

# Your Self-Reflection Journal

**'To Truly find your Purpose is to align with  
your Authentic Self first'**

BASED ON THE BOOK UNDERSTANDING YOUR LIFE PURPOSE TRIANGLE

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UNDERSTANDING  
YOUR LIFE  
PURPOSE  
TRIANGLE

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MICHELLE DA SILVA

WELCOME



# MICHELLE DA SILVA

## Life Coach, Motivational Speaker and Author

Welcome, here is your free self-reflection Journal. Join me on my social platforms to stay update with any events, exclusive offers and more. Get in touch if you would like to work with me on a one-to-one basis. I offer a free no obligation discovery call to see if we are a right fit for one another.

### Follow Me on Social Media

**@silvavine @silvavinecoaching @silvavinecoach**



# My Mission

I wanted a life which was purposeful, meaningful, and discover true happiness. I wanted the best out of life. Although, along the way life presented disappointments, hurts and confusion.

I know first-hand how getting vulnerable with yourself can be a difficult and humbling process, but also how it can be the first step to change.

Through my lows in life things became apparent to me, I self-reflected and soul searched and had discovered so much about self-development which has led me to write the book *Understanding Your Life Purpose Triangle*.

I'm passionate about helping people work on themselves and never give up no matter how hard times may be.

This Self-reflection Journal, is based on the concept from my book **Understanding Your Life Purpose Triangle** to help you along in finding your purpose. For those who have not read the book, you can still use the diary for daily reflection, but to take full advantage and make the changes you so desperately desire, I would advise you to read the book first.

Here is the link:



Your greatest test in Life is not how you treat others when they are good to you but how you treat them when you feel hurt and betrayed by them.

# HOW TO USE YOUR SELF-REFLECTION JOURNAL

♥ How do you want to live your life? Do you want to be a bystander and watch your life go by or do you want to choose how you are going to live?

It is important for you to allocate some time at the end of each day for yourself, by doing some self-reflection.

♥ Self-reflection is the key to gaining happiness and working towards your Authentic Self. Each time you are able to identify when Your Influencer Self, is showing up, your Observer Self is able to recognise the behaviours that do not serve you and when this happens you have the opportunity for your Responsive Self to make a choice in how you are going to respond.

Every time you choose to correct your Influencer Self you will become more aligned with your Authentic Self and this is finding Purpose.

The thing to remember is that your Influencer Self believes it needs to protect you and has created false associations of comfort, so it will keep showing up in different situations when it feels threatened.

So you will have to consistently try to be the Observer to your Influencer time and time again. But each time it will move you closer to your Authentic Self.

Once you are living authentically, you will be feeling alive and excited because the day ahead will have a purpose that provides fulfilment to you. All because you are doing what you are here to do.

When we put in effort every day and trust in what may be we will make significant changes.

♥ The first part of your daily reflection journal is to think about situations that left you feeling uncomfortable, guilty, sad, ashamed, overwhelmed, or nervous. Emotions where you felt out of control, that you couldn't get a handle on, that left you feeling out of sorts.

Because when you feel out of sorts it means you are out of balance and this is because you are acting out of your Influencer Self.

This is the time to be very honest, as no one is going to view this self-reflection journal, you won't be judged, so get vulnerable. It is ok to say 'I lied because I felt embarrassed and couldn't be myself. I started a fight with my partner because I was insecure, that they would cheat me. I stole something, because I needed to fit in. I took some drugs to forget about something'.

♥ Once you have done this, the second part of your journal is to set the intention for the next day. Consistent effort is required to make lasting changes. You have to put in effort for yourself.

Initially it may seem like a lot to do, but you will soon start to see applying effort in a positive way and not a negative.

Thinking of your intentions and writing them down is a good thing to do, even if you don't feel like doing it, set the intention anyway, because you are planting the seed in your brain that it is something you would like to do.

The Intentions are five things, you may or may not use all five things, but it is good to use all five as this is a basic overview to your life. The intentions are set as follows:

- Home effort – this could be anything from doing the laundry, cleaning the bathroom, paying a bill, buying things for your children's upcoming trip, food shopping, anything related to home life that requires immediate attention for the day. It just may be one thing, some days it will be three.
  - Work effort – this is your job, things that need your urgent attention, for the day to get your job done. It may be classes if you are a student, anything related to a career.
  - Love for my body effort – This is effort that you are doing for your body, your body is amazing it does so much for you but you abuse it through behavioural habits. Its important to offer it care. What can you choose to do that will help your body. Drink the required amount of water, do some exercise, eat healthy, get some rest, go for a massage?
  - Dream effort – is there a dream job that you would like to do that requires additional effort for you to make happen and leave your current situation?
- Your dream effort is anything you would like to do as a career but are in a current job that doesn't align with your Authentic dream (if you were a teacher and your dream is to be a dancer, what effort are you doing to make that happen?) Are you researching what your requirements are to become a dancer, are you attending dance classes? Are you working extra for money for those dance classes? What are you working on to make that dream a reality?
  - Soul effort – do you need to have a honest conversation with someone to mend your relationship? Do you meditate? Are you taking time for yourself? Is there someone you need to tell that you appreciate them? Are you reading something that can help with your growth? Can you share positivity with someone? Soul effort is anything which is good for your soul.

♥Once you have accomplished things on your list reflect back on the night before and cross it off with a line and add a smiley face: : ~~drink 3ltrs of water~~ 😊

The gratification and accomplishment will be felt when doing this. Set the intentions for the next day. Before you go to bed you are left with feel good emotions.

You won't complete all of it all of the time and that is ok it can be added onto the next day, as other things do come up, but if you have the goal in front of you it gives you direction and fulfilment when done. This is taking direction; this is taking charge.

**Daily Self-reflection  
Monday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Monday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Monday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**



**Daily Self-reflection  
Tuesday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Tuesday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Tuesday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**

**Daily Self-reflection  
Wednesday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Wednesday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Wednesday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**

**Daily Self-reflection  
Thursday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Thursday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**



## Daily Self-reflection Thursday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around you now?**

**Is there anything else you need to reflect on?**

**Daily Self-reflection  
Friday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Friday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Friday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**

**Daily Self-reflection  
Saturday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**

## Daily Self-reflection Saturday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Saturday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**

**Daily Self-reflection  
Sunday  
How Did I show up today?**

**Being your Authentic Self will bring you true happiness**

**Did you Influencer Self show up in any behaviours today?**

**What did your Observer Self notice today? How did you notice?**

**How did your Responsive Self respond today? Or allowed your Influencer to react.**

**Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?**



## Daily Self-reflection Sunday

### How Did I show up today?

**Do you need to apologize for anything that your Influencer misunderstood today?**

**What can you try to change or do differently for tomorrow?**

**What is the one thing you can do tomorrow that goes against something that you find uncomfortable?  
Like facing a fear.**

**What did you do that acted in ways that was your Authentic Self ?**

## Daily Self-reflection Sunday

### How Did I show up today?

**What are you proud of today?**

**What are you thankful for?**

**What are the amazing things around  
you now?**

**Is there anything else you  
need to reflect on?**

# INTENTIONS FOR TOMORROW

## YOU ARE UNIQUE AND MAJESTIC

- 01 **HOME EFFORT - THREE THINGS**
- 02 **WORK EFFORT**
- 03 **LOVE EFFORT FOR MY BODY - THREE THINGS**
- 04 **DREAM EFFORT**
- 05 **SOUL LOVE EFFORT**

## Daily Self-reflection Example How Did I show up today?

### Being your Authentic Self will bring you true happiness

<p><b>Did you Influencer Self show up in any behaviours today?</b></p>	<p>Yes, I was feeling anxious and overwhelmed.</p> <p>So my Influencer wanted me to eat a big bag of crisps to control my feelings.</p> <p>There was another situation where a colleague of mine was gossiping about someone else.</p> <p>I started a fight with my partner because he made me feel weak so I turned it around and made it about his wrong doing, when there wasn't really.</p>
<p><b>What did your Observer Self notice today? How did you notice?</b></p>	<p>My observer noticed I was getting anxious I knew I was going to use the crisps to feel settled, but it didn't it just made me feel worse.</p> <p>It doesn't make me feel settled in fact it just adds more feelings that don't make me feel nice about myself.</p>
<p><b>How did your Responsive Self respond today? Or allowed your Influencer to react.</b></p>	<p>I allowed myself to continue to eat the crisps - so I knew I was allowing my Influencer to continue to repeat my behavioural pattern.</p> <p>Because my Observer did notice my feelings and my old patterns of behaviour.</p>
<p><b>Were there any times you knew you were your Influencer, but it was too late to identify, but knew while you were doing it?</b></p>	<p>Yes, I knew while I was gossiping with my colleague and I was not been very nice, while I was speaking.</p> <p>While I was arguing with my partner I didn't know I was arguing because of how he made feel, only now I am realising that it was because I was insecure.</p> <p>And not the thing I said he didn't do around the house, it was silly because I just wanted him to feel bad because I was feeling bad.</p>

