SOUL SUCCESS
DAILY INTENTIONS JOURNAL

EMPOWERING YOURSELF AS A CONSCIOUS CREATOR

Written and Created
by
Soul Success Coach
Cari Murphy
ATTENTION SPIRITUAL AWFAKERS:  
It's Time to Explore  
the New Frontiers of Consciousness

It's NO MISTAKE  
that YOU are HERE...

SOUL SUCCESS  
CAN BE YOURS NOW!

Your life is created with or without your awareness, conscious effort or intentions. Wouldn't it be nice to create your life on purpose? You can! You can begin today! Embrace the requests of your SOUL! You have one of the most life-changing opportunities available to you right now!

It's said that it only takes 90 days to create a new habit.

This SOUL SUCCESS DAILY INTENTIONS JOURNAL supports you as you enter into a beautiful 90 day journey into awakened, empowered living. It is intended to inspire a new pattern of behavior in your daily life that will allow for the inner worth and outer wealth your soul craves. This journal is designed to provide you with daily images to stir the soul coupled with divinely inspired nuggets of wisdom that hold the power to nourish you from the inside-out and bring greater success, peace, harmony, and fulfillment into your daily existence.

Our intentions are present day mental images of future events! They keep our mind, body, and spirit firmly focused on what we truly desire. Intentions are like spiritual fuel! Setting daily intentions is a way of connecting a goal in the future with motivation in the present. Intent directs energy and attention towards the future. It is a filter for experience, causing the subconscious to work towards the intention. I hope you enjoy remembering the power that lies within you to manifest the life of your dreams! YOU CAN WRITE OUT YOUR DAILY INTENTIONS OR SAY THEM ALOUD.

Setting daily intentions is the most powerful tool available to you in becoming a conscious creator that is taking accountability for the creation of your life experience. Taking consistent, daily action steps that reflect your intentions combined with the wisdom contained within the daily messages and images offers you the divine opportunity to remember your creative power to create positive change and determine the level of joy, success and fulfillment in your life. It is my sincere wish that you will discover blissful new pathways to authentic success, greater connection to your eternal, spiritual self and a deep sense of serenity through the commitment to this 90 day process.

With love from my heart to yours,

Cari Murphy
Message from the Author:

Dear Reader,

I AM grateful to have offered thousands of clients worldwide a unique blend of spiritual and intuitive counseling, spiritual support, business and lifestyle coaching, and energetic mindset mentoring that has served to promote powerful awakening, healing, and expansion in all areas of their lives. This well rounded, holistic approach to supporting my clients is one that has produced phenomenal results, whole-self transformation and lasting change. I coined the term “Soul Success Coaching” and describe this method of coaching as one that is divinely fueled from the soul, serving my clients from a grand perspective that allows for the unveiling and fulfillment of their soul’s mission.

With over 17 years of experience in counseling psychology, combined with over 5 years of life and business coaching through my company, Empowerment Coaching Solutions, and a deeply intuitive gift heightened after my transformative near death experience years ago, I am driven to support my clients with unconditional love in clearing their energetic blocks, heightening their intuitive abilities, shifting their perspective to allow for phenomenal new levels of success, and manifesting the physical, emotional, financial, and spiritual rewards their soul deserves. I thrive on coaching spiritual way-showers, light-workers and leaders who are ready to shine in their own lives or even in front of millions... and to live a lifestyle deserving of their soul's brilliance.

I am also an Award Winning, Best Selling Author and Poet, having published 5 books in the fields of Spirituality, Personal Development and Inspiration, including my Best Belling book, CREATE CHANGE NOW: Reflections for Personal Transformation. I am grateful to have the opportunity to be an International Talk Radio Host leading my Create Change Now Radio Show to worldwide success and raving reviews with hundreds of thousands of listeners.

As a Keynote Speaker and Coaching Mentor, I am soulfully committed to leading a variety of highly popular and successful group coaching programs, workshops and retreats. I am also a conscious media personality, hosting and interviewing some of the world's most celebrated thought leaders, soul-driven trailblazers and visionaries.

I AM dedicated to supporting spiritually driven success seekers and conscious entrepreneurs clear the pathway to limitless wealth and success, remember their soul mission, build their lives and businesses and experience spiritual expansion, soul-driven success, and purposeful living. I offer consistently inspirational messages of individual empowerment and personal accountability, and strive to inspire my clients, audience, listeners, and readers to expand the horizons of their imaginations, unleash their greatest potential, and open energetic doorways to unlimited abundance and success!

