

The Essence of Today

Unscripted Journaling Moments

*Supporting you to show up how you choose to,
undaunted by external factors*



JONATHAN CINELLI

Dedication

You are here because you are ready. You were put on this earth for a purpose. The powers greater than you and I believe in you.

This is your time + this tool is curated for you.
Thank you for engaging in it.

The future version of you thanks you.

I invite you to use this journal as a guiding beacon to play full out. Lean into it + don't hold back. Energy goes where your attention flows. Capture your thoughts reflect + design the life you choose.

This journal is for you.

Be well friends,

-Jonathan



WHY BOTHER WITH THIS THING?

You don't have to bother doing the work... that's a choice too. You can do nothing and the probable almost certain future will occur- Incremental progress will occur, evolution will be unaltered- you can select "autopilot" to go for a cruise and enjoy the journey of life.

Many of us do. It's not right nor wrong, good nor bad. It's simply a choice. It's an "option" on the vehicle.

I'll be the first to say it- Super cruise, with adaptive distance management and lane departure correction is very comfortable, convenient and relaxing...can make the journey very pleasant...

What if there was another option- an option where external circumstances had little impact on the destination. Potholes were avoided, because you knew where they were; you got to choose whether you followed the pre-populated map or you became a trailblazer on a new pathway...this is what's possible.

The exercises laid out in the pages that follow allow you to take massive action and curate with intention the life you want. It affords you the space to capture your thoughts, let go of what no longer serves you and supports you as you grow into the next version of yourself. Just as trees lose their leaves in the fall, to come back stronger in the spring, we too as humans must "shed our skin" to evolve and become stronger.

My Promise: I promise you that, if you engage in the works as outlined, the self-awareness and self-reflection will impact you both consciously and subconsciously in ways that you may not even know. **A happier, more energetic, resilient and present YOU** will emerge. You will know exactly what you want out of your life, altered in who you know yourself to be today and what you are capable of. New possibilities will emerge.

4. The final section of this journal is blank pages: Literally to capture the “Essence of Today” and any unscripted thoughts, moments, drawings or ideas which surface. The space is yours leverage to its fullest potential.

You are wonderful,
amazing and up to big
things in this world.

Get out there and
make them happen.
I believe in you,
I'm excited for you
and I appreciate you.

Connect with me at any time: jc@jonathancinelli.com



Table Of Contents

1. Why bother with this thing?
2. How it works
3. 100 day daily reflections
4. 7 day exercises.
5. Brain Dump (to be used as needed)
6. Lessons learnt section (updated as required)
7. Living Obituary.
8. Blank pages to scribble on.





Date: _____

*You become what you put your attention to...if
you don't choose what thoughts and images
you expose yourself to someone else will*

I am grateful for...

1.

2.

3.

Something good that happened yesterday was.....

My (1) intention for today is...

(If I do nothing else)

Who have I helped recently....

(be specific on how)

How have I been brave...

(or intend to be brave)

Who can I be more kind to?

Something I have recently learnt is...

I am proud of myself for...



Date: _____

*Slowing down is sometimes the
best way to speed up.*

I am grateful for...

1.

2.

3.

Something good that happened yesterday was.....

My (1) intention for today is...

(If I do nothing else)

Who have I helped recently....

(be specific on how)

How have I been brave...

(or intend to be brave)

Who can I be more kind to?

Something I have recently learnt is...

I am proud of myself for...



Date: _____

*Make a list of (5) things you are really good at.
Put it in your pocket. Read it every hour.*

I am grateful for...

1.

2.

3.

Something good that happened yesterday was.....

My (1) intention for today is...

(If I do nothing else)

Who have I helped recently....

(be specific on how)

How have I been brave...

(or intend to be brave)

Who can I be more kind to?

Something I have recently learnt is...

I am proud of myself for...



Date: _____

Our life is what our thoughts make it.

I am grateful for...

1.

2.

3.

Something good that happened yesterday was.....

My (1) intention for today is...

(If I do nothing else)

Who have I helped recently....

(be specific on how)

How have I been brave...

(or intend to be brave)

Who can I be more kind to?

Something I have recently learnt is...

I am proud of myself for...



Date: _____

*Make a list of (5) things you are really good at.
Put it in your pocket. Read it every hour.*

I am grateful for...

1.

2.

3.

Something good that happened yesterday was.....

My (1) intention for today is...

(If I do nothing else)

Who have I helped recently....

(be specific on how)

How have I been brave...

(or intend to be brave)

Who can I be more kind to?

Something I have recently learnt is...

I am proud of myself for...

WEEKLY CHALLENGE

Ask yourself reflection questions and start with addressing yourself.

Example:

Jonathan **I am proud of you for** finally writing out this journal...

I forgive you for being so hard on yourself...

I commit to you to keep doing the work you do as it is making a difference.



CONTACT INFORMATION

www.peoplefirstleadership.ca

jc@peoplefirstleadership.ca

To reorder, scan the QR code below:

