

EMPRESS

A JOURNAL POSITIVELY FOR WOMEN



”

Optimism is the faith
that leads to achievement.

—Helen Keller

Dear Empress,

You. Are. Amazing. You want to make a change in your life and you're going to do wonderful things! Empress Journal won't do it for you, it just gives you the tools to make it happen.

Your goals are more easily achieved when you shift to a positivity mindset. You focus on what's going well, you're happier, you find that you have a lot to be grateful for, and your life improves.

That all might seem a little fluffy, but if you put in the effort, you'll see a dramatic change. When you embrace positivity, life just gets...better.

Empress Journal is filled with the powerful voices of women throughout history. Let their words inspire you, uplift you, and maybe even make you laugh. As you write your words next to theirs, I hope you'll begin to see all the things you have in common—that you are every bit as important and great as they are.

Now, before you dive in, I'd like to give you a few pointers to help you get the most out of this positivity journal. Please take a few minutes to review the how-to-guide at scarsweshare.com/empressjournal. You'll also find a link to join a growing group of like-minded women.

It's a great place to ask questions, share concerns, and find support.

The next couple of pages are blank. I'd like you to spend 5-10 minutes writing down all the things that bring you joy. As you write, you may be tempted to change the prompt to "what do I like?" or "what's fun?" Don't. It's important that you keep the focus specifically on what brings you joy.

You may even be tempted to skip it altogether. Please don't. This list is going to be incredibly important as you work to improve your life. Please give it the consideration and focus that you deserve.

Without further ado, you're ready to embark on this 13-week positivity journey.

Best Wishes, Empress. Go forth and conquer!

Kayleen Johnson



Joy



GOAL _____

WHY? _____



How? _____



DEADLINE

___/___/___

GOAL _____

WHY? _____



How? _____



DEADLINE

___/___/___

GOAL _____

WHY? _____



How?



DEADLINE

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DAY 1

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GRATITUDE _____

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AFFIRMATION _____

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MEDITATION





I AM CONVINCED THAT OUR MOVEMENT
WILL BE MORE DEMORALIZED AND WEAKENED
BY BLIND AND UNCRITICAL ADMIRATION
THAN BY FRANK ADMISSION OF PAST MISTAKES.

—Marie Louise



GRATITUDE _____

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DAY 2

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GRATITUDE _____

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AFFIRMATION _____

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MEDITATION





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PEOPLE WHO DO NOT GET INTO SCRAPES
ARE A GREAT DEAL LESS INTERESTING
THAN THOSE WHO DO.

—Murasaki Shikibu



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DAY 3

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AFFIRMATION _____

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MEDITATION





VERY EARLY, I KNEW THAT
THE ONLY OBJECT IN LIFE
WAS TO GROW.

—Margaret Fuller



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DAY 4

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AFFIRMATION _____

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MEDITATION





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MY HOUSE IS WHERE I CAN DO AS I PLEASE,
SCREAM AND YELL AND DANCE AND
FALL ON THE FLOOR IF I LIKE.
I AM MYSELF WHEN I AM IN MY HOME.

—Lupe Vélez



GRATITUDE _____

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DAY 5

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AFFIRMATION _____

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MEDITATION





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MAKE THE WORLD BETTER.

—Lucy Stone



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DAY 6

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AFFIRMATION _____

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MEDITATION





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I SHALL NOT DIE OF A COLD.
I SHALL DIE OF HAVING LIVED.

—Willa Cather



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DAY 7

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AFFIRMATION _____

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MEDITATION





THE OLDER I GET, THE GREATER POWER
I SEEM TO HAVE TO HELP THE WORLD;
I AM LIKE A SNOWBALL—
THE FURTHER I AM ROLLED
THE MORE I GAIN.

—Susan B. Anthony



GRATITUDE _____

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DAY 1

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AFFIRMATION _____

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I WILL _____

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MEDITATION





IF YOU THE MEN OF ASHANTI WILL
 NOT GO FORWARD, THEN WE WILL...
 ...WE WILL FIGHT THE WHITE MEN.
 WE WILL FIGHT UNTIL THE LAST OF US
 FALLS IN THE BATTLEFIELD.

—Queen Yaa Asantewaa



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DAY 2

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AFFIRMATION _____

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MEDITATION





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SURELY IT IS MUCH MORE GENEROUS
TO FORGIVE AND REMEMBER,
THAN TO FORGIVE AND FORGET.

—Maria Edgeworth



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DAY 3

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MEDITATION





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I AM SUFFOCATED AND LOST WHEN I HAVE NOT
THE BRIGHT FEELING OF PROGRESSION.

—Margaret Fuller



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DAY 4

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AFFIRMATION _____

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MEDITATION





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IT IS ONLY THE EDUCATED
WHO CAN PRODUCE OR
APPRECIATE HIGH ART.

—Margaret of Valois



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DAY 5

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MEDITATION





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BE LESS CURIOUS ABOUT PEOPLE
AND MORE CURIOUS ABOUT IDEAS.