AWAKEN, EXPAND AND ALIGN
YOUR PERSONAL AND PROFESSIONAL SUCCESS
WITH THE WISDOM AND THE CALLINGS OF YOUR ETERNAL SPIRIT

WWW.CARIMURPHY.COM

CONTACT ME AND MY TEAM AT CARI@CARIMURPHY.COM OR 1-800-704-SOUL
DAY #1

As you awaken the authentic personal reservoir of power within you, you re-member that you can create and manifest everything you desire.

MY INTENTIONS FOR TODAY ARE:
DAY #2

Your mind is the star of your personal manifestation show!
What will you create today?

MY INTENTIONS FOR TODAY ARE:
DAY #3

As you release the poisonous, toxic people, circumstances and parts of your life, you make room for the bliss and success you deserve.

MY INTENTIONS FOR TODAY ARE:
DAY #4

When our sense of self is detached from status, finance, or emotional desperation or need, we set the stage for soul fulfillment.

MY INTENTIONS FOR TODAY ARE:
It is not your responsibility to transform the world for others, but it IS your responsibility to transform your own as a conscious creator

MY INTENTIONS FOR TODAY ARE:
Choose to notice and acknowledge the opportunities instead of the obstacles in your life today! That shift will reveal great rewards.

MY INTENTIONS FOR TODAY ARE:
DAY # 7

If you have something uncomfortable happening, the soul solution is NOT to shut down, it’s to open UP.

MY INTENTIONS FOR TODAY ARE:
Day #8

Life transforms when you believe in your ability to create your destiny as opposed to waiting for “luck” to determine your life story.

My intentions for today are:
DAY # 9

Create and live your soul's legacy now.
Don't wait until the end of your life to truly live with passion, purpose and JOY.
The time is now.

MY INTENTIONS FOR TODAY ARE:
Our words are powerful. They can either infect a loving environment or purify and cleanse our surroundings. Which will you choose?

MY INTENTIONS FOR TODAY ARE:
Prosperity isn’t just the accumulation of things. It is the CONSCIOUSNESS that ATTRACTS the things. It is a way of living and being.

MY INTENTIONS FOR TODAY ARE:
DAY #12

We are alive with energy always in motion. Our thoughts, intentions and INTUITIVE feelings have the power to transform our experience instantly.

MY INTENTIONS FOR TODAY ARE:
DAY #13

As you give your attention to what IS working and what is going well in your life, you attract even more to be thankful for.

MY INTENTIONS FOR TODAY ARE:
DAY #14

What are you willing to do to share yourself AND your gifts with the world in new, expansive ways?

MY INTENTIONS FOR TODAY ARE:
Fear is a regressive energy that collapses our power. Love is a progressive energy that expands it!

MY INTENTIONS FOR TODAY ARE:
DAY #16

Choose to be an empowered conscious creator and shift into an energetic space that involves taking responsibility for your decisions and your life.

MY INTENTIONS FOR TODAY ARE:
DAY # 17

Faith opens doors. Doubt closes every one of them.

MY INTENTIONS FOR TODAY ARE:
Every moment we are offered a choice AND opportunity to create again. That shift in consciousness can change your whole reality.

MY INTENTIONS FOR TODAY ARE:
One of the keys to successful living is to actively and consciously give that which we seek. If we seek love and acceptance, we must give it.

MY INTENTIONS FOR TODAY ARE:
DAY # 20

You can add power to either your problems or to solutions with your focus. Which do you choose?

MY INTENTIONS FOR TODAY ARE:
DAY # 21

When was the last time you did something for the first time?

MY INTENTIONS FOR TODAY ARE:
Since you are the magnet and attractor of your experiences, why not magnetize the ones you want as a conscious creator?

MY INTENTIONS FOR TODAY ARE:
A healthy, vibrant self image requires a positive mental diet. What kind of thoughts are you consistently feeding YOUR mind?

MY INTENTIONS FOR TODAY ARE:
DAY #24

No more waiting for the perfect moment. No more procrastination. Just do it!
Without action, there can be no progress and no rewards.

