

12 Inspirational Quotes Journal



To
Empower
Your
Wellness
Journey



Forward

We all face struggles and setbacks along our wellness journey. The right words at the right time have immense power to uplift our mind, body, and Soul.

Sometimes those words belong to others.

Other times, they come from us.

I hope you take as much inspiration from the 12 motivational quotes sprinkled throughout this wellness journal as I have. Some are poignant, others passionate, and a few are downright hilarious. Yet they all point to a better way of processing life's successes and defeats so that we can each become the author of our own wellness journey, and use what we learn to inspire others in untold ways.



NAMASTE,
KIRSTIE GANOBSEK

"Now that your eyes are open, make the sun jealous with your burning passion to start the day. Make the sun jealous or stay in bed."

MALAK EL HALABI



How will you let your passion come out to play today?





"Accidentally consumed five biscuits when I wasn't paying attention. Those biscuits are wily fellows - they leap in like sugary ninjas."

CHARLES DICKENS



Put your faux pas in perspective by using humor and gentleness to acknowledge your triggers.





"Look in the mirror. That's your competition."

ANONYMOUS



Acknowledge the things you have done to grow and become a healthier version of yourself.

Handwriting practice lines consisting of seven horizontal blue arrows pointing to the right. Each arrow has a small green plant icon at its tail. The first plant is at the top left, and the last is at the bottom right.



***“Food and medicine are not two different things:
they are the front and back of one body.”***

MASANOBU FUKUOKA, THE ONE-STRAW REVOLUTION



**What foods can you add to your meal plan that
double as preventative medicine?**





"If you know the art of deep breathing, you have the strength, wisdom, and courage of ten tigers."

CHINESE ADAGE



Take 3 slow, deep breaths in through your nose, and out through your mouth. Notice a difference?

A series of seven horizontal blue lines for writing. The first line has a small green plant icon at its left end. The last line has a small green plant icon at its right end. The lines are arranged in a slightly staggered, descending fashion from top to bottom.

"I have to exercise in the morning before my brain figures out what I'm doing."

MARSHA DOBLE



Consider some ways you can stay motivated to keep working out, eating right, and managing your health conditions.

A series of seven horizontal blue lines for writing. The lines are arranged vertically, with a small green plant icon at the top left of the first line and another small green plant icon at the bottom right of the last line.

"Healing is a matter of time, but it is also sometimes a matter of opportunity."

HIPPOCRATES



**What healing opportunities are in
your life right now?**



"Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."

AJAHN BRAHM



**Set a stopwatch for 5 minutes and quiet your mind.
Without judgement, write about your experience.**





***"Sometimes when you're in a dark place you think
you've been buried but you've actually been
planted."***

CHRISTINE CAINE



**What one self-care step can you take today
to ensure that you bloom?**

Handwriting practice lines consisting of seven horizontal blue lines. The first line has a small green plant sprout at the left end. The last line has a small green plant sprout at the right end.



"Security is mostly a superstition. Life is either a daring adventure or nothing."

HELEN KELLER



In what ways have you already stepped out of your comfort zone? In what ways would you like to?



Blue line for writing.

Blue line for writing.

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Blue line for writing.

Blue line for writing.

Blue line for writing.



"Don't judge each day by the harvest you reap but by the seeds that you plant."

ROBERT LOUIS STEVENSON



What work have you already done towards your health and wellness goals?



"Just think how happy you would be if you lost everything you have right now, and then got it back again."

FRANCES RODMAN



Express your gratitude.







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