—Marie Curie



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DAY 6

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GRATITUDE _____

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AFFIRMATION _____

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MEDITATION





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I HAVE FELT THE SWAYING
OF THE ELEPHANT'S SHOULDERS;
AND NOW YOU WANT ME
TO CLIMB ON A JACKASS?
TRY TO BE SERIOUS.

—Mirābāī



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DAY 7

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AFFIRMATION _____

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MEDITATION





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WHAT MAKES LIFE DREARY
IS THE WANT OF A MOTIVE.

—Mary Anne Evans



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DAY 1

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AFFIRMATION _____

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MEDITATION





GREAT DIFFICULTIES MAY BE SURMOUNTED
BY PATIENCE AND PERSEVERANCE.

—Abigail Adams



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DAY 2

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MEDITATION





THE WOMAN WHO CAN CREATE HER OWN JOB
IS THE WOMAN WHO WILL WIN FAME AND
FORTUNE.

—Amelia Earhart



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DAY 3

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AFFIRMATION _____

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MEDITATION





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THERE IS NO SINNER
LIKE A YOUNG SAINT.

—Aphra Behn



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DAY 4

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GRATITUDE _____

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AFFIRMATION _____

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MEDITATION





IF YOU ARE WHAT YOU SHOULD BE,
YOU WILL SET THE WHOLE WORLD ABLAZE!

—Catherine of Siena



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DAY 5

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AFFIRMATION _____

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MEDITATION





THE LAW HAS NO POWER OVER HEROES.

—Charlotte Lennox



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DAY 6

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AFFIRMATION _____

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MEDITATION





TRUE ORIGINALITY CONSISTS
NOT IN A NEW MANNER
BUT IN A NEW VISION.

—Edith Wharton



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DAY 7

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MEDITATION





NEVER GIVE UP,
FOR THAT IS JUST THE PLACE AND TIME
THAT THE TIDE WILL TURN.

—Harriet Beecher Stowe



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DAY 1

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MEDITATION





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THAT IS HAPPINESS; TO BE DISSOLVED INTO
SOMETHING COMPLETE AND GREAT.

—Willa Cather



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AFFIRMATION _____

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MEDITATION





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I AM NOT READY TO DIE BECAUSE IT REQUIRES
INFINITELY HIGHER COURAGE TO LIVE.

—Sarojini Naidu



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DAY 3

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MEDITATION



Dotted grid for meditation notes.



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THE MOST EFFECTIVE WAY TO DO IT,
IS TO DO IT.

—Amelia Earhart



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DAY 4

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AFFIRMATION _____

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MEDITATION



Dotted grid for meditation notes.



NOTHING GREAT IS EVER ACHIEVED
WITHOUT MUCH ENDURING.

—Catherine of Siena



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DAY 5

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MEDITATION





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INVENTION, IN MY OPINION,
ARISES DIRECTLY FROM IDLENESS,
POSSIBLY ALSO FROM LAZINESS.
TO SAVE ONESELF TROUBLE.

—Agatha Christie



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DAY 6

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MEDITATION





I DRESSED MY MAIDS AS AMAZONS AND RODE
BARE-BREASTED HALFWAY TO DAMASCUS.
LOUIS HAD A SEIZURE AND
I DAMN NEAR DIED OF WINDBURN...
BUT THE TROOPS WERE DAZZLED!

—Eleanor of Aquitaine

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DAY 7

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AFFIRMATION _____

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MEDITATION





THE WORLD IS A SEVERE SCHOOLMASTER,
FOR ITS FROWNS ARE LESS DANGEROUS
THAN ITS SMILES AND FLATTERIES,
AND IT IS A DIFFICULT TASK
TO KEEP IN THE PATH OF WISDOM.

—Phillis Wheatley



GRATITUDE _____

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Wow!

*You're already four weeks into your positivity journey!
You rock!*

Now is a great time to check in:

- *How's it going?*
- *Are you on track?*
- *Are your goals still pushing you the right way?*
- *What (if any) adjustments do you need to make?*
- *Are you taking care of yourself and finding joy?*

On the next page, there is a three-section check in:

- *Feel—How do you feel about your progress?*
- *Assess—Check in specifically with each goal.*
- *Change—What adjustments should you make?*

Write down your thoughts and feelings.

Keep up the positivity, Empress!

Kayleen

CHECK-IN

FEEL

ASSESS



CHANGE

Congrats!

You've worked on your goals for four weeks now, and that's definitely something to celebrate.

Thank you for trying out Empress Journal. It means a lot to me. Really. A lot of time and effort went in to making this the best tool possible to help you reach your goals and develop a positive and joyful mindset. I hope you have loved the journey so far.

Celebrate reaching this four-week milestone by getting your full copy of the journal. It's available on amazon here:



Good luck! Work hard. Be kind. Do what brings you joy. And, as always, love yourself.

Kayleen