MY INTENTIONS FOR TODAY ARE:
DAY # 25

When you make a choice, ask these questions:
What are the consequences? DOES IT HONOR MY SOUL

MY INTENTIONS FOR TODAY ARE:
DAY # 26

We are alive to blossom like flowers as we unfold our beautiful petals of grace and wisdom and fill our experiences with beauty and love.

MY INTENTIONS FOR TODAY ARE:
DAY # 27

We have the tools to let go of frustration, struggle and strife in our lives. It's a choice we make to rise above and embrace a new perspective.

MY INTENTIONS FOR TODAY ARE:
DAY # 28

Achieving success and living with abundance is your birthright! You are divinely designed to succeed.

MY INTENTIONS FOR TODAY ARE:
You can add power to either your problems or to solutions with your focus.
Which do you choose?

MY INTENTIONS FOR TODAY ARE:
Remember that whenever you're feeling good,
you're attracting even more great things into your life!
Your energy serves as a magnet.

MY INTENTIONS FOR TODAY ARE:
Transform your world by focusing on taking daily steps forward your ever-expanding spiritual journey. Keep the momentum flowing.

MY INTENTIONS FOR TODAY ARE:
Actively set the wheels of manifestation in motion today by clearly visualizing what you DO want instead of focusing on what's missing.

MY INTENTIONS FOR TODAY ARE:
When you can view your challenges are beautifully covered jewels offering growth and healing, your experiences can instantly transform.

MY INTENTIONS FOR TODAY ARE:
Today you can illuminate your thoughts, words, actions and responses with the light from your soul and trust that your inner wisdom will lead the way.

MY INTENTIONS FOR TODAY ARE:
DAY # 35

In every moment, you have the powerful option to choose a new focus, a new thought or new perspective. Shifts happen instantly.

MY INTENTIONS FOR TODAY ARE:
If we want the love in our lives to flourish, we must release it from any shackles of control.

MY INTENTIONS FOR TODAY ARE:
DAY # 37

To positively affect and transform our health we must accept that we are multidimensional beings operating on more than a physical level.

MY INTENTIONS FOR TODAY ARE:
Persistence is self discipline is action. It's an essential component for creating and sustaining soul-driven success.

MY INTENTIONS FOR TODAY ARE:
DAY # 39

When we allow ourselves to be loved, appreciated and supported, the possibilities become limitless!

MY INTENTIONS FOR TODAY ARE:
DAY # 40

All struggles contain a lesson.
The intensity and drama we experience is self inflicted.
Rise above the suffering. Embrace the opportunity.

MY INTENTIONS FOR TODAY ARE:
DAY # 41

We must see the divine spark in our own eyes before we are able to see it in others.

MY INTENTIONS FOR TODAY ARE:
DAY # 42

Embrace your spiritual gifts and remember that you are meant to share them with the world.

MY INTENTIONS FOR TODAY ARE:
DAY # 43

Your essence is pure and divine. Do not allow anyone to diminish you or have power over you. Claim your inner power today. SHINE.

MY INTENTIONS FOR TODAY ARE:
DAY # 44

Be removing our attention from what's not working, it magically disappears from our lives. Where attention goes energy flows.

MY INTENTIONS FOR TODAY ARE:
As you awaken and remember your multidimensional nature, life becomes the magical adventure it's intended to be.

MY INTENTIONS FOR TODAY ARE:
DAY # 46

Anything we give our attention to is being given a personal invitation to enter our experience. What are u inviting into your world?

MY INTENTIONS FOR TODAY ARE:
DAY # 47

All physical symptoms are meant to awaken us to an internal imbalance. When we remove the block in consciousness, healing can begin.

MY INTENTIONS FOR TODAY ARE:
Ego reacts; spirit responds. Ego condemns; spirit is open. Ego judges; spirit IS compassion. Choose to lead from spirit today.

**MY INTENTIONS FOR TODAY ARE:**
DAY # 49

Self responsibility and self love
build bridges to wellness, wholeness and inner peace.

MY INTENTIONS FOR TODAY ARE:
DAY # 50

When we praise ourselves and celebrate our successes (however big or small) we generate the energy for even greater success.

MY INTENTIONS FOR TODAY ARE:
DAY # 51

It's up to us to determine the degree to which we dwell upon challenging times. It's also up to us to decide the amount of joy we experience.

