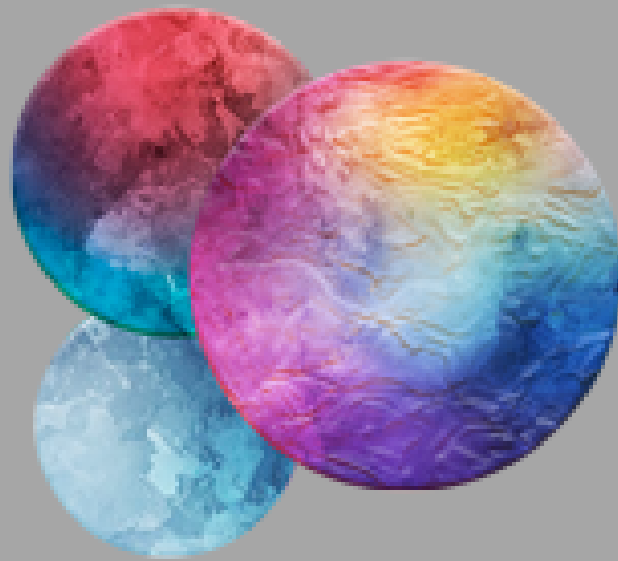


THE
ULTIMATE 30 DAY
TRANSFORMATION
JOURNAL



CREATED BY

Expand with Purpose

with Tammy Ogren

THE
MEANINGFUL
TRANSFORMATION
JOURNAL



CREATED BY

Expand with Purpose

with **Tammy Ogren**



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Welcome, beautiful.

The meaningful Transformation Journal can be used in 30 days to accomplish several ideas that contribute to this year being more intentional than years past.

Before we look ahead, it's very valuable to honor the past, recognize your successes; identify those areas that you could have been stronger. I'll help you with a new way of dreaming about your future -- setting aside those things that hold you back to consider your possibilities.

The 30 day journal is created to help you remember gratitude, to recognize your small wins each day that build toward meeting your goals for the year.

Have a blessed 30 days...and if you have thoughts, questions, challenges, or successes to share, I would love to hear from you at togren@ExpandWithPurpose.com or on my facebook page: [ExpandWithPurpose](https://www.facebook.com/ExpandWithPurpose).

Tammy Ogren



How to use this journal

Start by promising yourself to spend 15 minutes each day for 30 days on YOU.

Find a space that you can spend quiet time thinking about YOU.

Turn on music, sit in quiet, do what works for you to experience thoughtful, calm, positive energy.



STEP ONE

Start this journal by thinking about your dreams...if you could do anything, be anywhere, be with anyone, what would you be doing?

if there was nothing in your way, what would you want? When you were a child, what did you dream of becoming? We can't start dreaming with all of life's responsibilities in the way. We can only really dream when we set aside the realities and think beyond them.

Sit in the quiet with your eyes closed; think about what your best life looks like. Where are you? What do you do during the day?...during the evening? Who do you spend time with? What brings a smile to your heart?

Step One is to Reveal Your Dreams...

“Be so happy that, when other people look at you, they become happy too.”



REVEAL YOUR DREAMS

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS



STEP TWO

Before we can live our best life, fulfill our real potential, and move forward, we must recognize the past and reveal our fears.

This action will actually liberate us from the unspoken beliefs and fears. Take a few minutes to think about those limiting beliefs that hold you back.

Your future does not equal your past

“Your Future Does Not Have to Equal Your Past.” Michael Hyatt



RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY LIMITING BELIEFS

MY BIGGEST FEARS

STEP THREE

What do you want? How can you dream about the future without knowing what you want?

Back when you were a child, what did you dream about doing? Before life got in the way, how did you think about spending your time? What do you search online about, what books are on your bookshelf? We tend to gravitate toward the things that we are passionate about...even if we don't do it on purpose!

It's time ... time to reclaim your desires. How do you want to feel? What do you want to accomplish? What do you want to become?

It's never too late to re-evaluate your desires and your futures. Before you set goals, dream about it. Free yourself to play with ideas like you did as a child.

"Those who live in the past limit what's possible in their future."





RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO **FEEL**?

WHAT DO YOU WANT TO **ACCOMPLISH**?

WHO YOU DO WANT TO **BECOME**?



