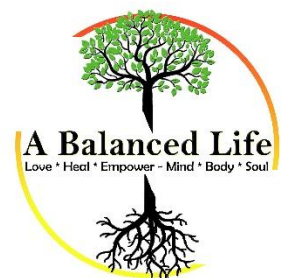




# Transform Your Anxiety Journey Journal

21 Day E-journal with Daily Affirmations

By Jennifer Izaguirre, ABL Healing LLC, 2023



Anxiety Journey Journal by Jennifer Izaguirre

## Transform Your Anxiety Journey Journal

Journaling is a great way to document what is going on in your life, to recognize the ups and downs, what works and what might not. Journaling can help reduce anxiety and stress by recognizing the where, what, why and the triggers.

Journaling is about self awareness.

This journal is a 21 day journal. Scientific studies show that it takes 21 days to get into a habit or new ritual. The intention of this journal is for you to write in it for 21 days, showing how you feel, the triggers, and how you overcame them, what works and what might not work.

This is your journey. Your journal. Each week we will discuss what you wrote. Not that you have to discuss the private matters, but more about what was your take-away, what you learned, etc.

With this journal you will also have 21 affirmations. Affirmations are positive statements that we repeat to ourselves to change our mindset, to help us overcome negative thoughts, create a reality we choose, and feeling empowered to move forward. I suggest reading the affirmation each day, or night. Say it in your head or out loud. Let it sink in. You are welcome to change it to fit your personal beliefs.

On day 22 you will have final thoughts and goal setting for your future.

I am so honored to be here with you on this journey.

This is the beginning of something new!

You've got this!

Let's get started!

# **“I am safe, secure, and capable of handling the challenges that come my way.”**

Day 1 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_

Free Write:

# **“I release all worries and fears. I welcome joy and happiness into my life.”**

**Day 2 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# “I trust in my ability to work through uncertain situations with ease.”

Day 3 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_

Free Write:

# **“I am in control of my thoughts and emotions. I choose to focus on the positive.”**

Day 4 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_

2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_

3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_

Where did I feel this in my body? \_\_\_\_\_

Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_

4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_

5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# **“I am strong and resilient. I can overcome any obstacles that come my way.”**

**Day 5 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_

2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_

3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_

Where did I feel this in my body? \_\_\_\_\_

Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_

4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_

5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# **“I am deserving of love, compassion, and understanding, including from myself.”**

**Day 6 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:



# “I let go of what I cannot control, and I focus on what I can.”

**Day 7 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
  
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
  
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
  
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
  
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

**“I am worthy of happiness and peace.  
I attract positivity in my life.”**

Day 8 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_

2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_

3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_

Where did I feel this in my body? \_\_\_\_\_

Was there a specific way I was able to handle these feelings? \_\_\_\_\_

4. What can I do today to support myself? \_\_\_\_\_

5. What is something positive that happened today? \_\_\_\_\_

Free Write:

**“I am surrounded by love and support.  
It’s ok to lean on others.”**

**Day 9 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
  
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
  
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
  
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
  
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

**“I am not defined by my anxiety; I am defined by my strength and courage.”**

**Day 10 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

**“I release tension and anxiety from my body.  
I am relaxed and calm.”**

Day 11 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# “Anxiety is only a thought that can be changed.”

Day 12 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_

2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_

3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_

Where did I feel this in my body? \_\_\_\_\_

Was there a specific way I was able to handle these feelings? \_\_\_\_\_

4. What can I do today to support myself? \_\_\_\_\_

5. What is something positive that happened today? \_\_\_\_\_

Free Write:

# **“I am grateful for the lessons my anxiety teaches me, and I grow stronger every day.”**

**Day 13 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# “I breathe deeply and allow calm and peace to flow through me.”

Day 14 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
  
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
  
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
  
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
  
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:



# “I embrace change as an opportunity for growth and transformation.”

Day 15 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
  
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
  
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
  
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
  
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# **“I am open to new experiences and approach them with confidence and curiosity.”**

Day 16 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

**“I am mindful of my thoughts. I replace negative thoughts with positive affirmations.”**

Day 17 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

**“I am resilient. I have overcome challenges before,  
and I can do it again.”**

Day 18 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times 3-4 times All Day Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# “I am in control of my anxiety. It does not control me.”

Day 19 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_  
—
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_

Free Write:

# **“I am worthy of self-care and take time to nurture my mind, body, and soul.”**

**Day 20 Date:** \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_  
\_\_\_\_\_

Free Write:

# "I choose to be happy and embrace the possibilities my life has to offer."

Day 21 Date: \_\_\_\_\_

1. On a scale from 1-10, how did I feel today? (1 calm, 10 burnt out): \_\_\_\_\_
2. How often did I find myself anxious today? (circle):  
1-2 times   3-4 times   All Day   Other: \_\_\_\_\_
3. Was there a specific situation, reason, circumstance that caused me to feel anxious or stressed: \_\_\_\_\_  
\_\_\_\_\_  
Where did I feel this in my body? \_\_\_\_\_  
Was there a specific way I was able to handle these feelings? \_\_\_\_\_  
\_\_\_\_\_
4. What can I do today to support myself? \_\_\_\_\_  
\_\_\_\_\_
5. What is something positive that happened today? \_\_\_\_\_

Free Write:

**Final Thoughts:**

1. What has my anxiety taught me about myself?
2. What has my anxiety taught me about the world?
3. What can I do to support myself when I know I am entering a situation in which I feel anxious, overwhelmed, or stressed?
4. What are 5 things I am thankful for in my life?
5. What are 3 goals I have for the next 3 months?



Free Space:

**“I have everything I need to overcome each challenge. I believe in myself and my own abilities. I’m worth it.”**



#### About the Author:

Jennifer Izaguirre is an International Energy Healer, Intuitive Life Coach and Psychic Medium. Practicing in healing arts for over 20 years, Jennifer is passionate about helping others in healing physically, emotionally, and soulfully.

Jennifer resides in Texas, USA. She loves to hang out with her family and play in the outdoors.

Visit [www.ABalancedLife.org](http://www.ABalancedLife.org) for inspiration on how to heal and balance your life.

Thank you for being here.