

CHANELL FINLEY, M.ED, LPC-S





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Expectation

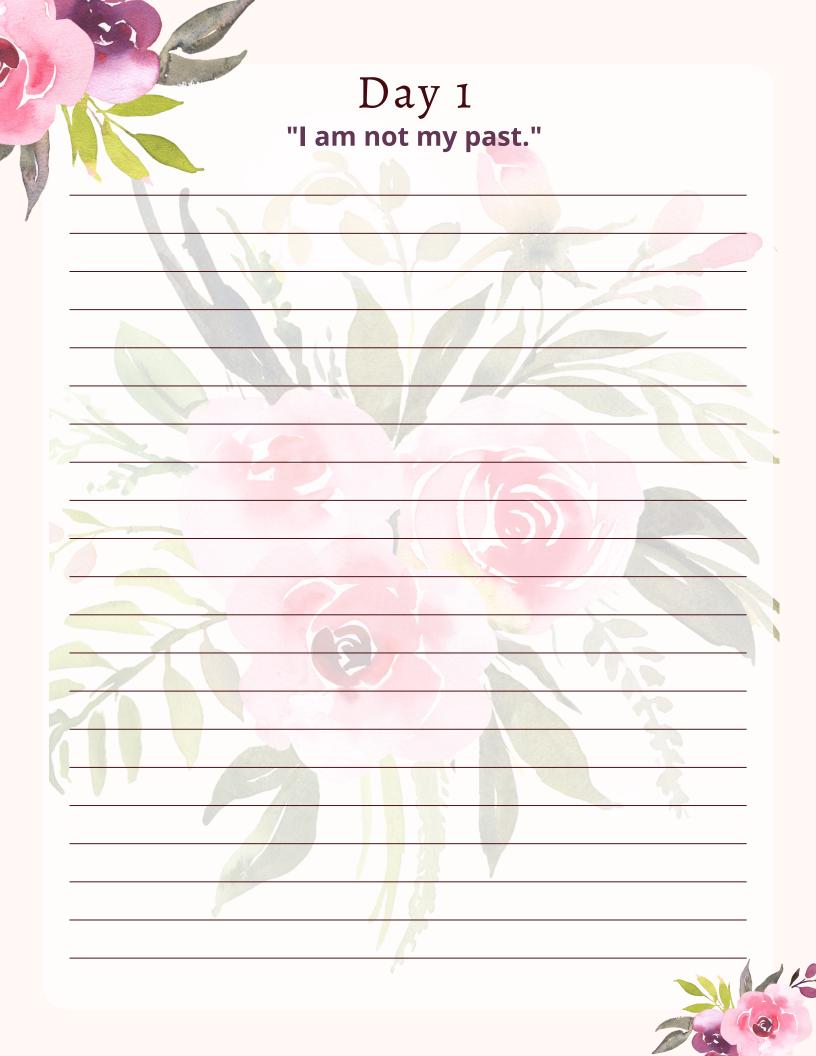
For the next two weeks, I hope you use this journal to gain strength, clarity, and peace. As you meditate on and confess each affirmation several times throughout each day, allow yourself time to sit with them.

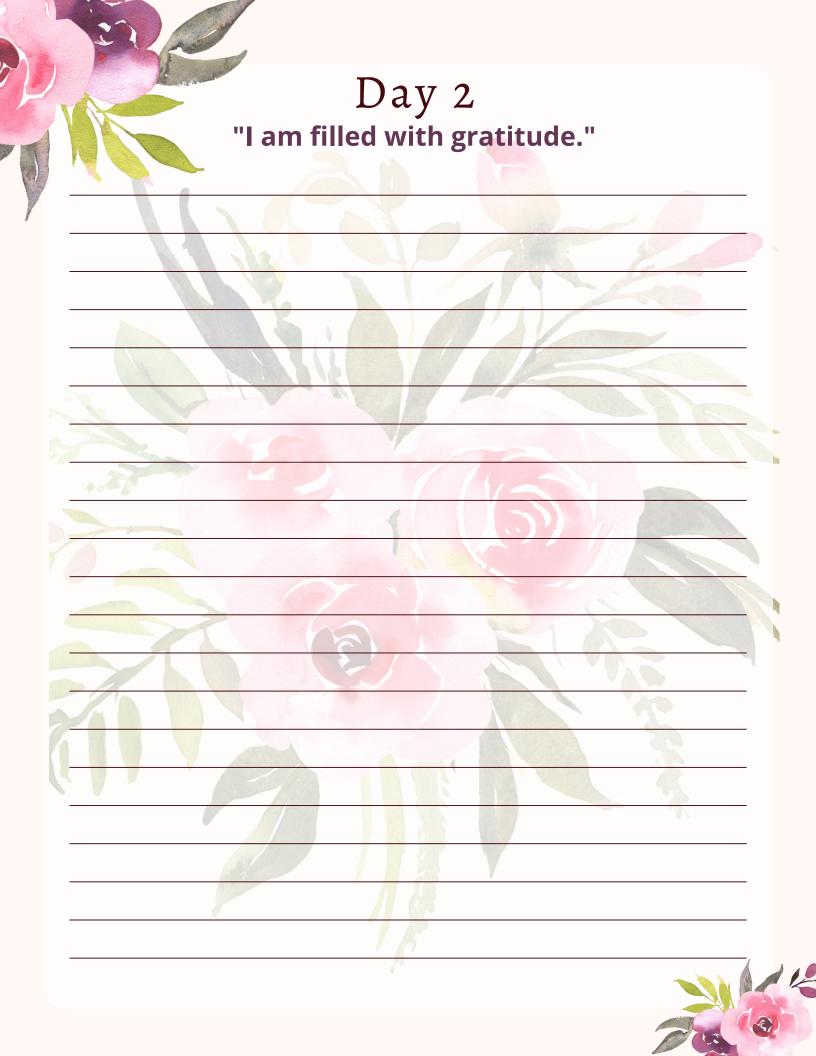
As you become emotionally stronger, continue to journal and process through what has been keeping you stuck.

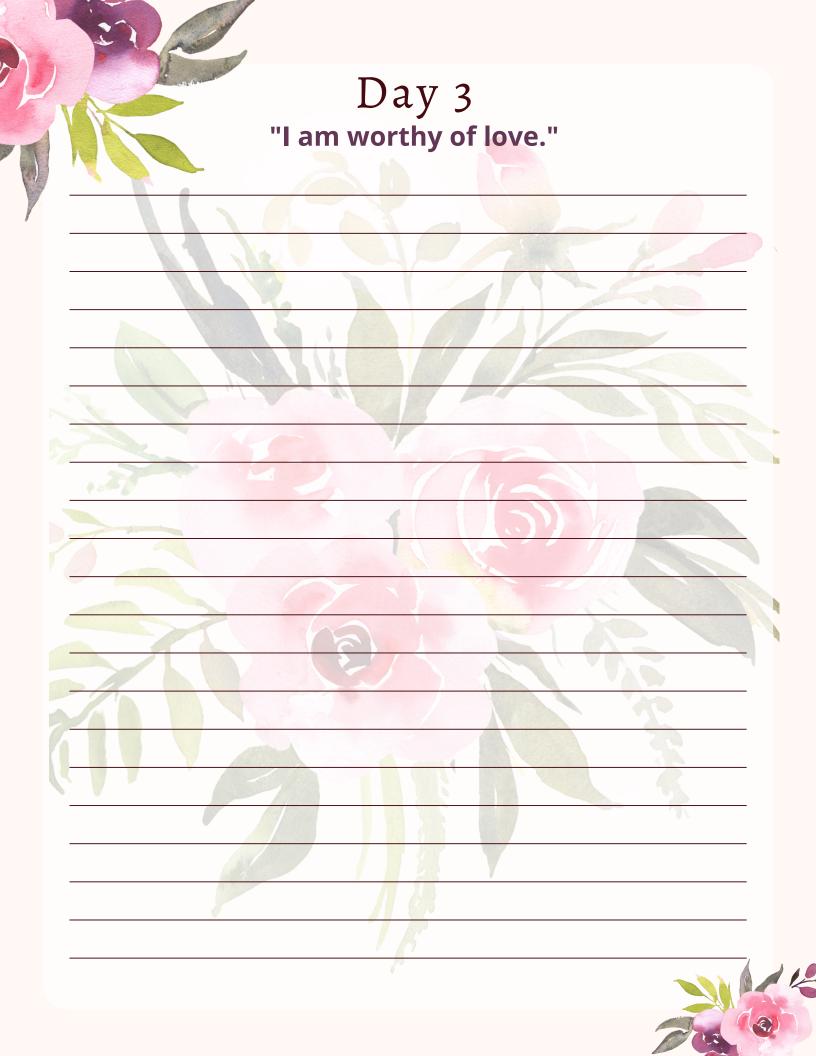
Allow yourself time to feel through your emotions. Remember, every emotion passes when we allow ourselves to process through them.

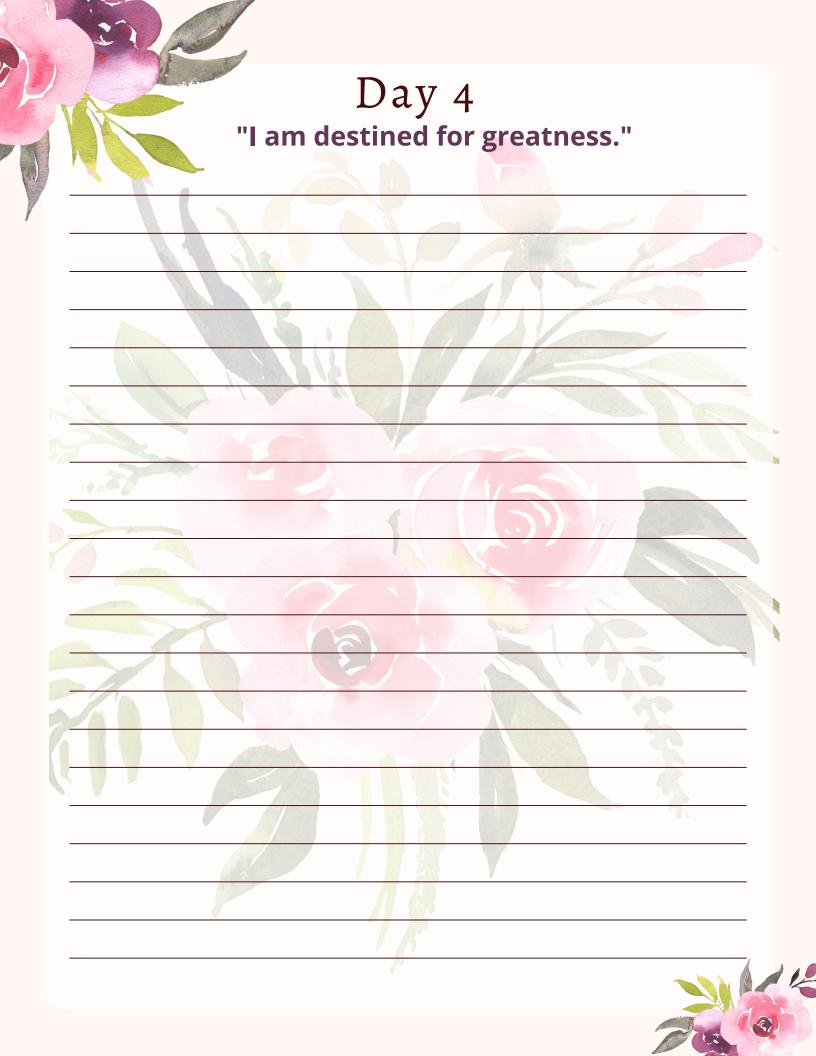
Begin to choose you each day before you choose anything or anyone else. You owe it to yourself!

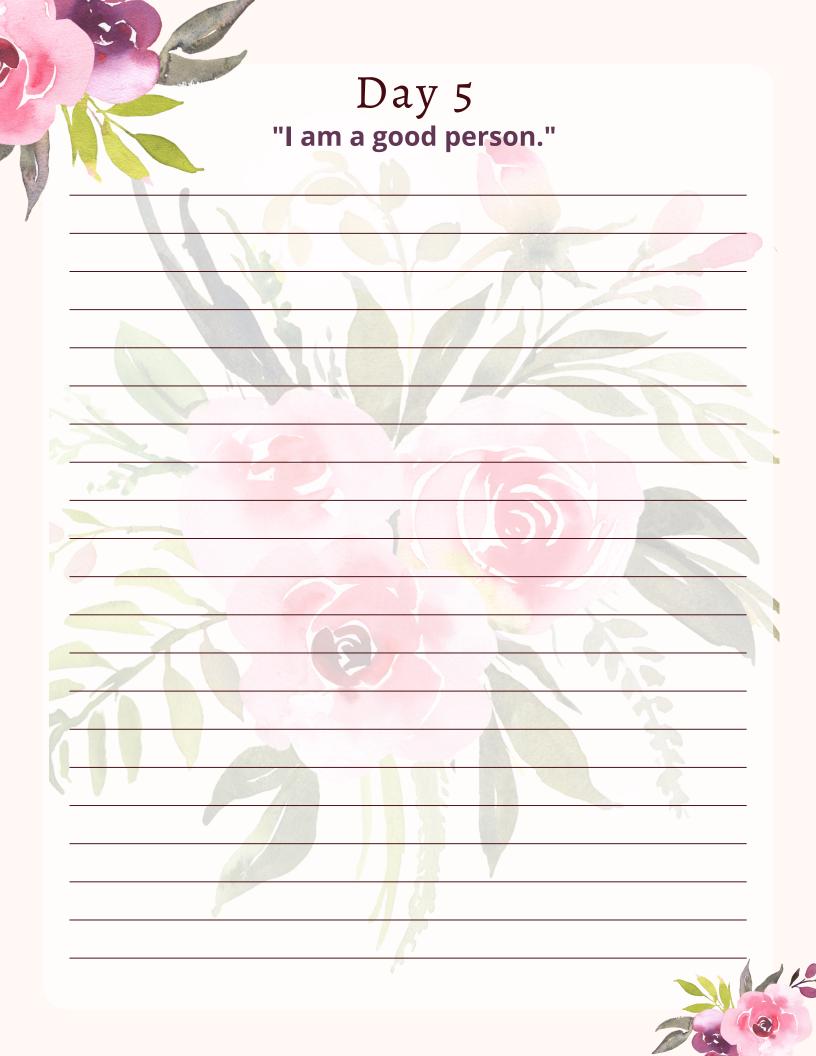
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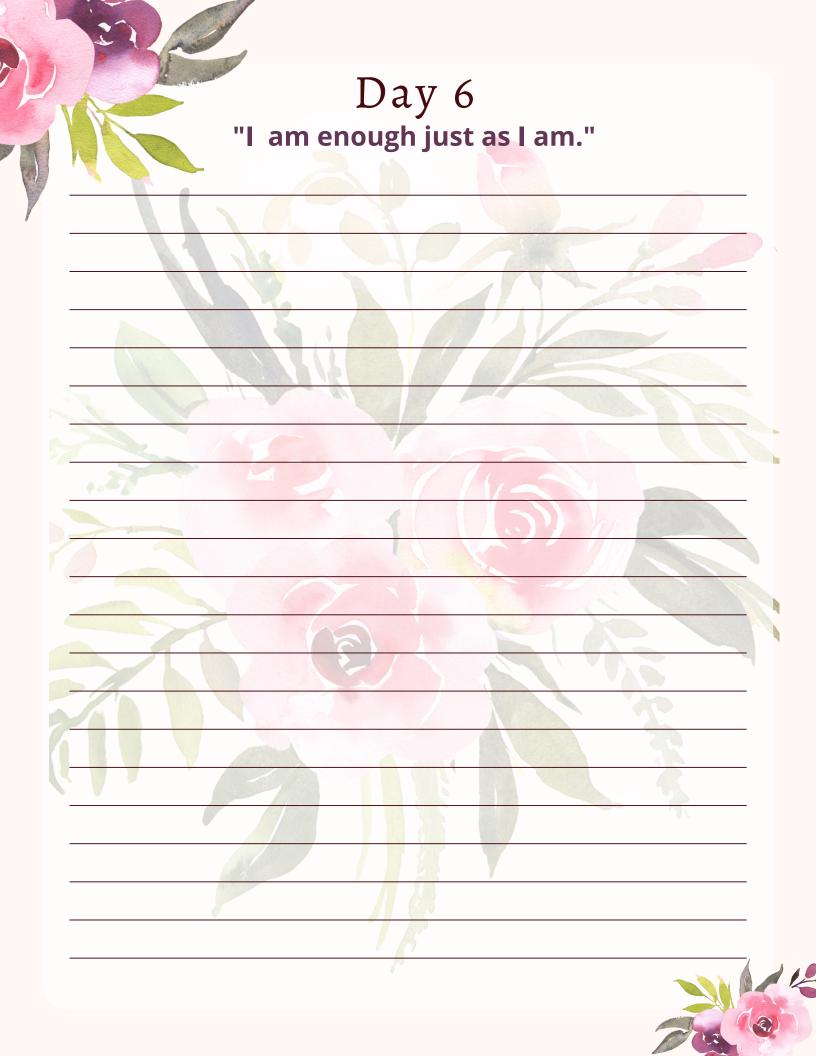


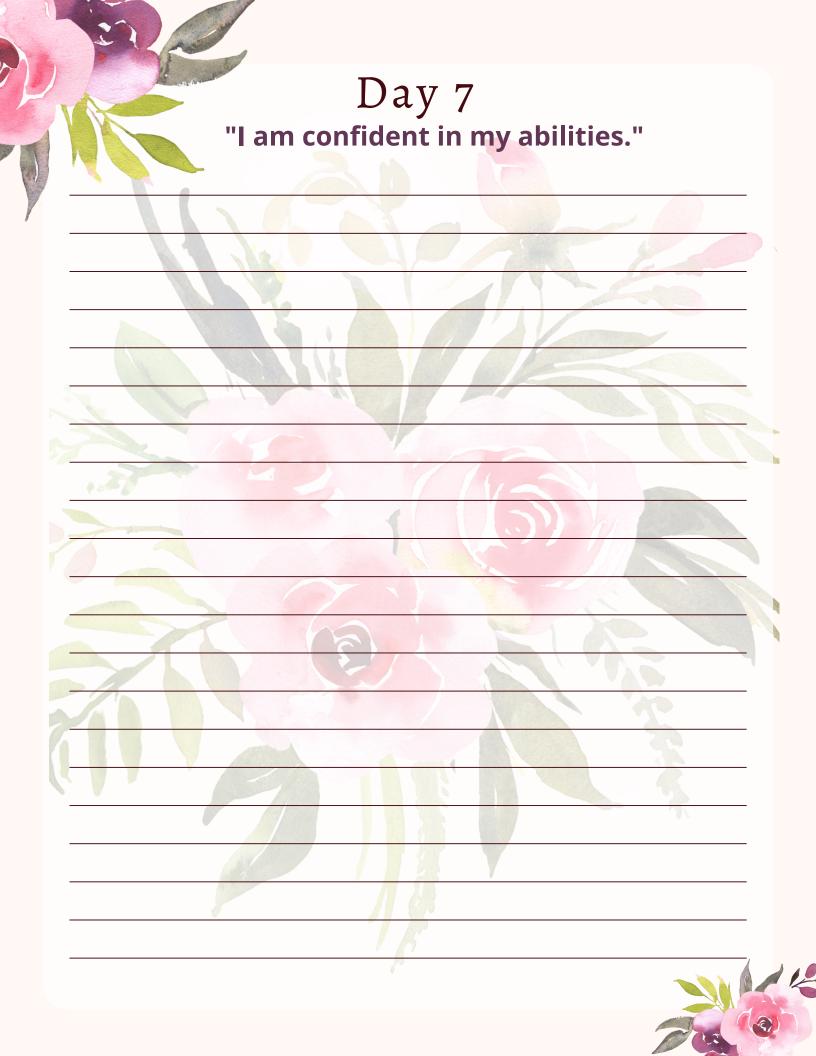


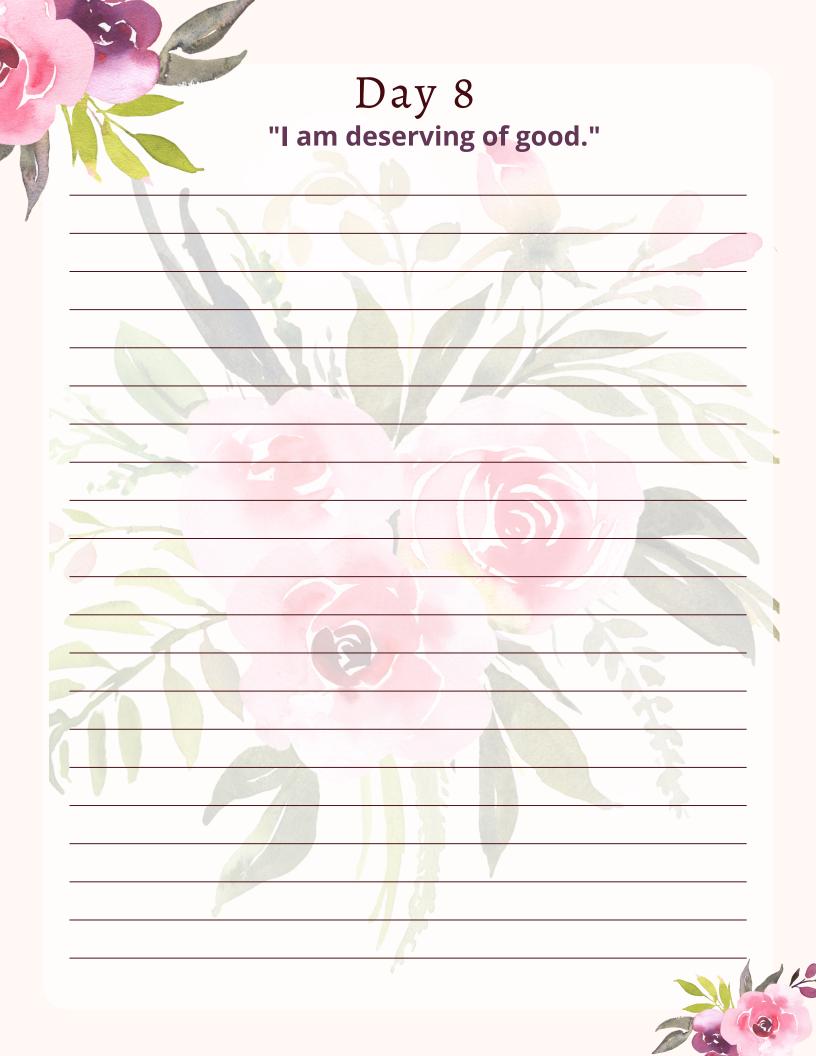


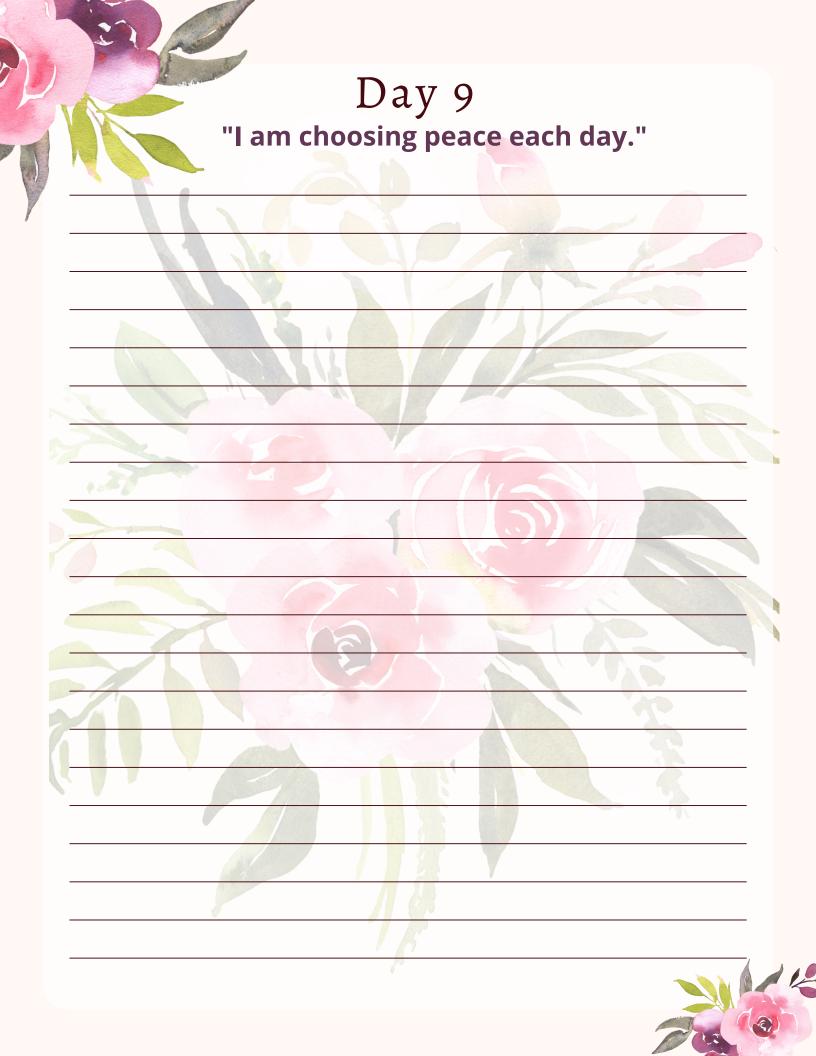


