JOURNAL

EDMONDSON BOOKS
LANCASTER

PLANNER

Name

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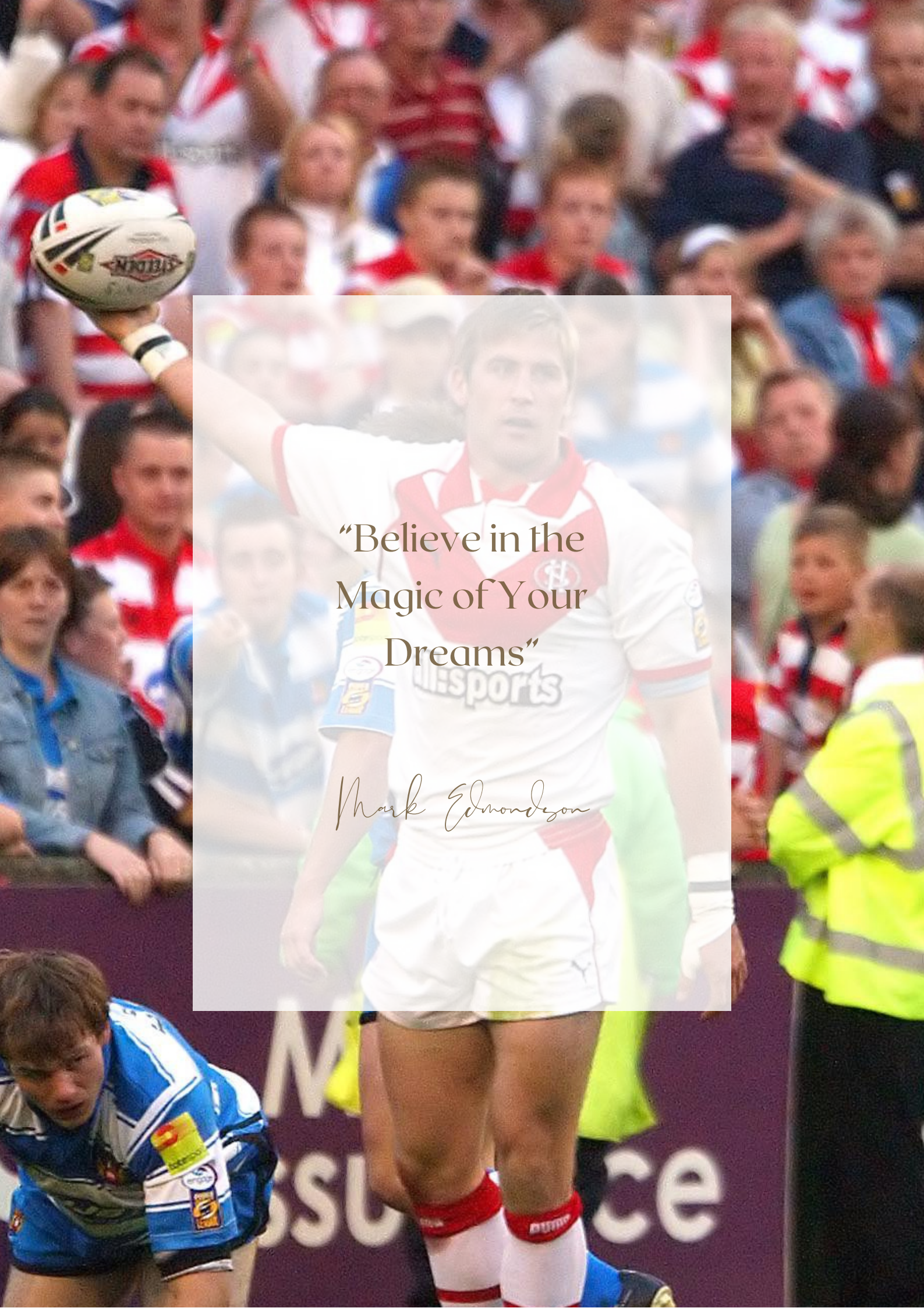
Email

Phone



"Believe in the Magic of Your Dreams"

Mark Edmondson

MARK EDMONDSON'S

BIOGRAPHY

Mark Edmondson was a world class athlete who reached the highest level of professional sport.

Mark became a multiple winning champion and represented England at the International level.

After Mark retired from professional sport he studied human performance psychology and set up his own business specialising in peak performance.

