

*Get Results Now!*

30-Day Transformation Journal



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# The Lotus Flower

The lotus flower (on the front cover) represents rebirth, fortune, spiritual awakening and faithfulness. This 30-day experience is designed to help you make a significant shift in your life that will result in your rebirth, evolution and unimagined abundance in every area of your life. The companion to this journal is, the free eBook *Transform Your Dreams Into Your Reality!* which can be found at [www.evolvedwoman.com](http://www.evolvedwoman.com).

## What You Can Expect

This journal focuses on “doing” the work that will connect you to your dream, purpose and goals. We will focus on affirmations, visualization, beliefs, the thought process, the importance of “being still” and documenting your journey. This may be the most important 30-day journey that you will take.

# Your Sweet Spot

There is a reason that you were drawn to this eBook or shall I say “this experience.” I would imagine that there is a goal or dream that you have been trying to achieve for a while. You may think that it’s just not meant to be or that some people are just luckier than others. Getting the results that you want, require strategy, intention and attention. If you are just waiting for your ship to come in or wishing that it would, you will soon discover that you don’t have to wait for the ship. Instead you can build the ship and sail to your sweet spot.

The word “sweet spot” in sports refers to the optimal place on the racquet or bat to hit the ball. It is the place where results are achieved. For our purposes, it refers to the place of impact and results. Perhaps, you are wondering why others seem to accomplish their goals, while you are still trying to connect the dots.

The reason that others accomplish their goals is because they understand the art or science of intention and attention. Have you ever heard the statement, “energy flows where attention goes.” This means that you have to be intentional (specific) so that you can get your desired results.

***Your dream will be approachable, if you become coachable.***

In other words, you can approach or achieve your goal if you are open to new information and ideas.

# Identifying Where You Want Results

Pause for a moment to figure out where you want to achieve results. What is most important to you right now? We are going to focus on that goal for the next 30 days. Are you ready to get started? Are you committed to getting results?

In the box below, write out your goal that you would like to achieve. While reading, *“Transform Your Dreams Into Your Reality”* you identified the goals that you were going to focus on. You may have identified a goal that will take longer than 30 days. That’s okay. We will focus on getting started and then we will evaluate. The important thing is getting started.

What is your goal? Make sure this goal is S.M.A.R.T. (specific, measurable, achievable, realistic, and timely).

# The Power of Affirmations

One day, I received a call from my uncle about a book that he'd purchased. He told me that he wanted to share it with me. He told me that he thought it was going to be life-changing for me. My uncle is also my Mentor. He has always given me great advice. When he tells me to do something, I trust him and do what he says because I know that if he tells me to do something, he has already done it – and he knows that it works. That said, he sent me a copy of a book that he found online about affirmations.

When I received the book and began reading it, I held on to every word because I needed change in my life and I believed that the book was divinely brought into my life to help me change my reality. And it did. I used the principles in that book to attract my husband, to attract thousands of dollars, to attract new relationships, my dream house that I am now living in, and countless opportunities. Now that I have discovered the power of affirmations, I decided to bring this powerful information to you. Sharing this with you, gives me the opportunity to impact you in the same way that I was impacted.

To make this a powerful journey for you, I have created this journal which blends a lot of powerful techniques that I have used over the years: affirmations, visualization, and meditation.

To *affirm* something means to declare it to be true; to speak about it as if it has already happened. This means that your speech needs to align with your intentions. You must omit saying, *"I can't afford it, I will never find the man or woman of my dreams, My health will never change!"* Make a commitment today to put your speech on a diet --- eliminating those words that have worked against you.

Jesus is a great model of how we should use our speech and beliefs to help us experience well-being. He said when you pray (communicate) believe that you have already received (Mark 11:23). He did not say to believe that you will. If you believe that you have already received something, it means that your speech and actions will reflect that belief.