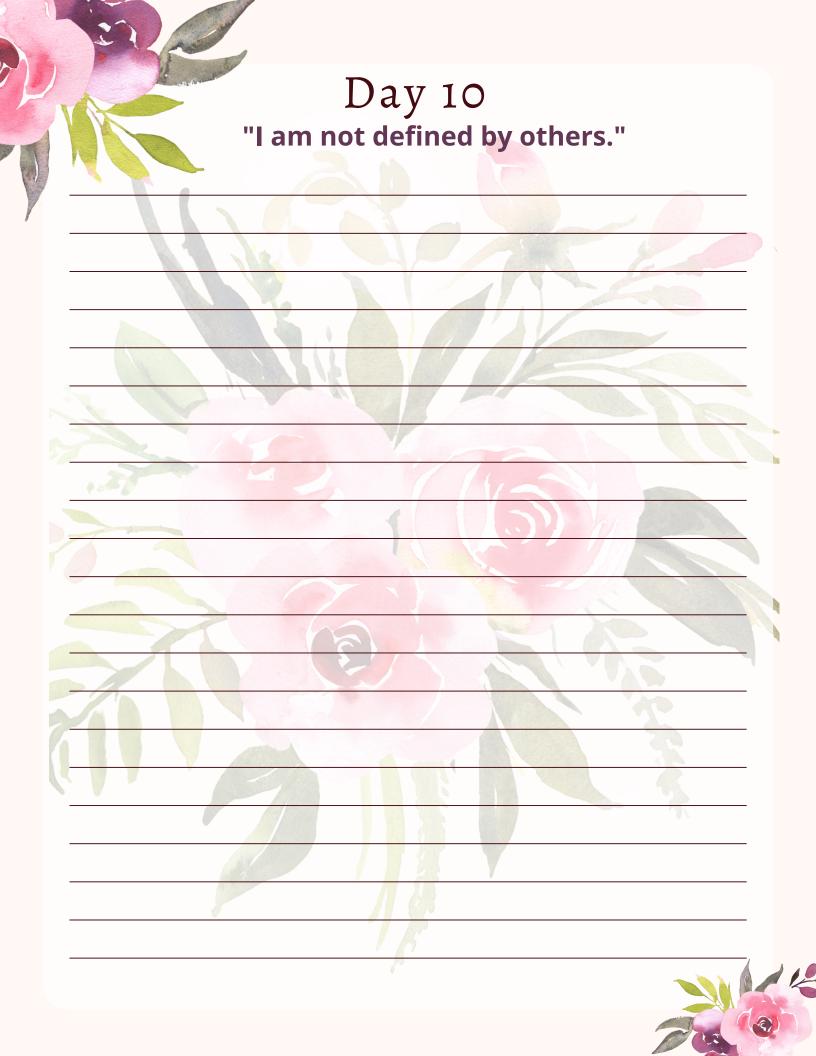


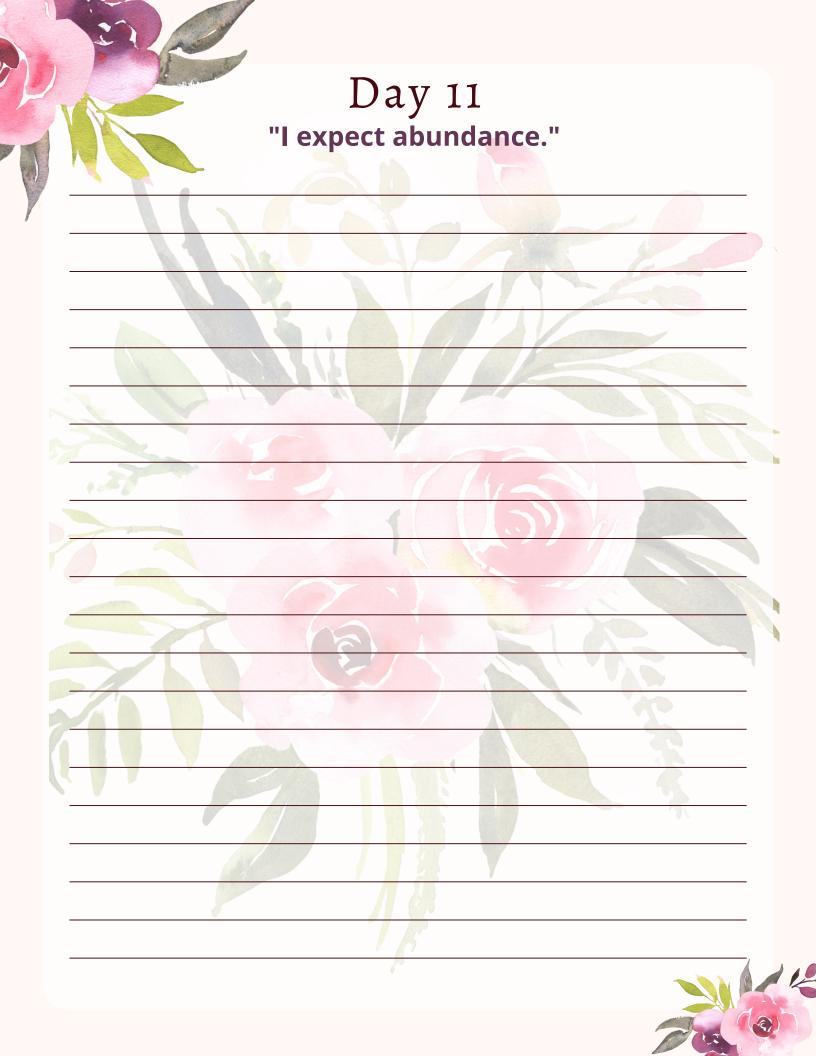


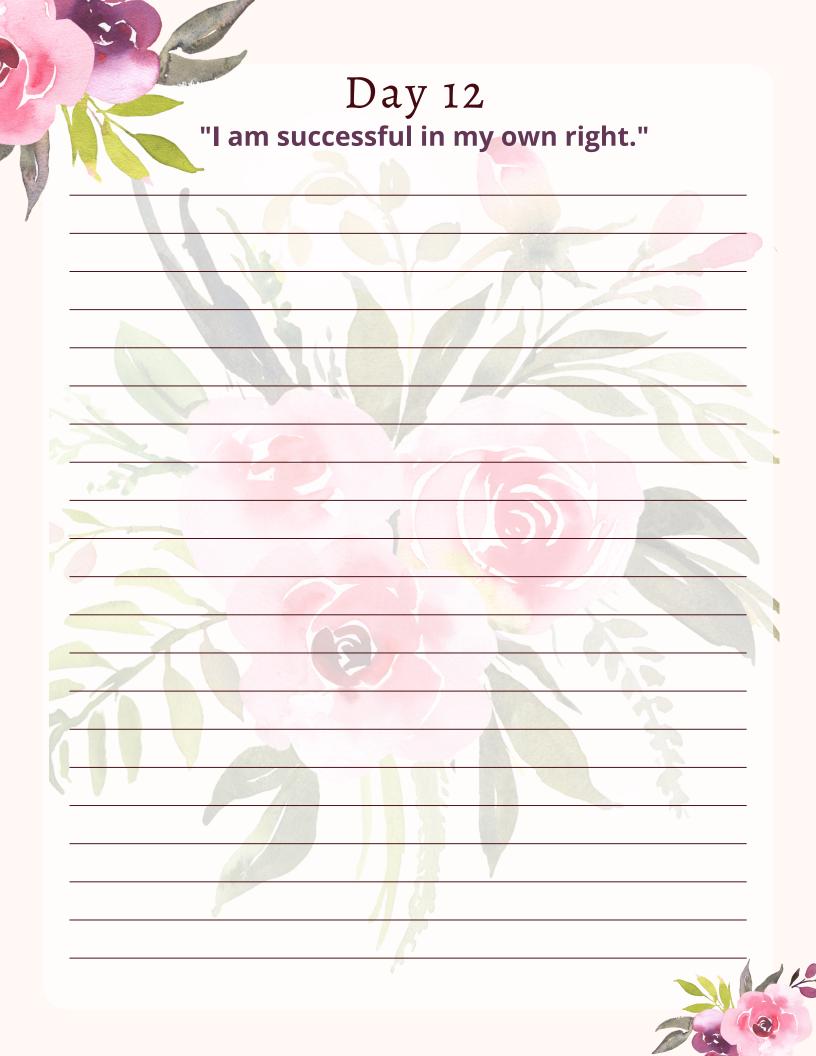