Mark has been a world class peak performance coach now for the last 12 years.

Mark was the peak performance coach for the England Rugby Union national team helping England reach the Rugby Union World Cup final in Japan 2019.

Mark has worked closely with the world's fastest man Usain Bolt in 2018.

Mark Edmondson

MARK EDMONDSON'S

PHILOSOPHY

To show my clients how to reconnect with their inner being and infinite intelligence.

Encourage them to courageously envision the life they desire.

Inspire them to follow their desires with confidence, faith, trust and belief.

Thats it.

The rest will take care of itself.

Optimal health and potential will find my clients as their awareness expands.

Mark Edmondson

JOURNALING

BENEFITS

Journaling will improve every aspect of your life.

The greatest conversations are with yourself.

All the answers you seek are waiting for you here.

Psychological freedom
Develops creativity
Restores inner peace
Improves mental health
Encourages optimism
Creates powerful clarity
Reduces anxiety
Delivers contentment
Strengthens awareness

Mark Edmondson

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GOALS

Clean up and make peace with your past.

Find more joy and appreciation in your life.

Design the future you want and prove to yourself you can have it.

Follow your passion and take it as far as it will go.

Fall in love with the journey and yourself at the same time.

To wake up excited and to go to sleep satisfied.

Mark Edmondson

INSTRUCTIONS

NEXT STEPS

Step One

Purchase a brand new A4 note pad and a nice pen
Store in a private location

Step Two

Pick an early time in the morning to journal

Step Three

Select a peaceful environment

NEXT STEPS

Step Four

Go to the chapter you're interested in and briefly look through the questions

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Step Five

The questions to answer will find you
Start writing

Step Six

Feel the freedom to express yourself fully
Nothing is off limit

NEXT STEPS

Step Seven

Enjoy the conversation with your inner being and reconnect to your source of infinite intelligence

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Step Eight

Relax and allow your mind and body to become receptive

Step Nine

If you are consistent with your journaling then you will reap the rewards

NEXT STEPS

Step Ten

Life changing information will present itself to you
the more you journal

Step Eleven

Enjoy the magic that comes to you
Synchronicities will guide you towards your potential

Step Twelve

Give thanks for each tiny gift you receive

CHAPTER ONE

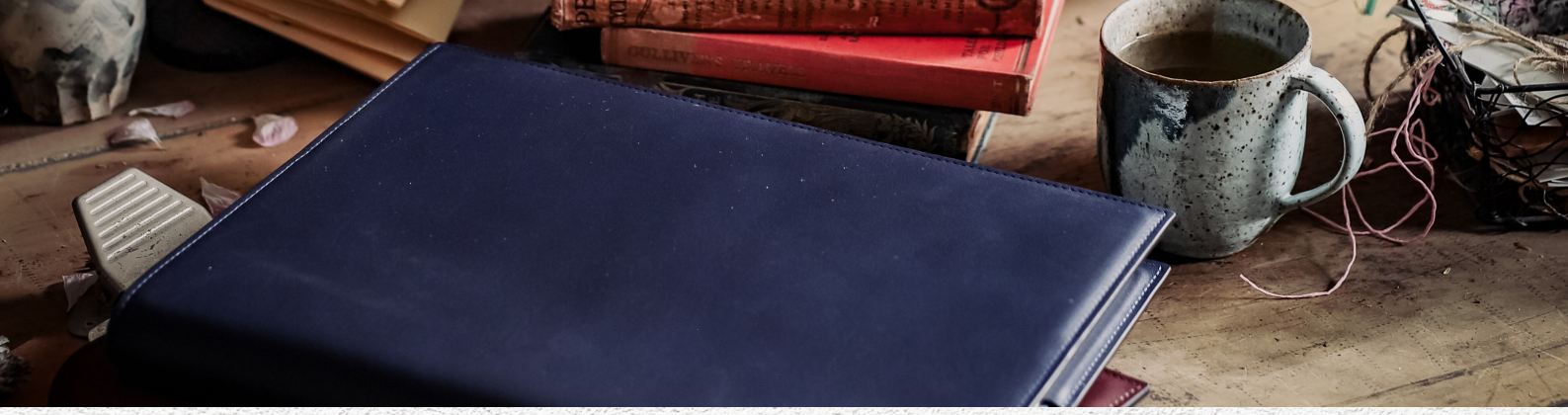
PAST YOU

PAST YOU

What specifically is it about your past you would like to make peace with

Why do you want to make peace with this particular part of your past

How are you going to make peace with what you have identified



PAST YOU

What past memory keeps persisting in your now everyday experience

What lesson is this memory trying to teach you

Write down a new positive perspective with what you have identified

PAST YOU

Describe one of your most powerful come backs from a challenging past event

Describe some of your recent positive realisations about your past

Write about a past opportunity that changed your life

PAST YOU

What past experience are you pleased you went through and why

What parts of your past inspire you

Describe some valuable lessons from your past

PAST YOU

What can you forgive yourself for and why

Who can you forgive and why

What part of your past needs cleaning up

PAST YOU

What recent experience needs cleaning up and making peace with

What past memories feel better now

What would be a better story of the past to think about

CHAPTER TWO

CURRENT YOU

CURRENT YOU

What would you change about yourself and why

What have you learnt about yourself recently

What are you avoiding that needs to be addressed

CURRENT YOU

Describe what you have to do in order to reach your potential

What do you need to start doing

What negative situation can you look at differently

CURRENT YOU

What is the elephant in the room that needs to be addressed

In what areas do you let yourself down

What currently do you need to make peace with

CURRENT YOU

Describe some of your recent realisations

What do you need to stop doing

What's currently exciting in your life

CURRENT YOU

What insecurities can you work through and overcome

What fears can you work through and overcome

What decision do you need to make and have trust in

CURRENT YOU

Describe how you can you respond better to certain situations

What is a new response you are enjoying

Describe how can you respond better to people

CURRENT YOU

What do you really appreciate at the moment

What are you grateful for right now

What is bringing you joy and happiness right now

CURRENT YOU

What was some of yesterday's best moments

How are you feeling today

What is really working for you now

CURRENT YOU

Note down any positive feedback or compliments you have received

What's on your mind today

What's important right now

CURRENT YOU

What have you learnt recently thats valuable to you

What makes you feel alive

What are you happy about today

CURRENT YOU

What have you realised is going to take more patience

What has brought you satisfaction recently

What have you realised is going to take more focus

CURRENT YOU

What outcome do you need to stop focusing on and leave to the universe to sort out

What do you have to look forward to

Write down all good things you have in your life right now

CURRENT YOU

How can your relationship with yourself be better

What's a better way of doing things

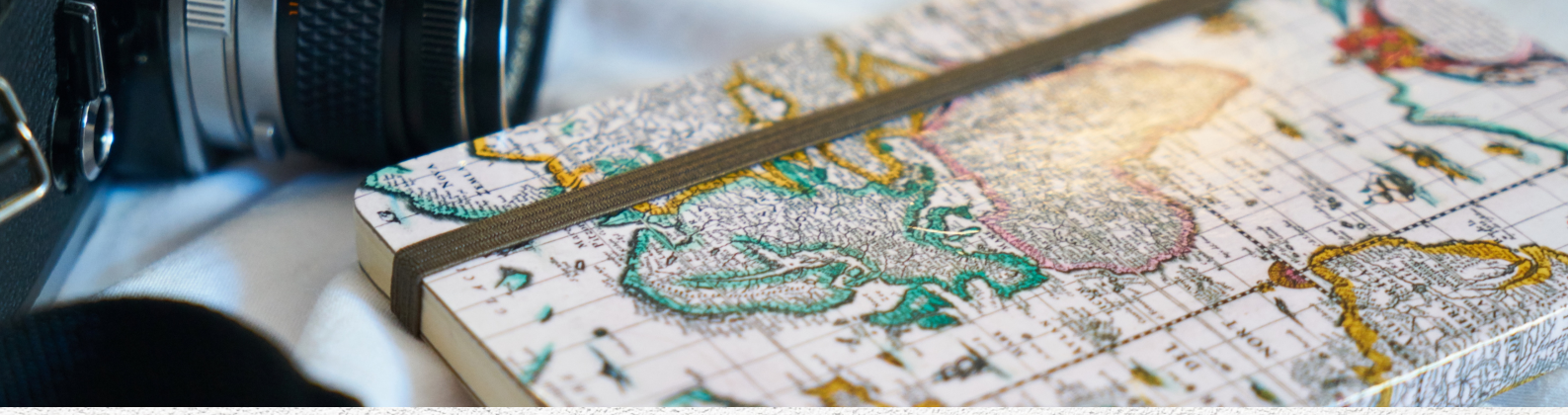
How can your current home environment be better