# 8 Guidelines for Creating Your Affirmations

- Make sure your affirmation is believe-able. You must believe in your affirmation and you must believe that you deserve it.
- State your affirmation in the positive. Affirm only what you want. Avoid stating what you don't want. When many people are asked what they want, they immediately start rattling off what they don't want. They say things like, "I don't want to be broke. I don't want to be sick." Don't create your affirmation with a negative. Always state what you DO want. For instance, if you say, "I don't want a job that requires me to travel." You have put out there, "a job that requires me to travel." Your unconscious mind thinks in terms of words and images. Even though you say, *I don't want to be broke* (you mind immediately attaches to "broke." Which will create more of "being broke."
- Use "I am." The words, "I am" are very powerful. By using the words "I am" you unleash the power of the unconscious mind and you tap into unlimited potential. When you combine "I am" with emotion, the world around you moves to support that statement. Here is an example using an "I am statement; *I am a successful financial consultant, earning over \$300,000 a year and I am so excited and thankful. I now work 30 hours a week, which allows me to spend quality time with my family.*
- State your affirmation in present tense as if you have already accomplished it. I am reminded again of the words Jesus spoke to his disciples, "Whatever you ask for in prayer, believe that you have received it, and it will be yours." Examples of present tense affirmations are, *I am a graduate of the University of Maryland. I am now healed. I am a successful high school English teacher. I now earn over a million dollars annually.*
- Be specific. Make sure you give as much clarity and definition as possible to your intention. Write it out as though you are trying to make it clear to a 5-year old.
- Add some emotion to your affirmation. Feel happy, excited, overjoyed, and thankful when you say your affirmation. You might say, "I am so happy that I am a successful and prosperous life coach.
- Memorize your affirmation so that you can say it in the shower, as you are lying in bed or exercising.
- Be sure to add, "the equivalent or better." As you create your affirmation, I suggest that you remain open and flexible to your highest good. For instance, "I now live in my dream house at 111 Main Street or it's equivalent or better. This statement positions you to receive the home that is in your best interest.

# Committing to Your Affirmation

- **1. Make a Commitment to your Affirmation**– If you want to benefit from an affirmation, you must commit to the process. Commit to 30 days of saying and believing your affirmation. It will help you shift your reality in 30 days!
- **2. Display Your Affirmation** - Write your affirmation on index cards. You can display the cards in your home, car and on your bathroom mirror. I displayed my card on my doors so that I could see it upon leaving and entering. It's also a good idea to use your affirmation as a screen saver on your computer.
- **3. Choose a time to say your affirmation daily for at least 5 – 10 minutes.** Sometimes, you might need to repeat it 100 times. You might ask, “What is the point of saying an affirmation so many times?” When you flood your mind and environment with your affirmation, your belief and faith becomes stronger each time. It becomes so strong that your vibration increases, causing you to become a magnet to your wish. It then becomes your reality. Your affirmation moves you from “wishful thinking, to reality.
- **4. Protect your intention.** If you know others who will not or do not have faith in your affirmation, it is best to keep it to yourself so that you can avoid the negative energy that others will disperse about your intention. If you don't have a lot of support in your immediate circle, we recommend that you create or find a small mastermind group of like-minded individuals that you can share your intentions with.

Make sure your affirmation does not violate the happiness or goodwill of anyone. It should be in the best interest of you and the others involved.

# My Affirmation

This affirmation should be aligned with your goal.

Write your affirmation here:

Over the next 30 days, I declare that God will enlighten me and bring me the tools, people, wisdom, clarity and resources needed to transform my life. I invoke my angels to assist me in getting results that are aligned with my highest good.



# Creative Visualization

Creative Visualization is different from daydreaming. When you daydream, you might think about something that already happened, something that you want or don't want to happen. The act of daydreaming is simply allowing your mind to wander. When you daydream, you take a short leave of absence from the present. Sometimes you slip into a daydream without really thinking about it. Boredom or lack of focus may cause you to slip into this mode.

The process of creative visualization is very different in that it involves attention and intention. When you visualize, you are feeling and imagining the result that you want.

For a moment, think about your goal. Close your eyes and imagine yourself having achieved it. What does it look like? What do you see, smell, hear, feel and taste? Add color to it. Put yourself in your goal. When you do this daily, you are training your mind and the universe to respond to you.

Successful athletes use creative visualization all the time. Many athletes refer to this process as mental training. They imagine themselves winning and accomplishing their goal. They condition themselves for success. You can condition yourself for success as well.

# Coping With the Unexpected

Sometimes, you may find yourself on a roll and then something unexpected happens and throws you a curve ball. Have you ever had that happen? It has certainly happened to me. In the course of a week, I had several unexpected events that took a toll on me physically and emotionally.

I have an aunt whom I love dearly. We grew up together and I've lived with her. We're very close. I went out of town to visit her in the hospital in North Carolina (where she was on life support) due to a terrible car accident. She suffered a lot of trauma and had to be resuscitated.

While visiting with my aunt, I got a call from my husband regarding my mother-in-law (whom I also loved.) His sister told him that he needed to leave town right away and come to the hospital to see his mother who was also in a hospital in North Carolina (if he wanted to see her). I left my aunt's bedside, drove to pick up my husband from the airport, and then went to the hospital. A day later the team of doctors told us that she had hours or a few days to live. A day later, while at the hospital at my mother-in-law's bedside, my sister called and told me that my grandmother fell and was rushed to Johns Hopkins in Maryland. The doctors discovered that my grandmother had internal bleeding on the brain along with other complications. Later that night, my mother-in-law passed away.

