

Your Purpose Path Journal

A Daily Companion for Clarity, Intention & Faith

Author: Your Purpose Path

Day 1 – Clarity

The path becomes clear when you take the first step in faith.

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 2 – Intention

Your life is a result of the choices you make. If you don't like your life, it's time to start making better choices. — Unknown

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 3 – Faith

Faith is taking the first step even when you don't see the whole staircase. — Martin Luther King Jr.

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 4 – Focus

Where your attention goes, your energy flows. — James Redfield

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 5 – Gratitude

Give thanks in all circumstances. — 1 Thessalonians 5:18

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 6 – Purpose

The meaning of life is to find your gift. The purpose of life is to give it away. — Pablo Picasso

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____

Day 7 – Peace

Peace I leave with you; my peace I give to you. — John 14:27

Morning Reflection

Today I will focus on: _____

One distraction I will release: _____

I will feel proud today if I: _____

A truth I want to remember: _____

Evening Reflection

What felt clear or purposeful today? _____

What moments brought me peace? _____

What could have been better? _____

3 things I'm grateful for: _____