## Daily Self-reflection Example

### How Did I show up today?

<p><b>Do you need to apologize for anything that your Influencer misunderstood today?</b></p>	<p>I am going to have a honest vulnerable conversation with my partner and apologise for my behaviour and tell them I am feeling insecure at the moment and how we can work together instead, as I was not honest in my actions. It was my Influencer acting out.</p> <p>And how I love everything about them</p>
<p><b>What can you try to change or do differently for tomorrow?</b></p>	<p>If I feel anxious again, I am going to mediate or go for a run.</p> <p>I am going to try and let these feelings shift.</p> <p>I am going to try and be present and not engage in gossip as it is negative.</p>
<p><b>What is the one thing you can do tomorrow that goes against something that you find uncomfortable? Like facing a fear.</b></p>	<p>I am going to sign up for a dance class, I have always wanted to do it but am too shy to do it.</p> <p>But the only way for me to get over my shyness is to do it, and I know that it is just my Influencer who is trying to keep me safe, by saying I am shy when I am not really. It is not who I identify as and I need to change this self-identifying label.</p>
<p><b>What did you do that acted in ways that was your Authentic Self ?</b></p>	<p>I was having a conversation with my manager and my manager had asked for me to do further work, normally I would just agree, but I am not being totally honest that I want to do it, today I told him that I do not want to do it</p> <p>I normally say yes as I do not want confrontation ,but today i managed to say what i wanted, this was me being authentic</p>

## Daily Self-reflection Example

### How Did I show up today?

<b>What are you proud of today?</b>	<p>I am proud of the way worked towards my goals, even though I had some feelings doubts and uncertainty.</p> <p>I am proud of the way I was today, offering kindness when I didn't have to.</p> <p>I am proud of how I spoke authentically to my manager</p>
<b>What are you thankful for?</b>	<p>My mum who has been ill is now feeling a lot better I am truly thankful for that</p> <p>Thankful that I have the opportunity to go for another job</p> <p>Thankful that I am whole and healthy</p>
<b>What are the amazing things around you now?</b>	<p>My wonderful partner who takes care of me daily without asking</p> <p>My wonderful dogs who bring me so much joy</p> <p>My wonderful children who are so great in every way</p>
<b>Is there anything else you need to reflect on?</b>	<p>I want to be more present, today I allowed my Influencer to continue to be active, but also allowed my Authentic self to come out.</p> <p>I felt so good when I was able to speak to my manager, I felt that it was ok being me, even if that meant they may get upset, but I also know that is not because of me but because they want me to fill an expectation of theirs and it is not a reflection of my self-worth.</p>

# INTENTIONS FOR TOMORROW EXAMPLE

## YOU ARE UNIQUE AND MAJESTIC

01

### HOME EFFORT - THREE THINGS

Do some ironing  
Put a wash on

02

### WORK EFFORT

Complete my assignment  
Do wage update  
Do ordering

03

### LOVE EFFORT FOR MY BODY - THREE THINGS

Drink 2ltr water  
Do 20 min cardio  
Sleep 7 hrs  
Dye my hair

04

### DREAM EFFORT

Do research on income tax  
How to set up a company  
Book a free workshop

05

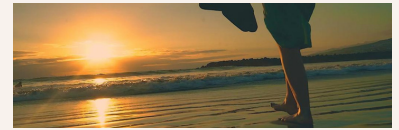
### SOUL LOVE EFFORT

Book massage/ Sign up for dance class  
Tell my partner how great they are  
Spends the afternoon with my daughter

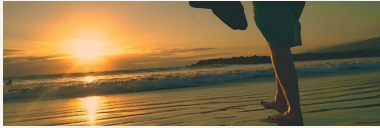
**'You have have the power to  
make your dreams a reality'**

**WELL DONE YOU FOR**

**SHOWING  
UP**



**EVERYDAY EVEN**



**WHEN THINGS GET  
TOUGH**