A couple of weeks later, I flew to Maryland (from Texas) to visit my grandmother. They did a procedure to remove the blood from her brain. As of this writing (today) my grandmother is still not responding. I left her bedside not knowing if I will ever communicate with her again.

Long story short, I felt so out of control. We left our three kids with friends. We were 1000 miles from them. We watched my mother-in-law transition. My aunt was still on life support when I left. Now, my grandmother who is 1500 miles away is still not doing well. I couldn't focus. I was emotional. I needed strength because it felt like mine was slowly leaving.

During this time, I had to pause and take care of myself. I allowed myself to grieve. And I am still grieving. Sometimes, things happen that cause us to lose focus. Things happen that cause us to hurt and feel out of control. It is okay to acknowledge the pain. Just, don't lose your way. Give yourself time to stop. Also give yourself a time to start again. We will all experience a time of adversity, as it is unavoidable. We can't always avoid it. However, we do have some control over how we respond. You can choose to trust God to give you strength, courage and joy even in the midst of the pain and unpredictability.

# Preparation for the Next 30 Days

(Review)

1. Write your affirmation (from page 8).

2. Memorize Your Affirmation

3. Say Your Affirmation daily at least for 5 Minutes.

4. Feel your affirmation when you say it, as if it has happened already. Continue to say it until you feel it and believe it –deep down!

5. Express gratitude daily for your blessings.

6. Speak only words that bring life. Avoid words that suggest limitation and lack, i.e. *can't*, *won't*. Avoid negative conversations.

# Preparation (continued)

7. Visualize (whether looking at vision board or imagining the goal in your mind.)

8. Pray and Thank. Communicate with God. I have heard people say, “I don’t know how to talk to God.” Talk to God from your heart. He knows you. No need to try to be formal. Be the YOU that God created. Also, thank God for the blessings that you already have. Show appreciation. How do you feel when you do nice things for your children or others and they don’t pause to say, “thanks” or “I appreciate it.” We all expect some gratitude every now and then. When you are thankful, it positions you to continue in a state of abundance.

9. Meditate. Meditation is a process that allows me to slow down my mind so that I can gain clarity and peace. The mind is constantly in motion. It’s almost difficult to get clarity when your mind is in overdrive. When I meditate, I sit upright in a comfortable position and take several deep breaths. I ask God to surround me with wisdom, light and love. I imagine God’s light surrounding and protecting me. I ask questions that I need answers to. I am always surprised at the clarity and wisdom that I receive. Do what works for you.

10. Record in your journal daily to document your progress, A-HA moments, and insight.

- Today’s Date: \_\_\_\_\_
- 30 Days From Now: \_\_\_\_\_













# Day 6

## The Power of Balance

There are many things going on in my life today. Yet, I choose to be balanced. I will not rob Peter to pay Paul. In other words, I will make sure my loved ones feel my love and commitment in spite of the busyness. I realize that everything affects everything, i.e. my health affects my ability to work and earn an income, my finances affect my ability to think properly and be at peace, my spirituality affects my outlook, thus affecting my behavior. My relationships affect my attitude at work. Knowing this, I will strive to remain balanced.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Day 7

## The Power of Habits

Success requires discipline and good habits. Discipline is the act of managing myself and conforming to a process or regiment. Discipline is: meditating and praying daily, having quiet time, exercising when I don't feel like it, saying "no" when I really want to say "yes". Today I will commit to getting into a routine even though I may not want to.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Weekly Check-In

How did the first week go?
What memorable experiences or insight have you had?
Has there been a shift in your thoughts, actions or speech?
What obstacles did you overcome?
Did you say your affirmations daily?

What am I thankful for this past week?





# Day 10

## The Power of Angels

God has assigned me a guardian angel who knows me intimately. The job of my angel is to help me in this earthly experience. My angel assists me in every way. Today, I will ask my guardian angel to assist me in accomplishing my goals and giving me the wisdom that I need. Today, I embrace the help from my angel and I give my angel permission to commune with me and assist me.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Day 11

## The Power of Re-Defining

For a long time, I have had my own ideas about how life should work for me and what it should look like. The truth is, there may be something better or something different for me. Perhaps I have held on to something that I should have let go. Today, I am open to the new definition of myself. If I am unclear, I trust that God will show me Who I really am.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?









# Weekly Check-In

How did this week week go?
What memorable experiences or insight have you had?
Has there been a shift in your thoughts, actions or speech?
What obstacles did you overcome?
Did you say your affirmations daily?

What am I thankful for this past week?











# Day 19

## The Power of Learning

I make a conscious choice to be an open container so that I can learn new information. There is always something new for me to learn. I am a life-long learner. If I refuse to learn, I will slip into arrogance and ignorance. If I choose to learn, I will be able to receive insight that will cause me to be more purposeful and God-centered. Today, I am open to learning and I realize that I still have a lot more to learn.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Day 20

## The Power of Tribe

There is a certain amount of energy and synergy that is created when I surround myself by others who are positive and purposeful. When I am around those who vibrate with light, love and faith, I become inspired, empowered, and encouraged. As I face this transformation in my life, I will intentionally choose the people that I spend my time with. I will also find my tribe (those who are like minded and like-spirited.)

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Day 21

## The Power of Tending to My Physical Health

My body is the temple of God. While I am focusing on bringing my goals to reality, I will make sure I treat my body well. I will exercise it, nurture it, and feed it properly. I will put the foods in my body that serve it. Today I will take a long stroll and repeat my affirmations for at least 5 minutes.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Weekly Check-In

How did this week go?
What memorable experiences or insight have you had?
Has there been a shift in your thoughts, actions or speech?
What obstacles did you overcome?
Did you say your affirmations daily?

What am I thankful for this past week?

# Day 22

## The Power of Creativity

I am a creative soul. There is something about me that makes me so, so unique. While there are others who may have the same talent and skills that I do, there is no one who delivers and performs the way that I do. God has enabled me to bring my gifts, service and products to the world with a different flavor. Today, I will honor my creativity, no matter how strange it seems. There is no one like me.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?



# Day 24

## The Power of Boundaries

I realize that I have to set boundaries. Boundaries protect me as well as others. Boundaries tell me and others where to begin and where to end. I will let others know my boundaries. If something does not feel right for me or it is not aligned with my values, I do not have to say “yes” to it. I will not allow others to set boundaries for me. I will set my own.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

# Day 25

## The Power of Silence

Silence really is golden! When I am in solitude, I see myself and God. I can hear my thoughts . Most important, I can hear God speak. Today, I will be sure to spend a few moments in silence. As I sit in silence, I will listen at what comes to my mind, spirit and heart. I will also watch the visions that come to me. In silence, amazing things can happen!

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?





# Day 27

## The Power of Fun

In the midst of my transformation, I will choose to have fun. Though I am serious about my goals, I am also serious about having fun. There is nothing wrong with leisure and fun. My soul needs it today.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?



# Weekly Check-In

How did the this week go?
What memorable experiences or insight have you had?
Has there been a shift in your thoughts, actions or speech?
What obstacles did you overcome?
Did you say your affirmations daily?

What are you thankful for this past week?

# Day 29

## The Power of Adversity

Adversity is not always bad. Adversity can make me or break me. I will not allow it to break me. Instead, I will embrace it and ask God, "What should I learn from this? How can I manage this?" Don't allow adversity to discourage you. Allow it to teach you.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?





# RESOURCES FOR YOUR EVOLUTION

## PROGRAMS

[Evolved Woman Leadership Academy](#) (Virtual Class). This is the program to help you transform your life and business and rise above the limitations that have kept you stuck.

[Birth Your Book](#). This program is designed to help you develop and publish your book on Amazon in less than 90 days.

## BOOKS

[Get Results Now! 30 - Day Transformation Journal](#) (Companion to [Transform Your Dreams Into Your Reality](#))

[Desperate for Change: How to Get Unstuck and Transform Your Life](#)

Are you tired of being stuck? Have you tried to make changes in your life year after year, only to realize that you are still in the same predicament? In *Desperate for Change*, you will: discover and overcome what is holding you back so that you can live life to the fullness; learn a sure way to achieve goals that you thought were impossible; discover how to renew your mind so that you can improve your health and relationships; and connect with your purpose and dream. Like the caterpillar, you will soon experience a metamorphosis before your very eyes! Discover why *Desperate for Change* is transforming lives across the country.

[A New Paradigm for Unemployment](#)

If you are you unemployed or underemployed, this book will provide practical insight to move you from “waiting” to “creating.” You will discover how to re-design yourself and tap into your own genius. You will no longer remain a victim of unemployment or underemployment. You will have the insight to become a victor!

[The Empowered & Enlightened Teen](#)

This is a must read for the teens in your life. Empowered and Enlightened Teen addresses self-esteem, taking responsibility, making healthy and helpful choices, choosing relationships, and tapping into their authenticity. Teens will come away spiritually, emotionally and mentally empowered and enlightened.

## COACHING

Transformation Coaching  
Book Coaching



If this book has been helpful in your evolution,  
please email me and let me know. I would love  
to hear from you.

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Take care. Thanks for allowing me to be a part  
of your journey