MY INTENTIONS FOR TODAY ARE:
Giving ourselves the gift of self devotion and self nurturing time reveals priceless rewards from the soul.

MY INTENTIONS FOR TODAY ARE:
As we are liberated from our own fears, our presence and energy automatically liberates others.

MY INTENTIONS FOR TODAY ARE:
Enthusiasm and excitement produce results because they generate energy, but urgency and desperation will only serve to sabotage your intent.

MY INTENTIONS FOR TODAY ARE:
DAY # 55

Our quiet, non-verbal example speaks more powerfully than a million words spoken to someone close-minded. Allow your light to shine today.

MY INTENTIONS FOR TODAY ARE:
DAY # 56

Allow yourself to be cleansed from old limiting thoughts, ideas, beliefs that are preventing you from moving forward. Give yourself this gift today.

MY INTENTIONS FOR TODAY ARE:
As u begin to steer your life in the direction of yr intuition, you will notice people and opportunities magically entering your experience.

MY INTENTIONS FOR TODAY ARE:
As we learn to love ourselves unconditionally, we naturally begin to understand that liberation begins within and radiates outward.

MY INTENTIONS FOR TODAY ARE:
DAY # 59

Begin to saturate your consciousness with the feelings of abundance and before you know it, you will start manifesting it in the physical world.

MY INTENTIONS FOR TODAY ARE:
DAY # 60

Listening to the guidance and messages from the heart allows us to heal with forgiveness, compassion and love.

MY INTENTIONS FOR TODAY ARE:
Do your thoughts about your goals and intentions make you feel peaceful and enthusiastic or urgent and needy? Strive for peace and enthusiasm!

MY INTENTIONS FOR TODAY ARE:
There are unrecognized blessings in any situation. What can you learn from a situation? Recognizing the blessings accelerates healing.

MY INTENTIONS FOR TODAY ARE:
When we accept our true spiritual power we no longer look outside ourselves for acceptance and approval. It stems from within.

MY INTENTIONS FOR TODAY ARE:
DAY # 64

Creating new, empowering daily practices to replace old limiting patterns that kept you stuck is the key to tapping into your soul potential.

MY INTENTIONS FOR TODAY ARE:
As we bridge the gap between our dreams and limiting beliefs, we set the stage for transformation and awakening.

MY INTENTIONS FOR TODAY ARE:
DAY # 66

INSPIRE

Through the daily whispers of inspiration and creative expression, your soul will steer you in the direction of your divine destiny!

MY INTENTIONS FOR TODAY ARE:
DAY # 67

The best way to predict the future is to create it with conscious intentions and clear goals. Choose to respond instead of react.

MY INTENTIONS FOR TODAY ARE:
DAY # 68

It's time to LEAD with your SOUL and embrace the ABUNDANCE that is your BIRTHRIGHT. Take your first steps towards that new reality now.

MY INTENTION FOR TODAY ARE:
Remember the power of stillness, meditation, spending time in nature. Only then will you hear the callings of your soul.

MY INTENTIONS FOR TODAY ARE:
DAY # 70

Acknowledge the earthbound angels in your life today. Write a letter or call them and tell them the powerful effect they’ve had on you.

MY INTENTIONS FOR TODAY ARE:
We have the daily option to create heaven on earth with our words, thoughts, intentions and expectations. What will you choose to experience today?

MY INTENTIONS FOR TODAY ARE:
DAY # 72

Ask yourself today:
What can I do this week, that I’m not currently doing
that will allow me to shine in a new way?

MY INTENTIONS FOR TODAY ARE:
The sea of inner tranquility is something we can create in our hearts, minds and spirits with conscious intention and conscious decisions. Will you allow for this?

MY INTENTIONS FOR TODAY ARE:
As you actively choose to embrace change and see the beauty in the opportunity for growth and expansion, you allow for the inner peace you deserve.

MY INTENTIONS FOR TODAY ARE:
DAY # 75

You can choose to view your problems as disasters or you can turn PAIN INTO PURPOSE and use your challenges as opportunities to grow and expand spiritually.

MY INTENTIONS FOR TODAY ARE:
DAY #76

The serenity, peace and self love that is your birthright is available to you right now. Breathe it in and feel it flow through every cell in your body.