*“Life isn’t about finding yourself.
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

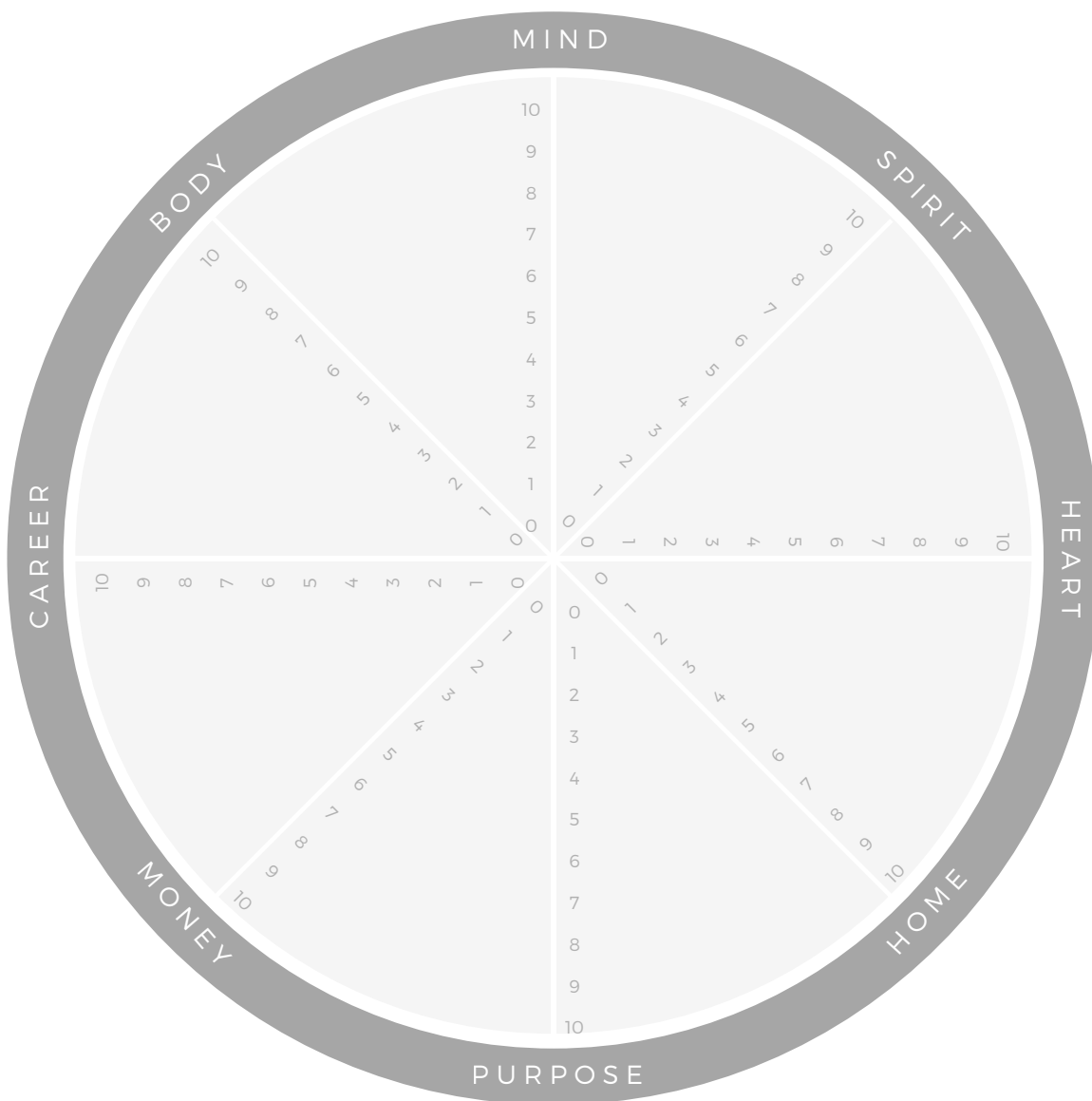
STEP FOUR

Before you begin setting goals to reach your desires, let's break it down. 8 distinct areas make up most of your whole life. When we spend too much focus on any 1 or 2 areas of life, we can get out of balance. This might be necessary in short-term, but in the long-term of your well-being, balance and wholistic thinking is important. In this step, you will consider your current state in each area.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is.