CURRENT YOU

Describe what ten levels up looks like

What is next for you

Where are you receiving love from



CURRENT YOU

What does a successful week look like for you

What has been really memorable lately

Describe how your exercise and training is going

CURRENT YOU

Describe what things should you let slide today

How is your focus benefiting you

Describe who you can let off the hook today

CURRENT YOU

What beliefs are holding you back at the moment and why

Describe how your going to change a bad habit

What will you do to change a limiting belief you have

CURRENT YOU

Describe the most treasured parts of your day

What are you inspired to do next

Describe what's going to be your strength

CURRENT YOU

What addictions are negatively controlling you

How are you going to overcome your addictions

What are you building good momentum on

CURRENT YOU

If you had six weeks to prepare for a huge opportunity
what would you do to make sure you are ready

What's your next logical step to a better life

Are you ready for the success you desire
Please describe

CURRENT YOU

Describe what the next level of health and physical fitness looks like

Describe an elite version of yourself

What would be pretty cool if it came true

CURRENT YOU

What is really working for you right now

What does your heart desire now

What are you enjoying at the moment

CURRENT YOU

What have you always wanted to do that you haven't yet done

What new skills do you need to learn

What are the good feelings you're searching for

CURRENT YOU

What can you control in this negative situation

What can you not control in this negative situation

What thoughts do not serve you right now

CURRENT YOU

What change of approach is needed in your life right now

What things keep triggering you

How can you make peace with what's triggering you

CURRENT YOU

What emotions do you consistently experience at the moment

Do these emotions serve you well

What do you need to take some time to reflect upon

CURRENT YOU

Who do you keep talking to that shows no interest in you

Make a list

What would be a better way of dealing with these people in the future

Who do you keep turning to for validation
Describe why

CURRENT YOU

Who are the people that you feel great around

What parts of your own company have you become to love

Who are the people that show interest in you

CURRENT YOU

Describe how you are intentionally following your heart's desire

Describe what intention you have recently made

What are you going to fully commit to

CURRENT YOU

How has your mood been recently

What have you been creating

What are you really proud of

CURRENT YOU

What's not working for you

What is working for you

Describe your mental health at the moment

CURRENT YOU

What do you love doing at the moment

What are you seeking

Describe how your alignment is going

CURRENT YOU

What are you thinking about that is 100% true

What are you thinking about that you dont know is 100% true

Who do you admire and why

CURRENT YOU

What happend the last time your intention was strong

What is harming your health

What is making you feel better

CURRENT YOU

What do you need to calm down about

Describe some of your recent acts of kindness

What do you need to discover

CURRENT YOU

What idea is bringing you pleasure

What empowers you

What do you need to stop talking about

CURRENT YOU

On a bad day how do you quickly recover

What destination do you want to visit next

What is making you feel really well at the moment

CURRENT YOU

Describe your quality of sleep

Describe how your feeling about your career

What makes you feel fulfilled

CHAPTER THREE

FUTURE YOU

FUTURE YOU

Write about something new that your passionate about

Describe a successful future experience

What projects are you currently excited about

FUTURE YOU

Where is your new found passion going to take you

What's really working out for you right now

What new routine will compliment your goals

FUTURE YOU

What will be amazing about yourself in the next month

What new idea do you have

What three things do you believe will manifest soon

FUTURE YOU

What compliments have you received lately

Describe what would be your best self image

Describe what would be your best physical shape

FUTURE YOU

Describe a great relationship with a particular someone special

Describe what the next level looks like

Describe a new interest your going to start

FUTURE YOU

What are you in love with that doesn't involve money

Describe the perfect living space you desire

What experiences are on your bucket list

FUTURE YOU

Summarise the week just gone

Summarise the month just gone

Summarise the year just gone

FUTURE YOU

Make a bold statement to yourself about your future

If you had three wishes what would they be and why

What are you doing to help other people that you are currently proud of

FUTURE YOU

Describe what your going to invest valuable time into soon

What are you eager for more of

What's around the corner for you soon

FUTURE YOU

What does your true independence look like

Describe how you flourish

What adventure is next for you

FUTURE YOU

Describe a recent surprise you experienced

Write about your latest synchronicity

What came out of the blue recently and into your life

CONCLUSION

GREATER SELF AWARENESS

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