

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 abundance in every area of your life.

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.

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. 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.

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. 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?

Your prayer: 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 to visit him Mom. 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. I left her bedside not knowing if I will ever communicate with her again. Thankfully, she began to recover. My dear grandmother transitioned a couple of years later.

Long story short, I felt so out of control. At the time, our nieces and nephew (in elementary school) were living with us. We left our three darlings 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 was 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. 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.

2. Memorize Your Affirmation

3. Say Your Affirmation daily.

4. Feel your affirmation when you say it, as if it has happened already. Express gratitude for your blessings.

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

Preparation (continued)

6. Visualize your affirmation in it's completion (whether looking at vision board or imagining the goal in your mind.)

7. 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.

8. 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.

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

- Today's Date: _____
- 30 Days From Now: _____

Day 1

The Power of Belief

In entering this 30-day journey, I choose to believe that anything is possible. I shift from my old way of thinking to a new way of thinking. I release any thoughts and beliefs that no longer serve me or beliefs that hinder me. I will believe in my new goals with everything in me. I will believe in my affirmations with every fiber of my being. I believe!

Your job: Write your affirmation and memorize it. Say this affirmation for at least 5 minutes today and every day. For more focus, say your affirmations in the morning. They will help shape your day.

Write your affirmation here.

Insight, What Was Significant?, How Do I Feel?

What am I thankful for today?

Day 2

Power of Faith

Today and everyday, I have faith in God knowing that God is able to do exceedingly and abundantly above anything that I can ask and imagine. I have faith in myself knowing that I am able to achieve all that God has in store for me. Though my goal has not physically manifested, I believe without a doubt that it's going to happen. I choose to act as though it has already happened. My faith tells me that all things are working together for my good.

Your job: Display your affirmations. Write them on several index cards or post-its. Put them or tape them in a place where you will see them daily. Put them in your car, purse, or door so that you can see it when you leave or enter your home.
Insight: What Was Significant? How Do I Feel?

What am I thankful for today?

Day 3

The Power of Feeling

As I declare my affirmations, I will use my feelings. I'll feel the joy, excitement, happiness and peace as if my goals have already happened. I can choose my feelings. Today, I choose to feel happy. If I don't feel joyful, I will close my eyes and pretend that I am happy for a moment. As I do this, I will shift my perspective. As I make this shift, I will note how it feels to be in charge of my emotions. I will remember to stop and notice my feelings.

Your Job: Catch the feeling! Feel what it feels like to have this goal achieved. Feel the excitement and happiness of achieving your goal. This will shift your energy and expectations.
Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

Day 4

The Power of Gratitude

There is so much to be thankful for. On this day and every day, I will express thanks for all of the blessings that I have. I will say, “thank you” to God and others. Instead of thinking about what I need or don’t have, I will think and thank about ALL that is going well in my life right now. The fact that I am able to read this is a blessing! When I become grateful, it positions me to make a greater impact. When I bless others, it comes back to me.

Your Job: I will demonstrate extreme thankfulness for all that I am and ALL that God is. I am also thankful that God has answered my prayers. I’m also thankful that the Angels of Truth, Love and Light work with me.
Insight, What Was Significant? How Do I Feel?

What am I thankful for today?

Day 5

The Power of Giving

Today, I choose to give something to someone. There is someone in my circle today who will need understanding, love, insight, a smile, encouragement or maybe food. I will serve that person with a smile, realizing that I am so blessed. God will show me exactly who I should give to today and how I can help. I am excited about giving. I will be a miracle to someone today. I can't expect a miracle unless I'm also willing to be a miracle to someone/

Your Job: Today you will position yourself to be a miracle to someone.
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.

Your Job: What are the Habits that I've Had the last 7 days? Are there any habits that I should eliminate so that I can be totally focused?
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 8

The Power of Loving Me

I frequently give to others. As a wife, mother, daughter, employee / employer, and friend, I am always making sure others are okay. Today, I choose to take care of ME. I will love on me without feeling guilty. I need ME. I can only give out of my overflow. If I am out of gas, I can not take myself or others anyplace. Yes, I will love on me today.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

Day 9

The Power of Expectation

I have an attitude of expectation. I expect favor, blessings, abundance and opportunities. God longs to blow my mind. Today, I am in total expectation.

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?

Day 12

The Power of Coaching

I am smart. Yet, I do not have all the answers. There is someone else who has the piece to my puzzle. There are others who can see my blind spots. Today, I will go out into the world realizing that someone else also has a key to my lock. Someone has figured out what I have yet to discover. Someone else has a solution to my dilemma. I do not know everything and I release any pride that says, I should know it all.” I don’t know it all and it’s okay. The only thing I must know is where and how to find the answer. I trust God to lead me to someone who can help navigate me.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

Day 14

The Power of Owning It

When I own something, it means that I take responsibility for maintaining and caring for it. So, I take responsibility for my dream and goal. I realize that I don't have all the answers. For instance, a parent may not always know what is wrong with her child when he / she is sick. Yet, the parent takes him to the doctor (someone who can help her solve the problem). The parent takes responsibility for her child's well-being while relying on the expertise of another. She owns the problem and pursues to resolve it. We are no different. We can take responsibility for doing something to address the challenge. Today, take responsibility for your situation. Take responsibility for asking for the solution.

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 15

The Power of Risk

Most people don't enjoy taking risks because taking risks can be scary. Today, I realize that risks are necessary. When we abandon what is comfortable, we consider it a risk. As God guides me, I will take the risks that are necessary for my growth and success.

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

Day 18

The Power of Permission

Today, I give myself permission to be powerful. Yes, I realize that God is powerful. God has given me power also. I will walk in my power and speak with my power. I will not shrink today. I will be the powerhouse that God has made me. I can be powerful, yet gentle.; powerful, yet humble; powerful, yet teachable. From this day forward, I will be okay with being powerful.

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 23

The Power of Expansion

Now, I choose to expand my mind. I shift away from limited thoughts and ideas. I will no longer operate with beliefs about limitations. I choose to expand my mind and heart beyond what I currently know and expect.

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 26

The Power of Asking

There is something that I need help with or something that I need answered. I will boldly ask for help realizing that asking for help gives others an opportunity to say “yes” and use their God-give talent and resources. There is someone waiting to help me today, and I will give him / her permission to do so. Yes!!!

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 30

The Power of Evaluation

On this day, I will step back and take a look at myself and my progress. Where am I? How am I doing with my affirmations and visualization? Have I changed my speech and thoughts? Have I slipped into negative thoughts and behavior? What will I do to make sure I continue moving forward?

Insight, What Was Significant, How Do I Feel?

What am I thankful for today?

RESOURCES FOR YOUR EVOLUTION

BOOKS

(ALL OF THE BOOKS BELOW ARE AVAILABLE ON AMAZON).

[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 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.

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