

INSPIRED MORNINGS

THE 100 DAY JOURNAL
TO LIVING AN INSPIRED LIFE.



BE MORE GIVE MORE

—BRAD FINKELDEI—

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Thank you for downloading the Inspired Mornings Journal. I wrote this after years of entrepreneurial experience and years of discovering that I had the best days when I powerfully set up my mornings with intention and inspiration.

I wouldn't be here today if I hadn't met a man, Rafael Bejarano, who during my journey, inspired me to quit being a chicken and stand up for what I believed in and make a difference. Unfortunately, he was killed in a terrorist attack in September 2015, and I've chosen to dedicate my life to carry on his message of inspiring others.

This journal is a part of me carrying that message on and inspiring others to live a life they love and go for their dreams. Through my entrepreneurial journey, I've overcome some of my biggest fears, and I hope the same for you.

On the other side of fear is freedom.

This journal is the process of discovering and achieving your dreams, one action, one fear, one win at a time. A life that has you jumping out of bed in the morning ready to live life to the fullest. Fears, Tears, Cheers, and Hell Ya's all along the way. Thanks for being a part of this and thank yourself for saying YES to your life.

I've designed this to be easy to use and understand. The first few pages are the setting up and planning for the next 100 days. The remainder is the daily journal. Fill in the blanks, take action, and allow space for magic and miracles to happen.

Join our inspired morning's community online at www.inspiredmorningsjournal.com

Thank you for purchasing and be an inspiration to someone today.

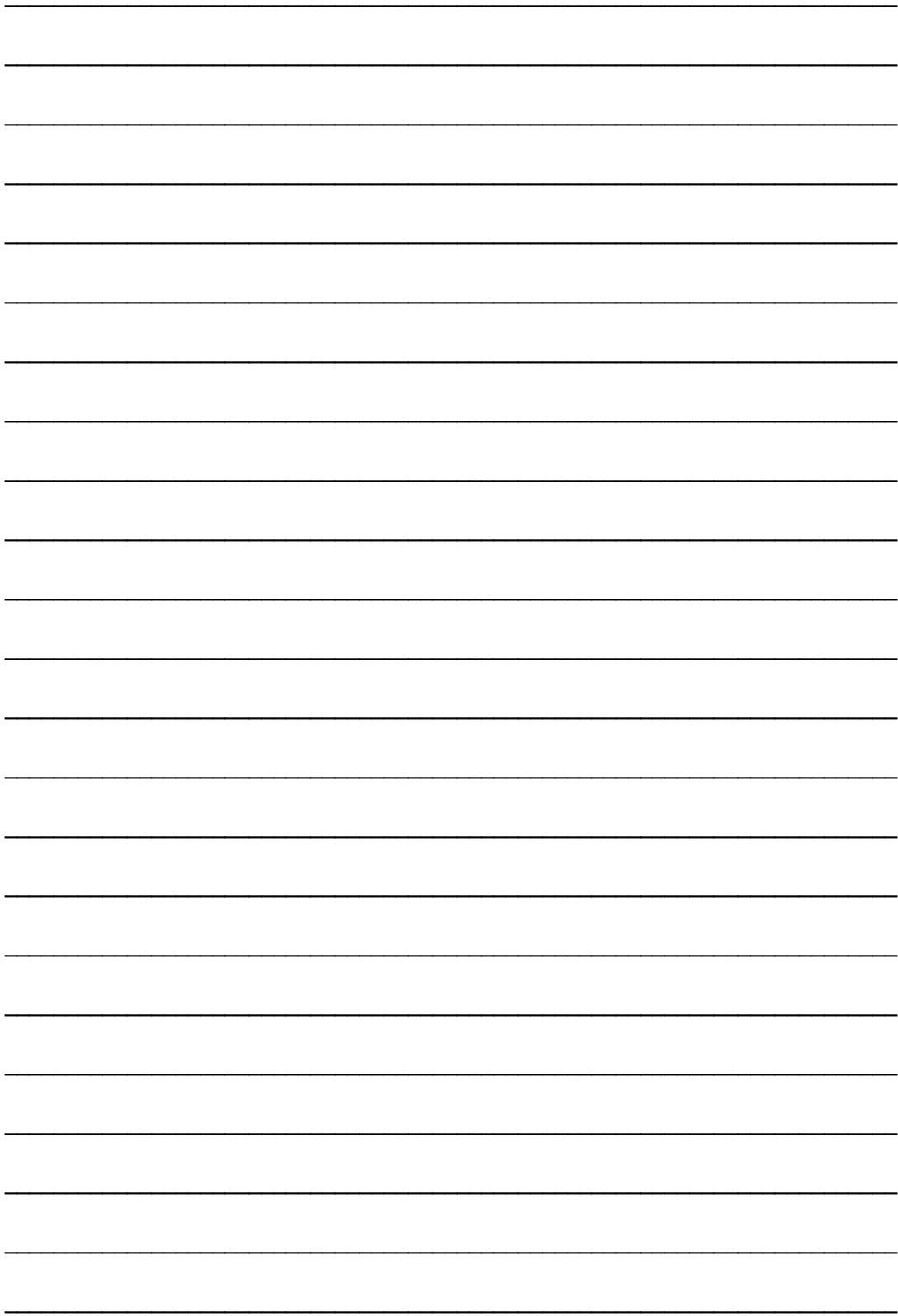
A handwritten signature in black ink, appearing to be 'Brad Finkeldei', with a long, sweeping underline that extends to the right.

