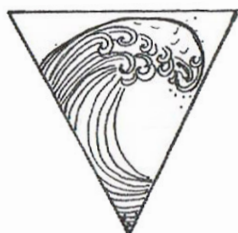
Zodiac: Taurus, Virgo, Capricorn

Virtues: being centered, patience, truth, dependable, thorough

Crystals: Emerald, Jet, Tourmaline, Quartz, Granite, Bedrock, Salt

Chakra: Root Chakra

Stimulate Earth Energy: spend time in nature, garden, add plants to your living space



WATER

Rules: emotions, intuition, super powers, subconscious mind, healing, reflection, love

Zodiac: Cancer, Scorpio, Pisces

Virtues: forgiveness, flexibility, love, compassion, receptivity

Crystals: Lapis, Tourmaline, Pearl, Aquamarine, Blue Topaz, Opal

Chakra: Sacral Chakra

Stimulate Water Energy: take a bath, drink more water

Become a Member



Join our tribe and let me help you be the person you know you are. Let's grow together. Life can be hard sometimes and it's not any fun doing it alone. I have built a private place, almost a digital retreat if you like, where you can come and express your thoughts, feelings and emotions with no judgement. It is a safe place where you can talk with me and others who are seeking out the very same enlightenment that you and I so strongly seek.

Your membership gives you access not only to me, but an entire tribe of people who want to see you manifest the life you dream of. Will it be easy? Is it ever? But know that when you join our tribe, there will be an entire group of like-minded people who will have your back and help you achieve your dreams. You belong here.



YOUR MYSTICAL MEMBERSHIP INCLUDES:

- Worksheets
- Guided Meditations
- Sounds & Frequencies
- Access to Marisa's own social platform, "Community Well"
- Exclusive Video Content
- LIVE Monthly Workshop
- Discounts on One-on-One Sessions
- First Access to Retreats
- FREE Access to Marisa's Personal Art
- Monthly Newsletter

JOIN TODAY

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