



**WOMEN'S 14-DAY  
JOURNAL**

# Strength

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# Expectation

For the next two weeks, I hope you use this journal to gain strength, clarity, and peace. As you meditate on and confess each affirmation several times throughout each day, allow yourself time to sit with them.

As you become emotionally stronger, continue to journal and process through what has been keeping you stuck.

Allow yourself time to feel through your emotions. Remember, every emotion passes when we allow ourselves to process through them.

Begin to choose you each day before you choose anything or anyone else. You owe it to yourself!

Chanell Finley, M.Ed, LPC-S





# Day 1

**"I am not my past."**







## Day 2

"I am filled with gratitude."





# Day 3

"I am worthy of love."







# Day 4

**"I am destined for greatness."**

Lined writing area with horizontal lines for text entry. The background features a large, faint illustration of pink roses and green foliage.





# Day 5

"I am a good person."







# Day 6

"I am enough just as I am."





# Day 7

**"I am confident in my abilities."**







**"I am deserving of good."**

A watercolor illustration of three pink roses with green leaves and stems, set against a background of horizontal brown lines. The roses are rendered in soft, blended colors, with the central one being the most prominent. The leaves are in various shades of green, and the stems are thin and dark. The overall style is delicate and artistic.







# Day 10

**"I am not defined by others."**







# Day 11

**"I expect abundance."**







# Day 12

"I am successful in my own right."





# Day 13

**"I am capable of good decisions."**








# Day 14

"I am choosing me first."







**"I hope this 14-day  
journal has helped  
you gain clarity,  
peace and  
strength."**

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**If you would like to schedule a 1:1  
coaching session, contact Chanell at  
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