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Set Intention

Be In Action

Allow Miracles to Happen



Day 0 - Creating your Inspiring Vision and Plan

In this section, you're going to be imagining yourself accomplishing your goal and everything it's taken to make it real. Write this with language as if it's already happened.

What big inspired actions did you take to accomplish this? Outline the milestones to you 100 days.

BIG INSPIRED ACTIONS Milestones of your 100 day goal

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Day 0 - Creating your Inspiring Vision and Plan

My intention is to **BE** this way(s) while creating my inspired life:

Being Generous, Happy, Graceful, Calm, Focused, Fun, Loving, Confident, Courageous, Committed, Abundant, etc..

During this process, I will ask for help with this from my higher power and be open to it looking different as to allow for magic and miracles to happen:

What obstacles did you overcome?

Who has helped you and who did you ask for help?

What fears did you overcome?

How many people did you share your big vision with? Write their names here.

What attitudes and beliefs did you let go of to accomplish this?

What difference have you made in others lives?

Day 0 - Creating your Inspiring Vision and Plan

Draw out what you will **feel** like while you're creating this new life and what you will feel like once you have accomplished it. *I like stick figures, but you do what makes you happy! :-)*



Close your eyes, set your intention, visualize yourself accomplishing your goal with ease, grace, and fun. Allow space for miracles to happen.

Sit quietly with this for 72 seconds.

Set Intention

Be In Action

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Reprint the daily pages that follow for each day.
Purchase the full 100 day journal at www.inspiredmorningsjournal.com

Day _____ of 100

Set Intention - Be In Action - Allow Miracles To Happen

Date ____/____/____

Today, I appreciate:

1. _____
2. _____
3. _____

My intention today is to **BE** this way(s) while creating my inspired life:
(sit with this for 17 seconds after writing)

Being Generous, Happy, Graceful, Calm, Focused, Fun, Loving, Confident, Courageous, Committed, Abundant, etc..

Today, I will make a difference for this person, group, or organization by doing this:

Think outside yourself and in the world of others

Yesterday's win was:

My 100 Day Goal is:

Today, the milestone I am in action and working on is:

Today, I will take action on the following items that fulfill on my milestones and 100 day goal.

#1. _____
Biggest Impact or Revenue Generating

#2. _____

#3. _____

What's at stake by **not** completing these?

Day Continued

Set Intention - Be In Action - Allow Miracles To Happen

Today, I will ask for help with this from my higher power and be open to it looking different as to allow for magic and miracles to happen:

Today, I will share my intentions and or my 100 day goal with this person:

Write out the story of you accomplishing your intentions today. Write it as if you're sitting down at dinner with a friend describing what happened today and how you feel about it. Keep it general and not too detailed. Allow space for miracles and magic to happen. Let others help you.

Draw out what you will **feel** like at the end of today.



Close your eyes, set your intention, visualize yourself accomplishing your goal with ease, grace, and fun. Allow space for miracles to happen.

Sit quietly with this for 72 seconds.

Go be awesome and make a difference today!