STEP FIVE

As you consider your current state in each of the primary 8 areas of life, ponder what would need to happen for you to be a '10' in satisfaction in each area.

While that may be an aggressive goal, striving toward ideals that stretch you will add to your success.

Take some time to consider this question for each area: in a year from now, when you look at your progress, what has to happen for you to feel great? Ask yourself that question for each area to complete Step 5.

"Expand Yourself to Meet Your Potential"





RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

STEP SIX

Next, consider one main goal to focus on in the next 30 days.

Break that down into mini-goals. We'll call this Chunking Your Goals.

By creating mini-goals, or breaking a goal into chunks, you set yourself up for success. We are more likely to succeed when we see 'small wins' or progress. Consider the multiple tasks that you can accomplish when you break down a bigger goal.

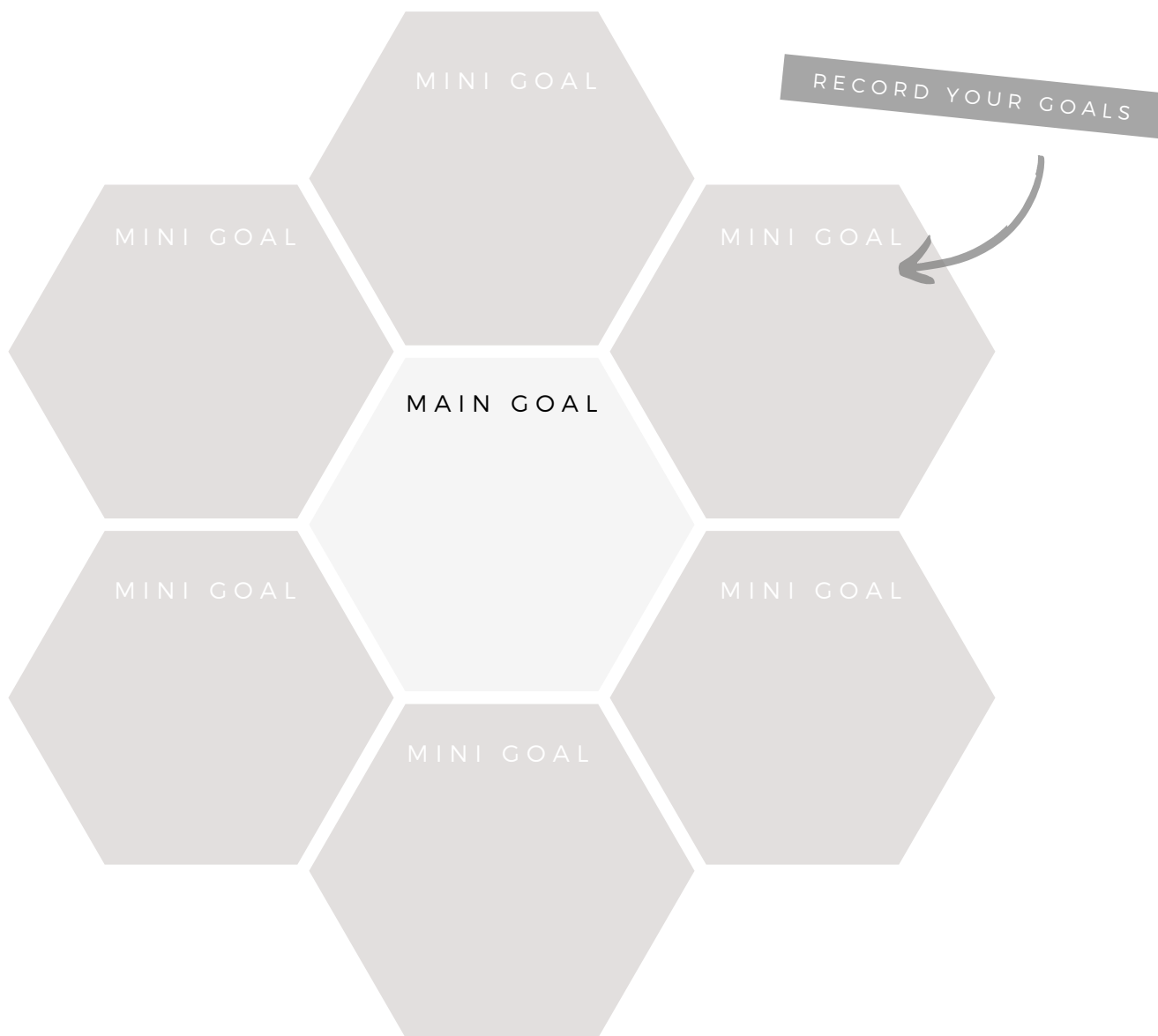
In this step, you will create mini goals, then start your 30 day journal.