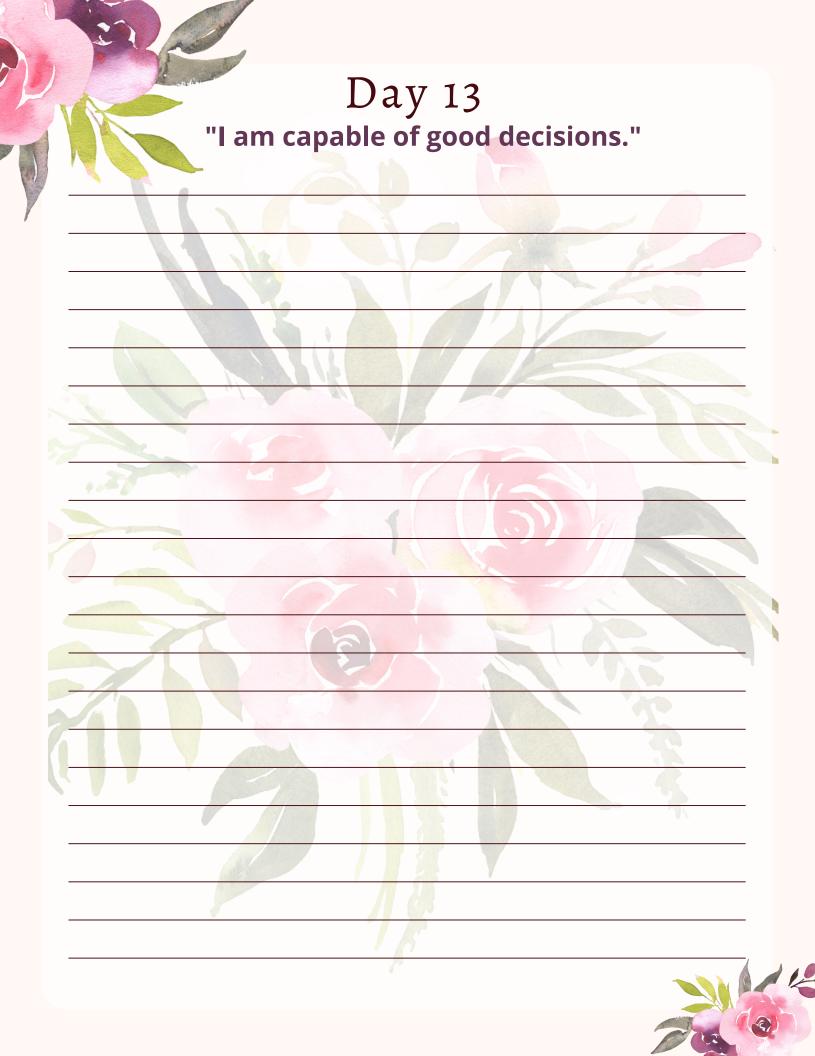














"I hope this 14-day journal has helped you gain clarity, peace and strength."

CHANELL FINLEY, M.ED, LPC-S

If you would like to schedule a 1:1 coaching session, contact Chanell at CF@chanellfinley.com