MY INTENTIONS FOR TODAY ARE:
When we discover things that we appreciate and use them as our point of focus, our world has to get better in every way. Every time we choose to flood our mind with a powerful sense of appreciation or gratitude, we attract even more of what we desire.

MY INTENTIONS FOR TODAY ARE:
DAY # 78

There is a beautiful renewal, a rebirth, a renaissance when we change old, limiting habits, beliefs and goals. A renaissance within simply means changing our priorities and redefining what’s important to our ever-evolving spirit.

MY INTENTIONS FOR TODAY ARE:
DAY # 79

We are the artists (creators),
molding the clay (Source), to create the masterpiece (our reality.)
What will YOU create today?

MY INTENTIONS FOR TODAY ARE:
DAY # 80

The path to authentic success begins with figuring out what brings you joy and then doing more of it! If you have the soul-driven vision and the goal, success will follow, and it will flow from the inside-out.

MY INTENTIONS FOR TODAY ARE:
The prime of our lives is right now-- in the moment. We keep this premise alive by searching for reasons to feel good all the time. We always have the option to consistently choose appreciation and tune ourselves into the energy of gratitude and love. Look around you. What are you grateful for?

MY INTENTIONS FOR TODAY ARE:
When you worry, you move in the opposite direction of what you truly want. Worrying is equal to a prayer for what you DON’T WANT! When you focus on obstacles, limitations, and restrictions, you demagnetize yourself from your desires. Focus on what YOU WANT.

MY INTENTIONS FOR TODAY ARE:
DAY # 83

The fundamental dynamic of energy is that we attract who we are! The more positive, passionate, joy-full, and optimistic we are, the more positive connections we magnetize to ourselves.

MY INTENTIONS FOR TODAY ARE:
Our outer life serves as a perfect mirror reflecting back to us our expectations, our sense of worthiness and way we think, feel, behave. If your experience is not what you want it to be, let that be an indication of some inner work calling for your attention and care.

MY INTENTIONS FOR TODAY ARE:
Is there ever a “perfect” time or anything? Do you tend to wait for the “perfect” time to make changes? Here’s the reality: The “perfect” time is in the moment. It is NOW! It’s time to focus on YOU.

MY INTENTIONS FOR TODAY ARE:
There is a part of us that can grow and heal from any situation if we consciously choose to respond from the heart instead of reacting impulsively from the ego.

In the midst of every challenge lies a beautiful opportunity for growth, understanding, forgiveness, compassion, and love.

MY INTENTIONS FOR TODAY ARE:
Our outer success and inner peace ultimately depend on what we think, say, imagine, do and feel each and every day. Since we are in charge of our thoughts, actions, and feelings, we can also be in charge of shaping our destiny and creating the powerful, positive changes that we deserve.

MY INTENTIONS FOR TODAY ARE:
DAY # 88

When we consciously choose to embrace the gift of co-creation where miracles, synchronistic moments, and serendipitous situations abound, the “hows” are magically taken care of and the events of our lives are seamlessly woven together into a beautiful tapestry of dreams manifesting into reality!

MY INTENTIONS FOR TODAY ARE:
DAY # 89

We can choose to set the tone for our day and week by allowing our inner light to shine more brightly than anything else that may attempt to distract us from remaining in alignment with our spiritual center.

MY INTENTIONS FOR TODAY ARE:
DAY # 90

When we choose love, we find bliss. When we choose resistance, we find suffering. Every miracle is simply a demonstration of the fact that love is undoubtedly stronger than fear. Living with an open heart stems from an emotional and spiritual willingness to look beyond our preconceptions and move beyond the limits that we place on ourselves.

MY INTENTIONS FOR TODAY ARE:
I CELEBRATE YOUR COMMITMENT TO COMPLETING THIS 90 JOURNEY!

IT IS MY SINCERE WISH THAT SETTING DAILY INTENTIONS IS NOW A NATURAL, EMPOWERING DAILY HABIT FOR YOU THAT WILL PAVE THE WAY FOR LIMITLESS LOVE, SUCCESS AND INNER PEACE.

If you desire more support on a personal basis, please don’t hesitate to contact me and my team at Cari@CariMurphy.com or www.CariMurphy.com. I would be honored to support you on your journey of expansion, healing, and growth.

May you keep the momentum flowing and experience the bliss your soul deserves.

Cari Murphy