"Your future is created by what you do today not tomorrow"



REDEFINE YOUR GOALS

It's time to redefine what you want to focus on. Set one main goal to focus on in the next 30 days and then break it down into 6 sub-goals that will help you reach it faster!



HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!





YOUR
EXPAND
WITH
PURPOSE
JOURNAL

Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 2

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 3

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

JOURNAL PROMPT

What helps you stay focused and motivated when you feel discouraged?

Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 5

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 6

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 7

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 8

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 9

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 10

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 11

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

JOURNAL PROMPT

What does your work teach you? Does it offer continued opportunities for learning & growth?

Day 12

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 13

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 14

Date:
S/M/T/W/T/F/S

- Set intentions
- Nourishing Foods
- Moved My Body
- Journalling
- Mindful Eating
- Expressed Gratitude
- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

JOURNAL PROMPT

What are 3 things that can disrupt a good mood & bring you down? What strategies do you use to counter these effects?

Day 15

Date:
S/M/T/W/T/F/S

- Set intentions
- Nourishing Foods
- Moved My Body
- Journalling
- Mindful Eating
- Expressed Gratitude
- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

-
-
-

REMEMBER

AFFIRMATION

Day 16

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 17

Date:
S/M/T/W/T/F/S

- Set intentions
- Nourishing Foods
- Moved My Body
- Journalling
- Mindful Eating
- Expressed Gratitude
- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 18

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 19

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 20

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 21

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 22

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 23

Date:
S/M/T/W/T/F/S

- Set intentions
- Nourishing Foods
- Moved My Body
- Journalling
- Mindful Eating
- Expressed Gratitude
- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

-
-
-

REMEMBER

AFFIRMATION

Day 24

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 25

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 26

Date:
S/M/T/W/T/F/S

- Set intentions
- Journalling
- Meditation

- Nourishing Foods
- Mindful Eating
- Went outside

- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 27

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

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How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 28

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

Meditation

Nourishing Foods

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 29

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

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Mindful Eating

Went outside

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 30

Date:

S/M/T/W/T/F/S

Set intentions

Journalling

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Nourishing Foods

Mindful Eating

Went outside

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Expressed Gratitude

Reflected on the day

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What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

FINAL REFLECTIONS



Engaging in self-care is proven to reduce anxiety and reduce stress, improve concentration, minimize frustration, and improve energy.

As you have now created a habit for 30 days of focus on self and wellness, I encourage you to continue your focus on YOU.

Commit to Expanding your life in 2026. Explore your strengths and discover your purpose and meaning.

Let me know how this process has helped you - you can contact me at togren@ExpandWithPurpose.com or like us on Facebook: ExpandWithPurpose.

For more personal and individualized work on Discovering Your Purpose and transforming your life and work with meaning, join me in Expanding Your Life.

Tammy Ogren



FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

Helpful Resources

01

PERSONALITY ASSESSMENT

<http://www.humanmetrics.com/>

This free assessment will help you have a better understanding of yourself: how you naturally interact in the world, how you make decisions, and where you are naturally energized.

02

EMOTIONAL INTELLIGENCE

<https://www.psychologytoday.com/us/basics/emotional-intelligence>

Successful people have expanded emotional vocabulary, are skilled at regulating their emotions to serve them well, and practice understanding emotions of those around them.

03

VALUES & MOTIVATIONS

<https://www.happiness.com/magazine/science-psychology/meaning-motivation-values>

Research demonstrates that purpose and meaning in life is directly related to our values and internal motivators


MEET TAMMY



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At it's most basic explanation, I believe that each of us are unique and that is intentional. For over a decade, I have experienced meaning and seamless work in a way that is so natural to my unique skills, talents, and personality, that I know that it's possible to live your life, your activities, and your work in away that aligns to who you are meant to be.



*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

MARY ANN RADMACHER