



Amanda DeBraux
AUTHENTICITY | PROSPERITY COACH

Journaling

Show up for yourself

**GET DEEP
DIVE IN**



THE BENEFITS OF PRACTICING GRATITUDE

GRATITUDE

[*grat-i-tood, -tyood*]

noun

the quality or feeling of being grateful or thankful:

Synonyms: gratefulness, thankfulness, appreciation, thank

The Transformative Power of Practicing Gratitude for Actors and Creatives

As actors and creatives, navigating the ups and downs of the industry can often feel like an emotional rollercoaster. The path is paved with auditions, rejections, periods of inspiration, and also times of doubt. Amidst these fluctuations, practicing gratitude can serve as a powerful tool to overcome challenges and enhance your creative journey.

Here's why:

1. Shifts Focus to Positivity:

Practicing gratitude helps you shift your focus from what's lacking or challenging to what you already have and appreciate. As an actor or creative, it's easy to fall into the trap of comparing yourself to others or feeling disheartened by rejections. Gratitude reorients your mindset, allowing you to recognize the positive aspects of your life and career, no matter how small they may seem.

2. Enhances Emotional Resilience:

Gratitude fortifies your mental and emotional resilience. By regularly acknowledging and appreciating the good in your life, you build a buffer against negativity and stress. This resilience is crucial for actors and creatives who frequently face rejection, criticism, and uncertainty. With a gratitude practice, you're more likely to bounce back from setbacks and maintain a positive outlook.

3. Fosters Authentic Relationships:

In the creative industry, relationships and collaborations are essential. Gratitude can improve your interpersonal connections by fostering a sense of appreciation and empathy. When you express genuine gratitude towards others, you build trust and rapport, leading to more meaningful and supportive relationships both personally and professionally.



THE BENEFITS OF PRACTICING GRATITUDE

GRATITUDE

[*grat-i-tood, -tyood*]

noun

the quality or feeling of being grateful or thankful:

Synonyms: gratefulness, thankfulness, appreciation, thank

5. Promotes Mindfulness and Presence:

Gratitude encourages mindfulness by bringing your attention to the present moment. As an actor or creative, being present is vital for your craft—whether it's delivering a heartfelt performance or creating a masterpiece. By practicing gratitude, you enhance your ability to stay grounded and truly experience each moment, both in your work and personal life.

6. Improves Overall Well-Being:

Extensive research indicates that ongoing gratitude practices contribute to better physical and mental health. For actors and creatives, who may experience erratic schedules and high stress, maintaining overall well-being is crucial. Gratitude can lead to better sleep, reduced stress, and a more optimistic outlook, all of which support a more balanced and thriving life.

Introducing Your Free Gratitude Journal

To help you embark on this empowering journey, I'm excited to offer you a free Gratitude Journal that I've created specifically for actors and creatives. This journal is designed to guide you through daily reflections and exercises that will:

- Shift your focus towards positivity and abundance.
- Enhance your emotional resilience.
- Spark creativity and inspiration.
- Foster deeper and more authentic connections.

By integrating the practice of gratitude into your daily routine, you'll start to unlock new levels of empowerment and a stronger connection with your inner voice. This journal is more than just a tool—it's your companion on the journey to a more fulfilled and resilient creative life.



MORNING CHECK IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

LET YOURSELF BE THE BEST VERSION OF YOU


Amanda DeBraux
AUTHENTICITY | PROSPERITY COACH



[illegible]

Journal Prompt

Your inner voice is your compass to success. Start by answering this:

What's the biggest challenge you face when trying to define your goals?

Let's discuss how you can overcome these hurdles together.

[illegible]

5 MINUTE JOURNALING

ONE THING I WANT TO REMEMBER ABOUT TODAY

TODAY I FELT...

TODAY I'M GREATFUL FOR

5 MINUTE JOURNALING

ONE THING I WANT TO REMEMBER ABOUT TODAY

TODAY I FELT...

TODAY I'M GREATFUL FOR

daily affirmation



This Too Shall Pass
I am Worthy
I am Capable
Money comes to me easily
Everything i desire is already
on its way.
No matter what. Keep
believing.

DATE

Quote of the Day

JOURNAL EXERCISE

Pick a quote that describes how you feel today. Write it down and discuss how it fits your mood. Make a case for why you picked that specific quote—consider wording, imagery, etc.

[illegible]

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS

- ☐
- ☐
- ☐
- ☐
- ☐

DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1
- 2
- 3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO



GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL?
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR
YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS
MONTH?

YES

MAYBE


NO



Self Esteem Journal

Date : _____

MON	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>
TUE	<p>Today I accomplished...</p> <p>I had a positive experience with...</p> <p>Something I did for someone...</p>
WED	<p>I felt good about myself when...</p> <p>I was proud of someone else...</p> <p>Today was interesting because...</p>
THU	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>
FRI	<p>Today I accomplished...</p> <p>I had a positive experience with...</p> <p>Something I did for someone...</p>
SAT	<p>I felt good about myself when...</p> <p>I was proud of someone else...</p> <p>Today was interesting because...</p>
SUN	<p>Something I did well today...</p> <p>Today I had fun when...</p> <p>I felt proud when...</p>



BELIEVE IN THE
MAGIC THAT YOUR
SEASON IS NOW



Evening

TODAY I HAVE...

I AM GREATFUL FOR...

I GO TO BED FEELING...

TOMORROW I WISH TO...

/ /

Fear / Block

How have they served you but no longer do?

[illegible]

Let's Honor and Integrate

20

MONTHLY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---

NOTES



_____ 20__

MONTHLY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---
---	---	---	---	---	---	---

NOTES



JAN

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEB

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MAR

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APR

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	31	31	

JUN

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JUL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUG

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEP

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCT

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOV

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DEC

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JAN

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEB

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MAR

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APR

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUN

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUG

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEP

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DEC

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

20__

YEAR

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOTES



You're
FREE to be
DIFFERENT



ABOUT Me

Hi, I'm Amanda DeBaux and I'm a life coach, actor, podcast co-host and dog mom.

My work combines corporate and creative life to help people in the entertainment industry reach their maximum potential.

Through my life coaching, I specialize in helping my clients bring out their authentic selves and find their voice in life. We reflect on your blocks and pain points to overcome them, build unconditional love for everyone around us, set goals and take small steps to achieve wealth, success, happiness and more!

If you're looking for an educational journey with an encouraging life coach at the helm, I'd love to have you join me on this life-changing journey - [book your first FREE session with me today!](#)



ment g
at your cho
you'll become m
re to learn. My jo
our l...ation fail



Self Evaluation JOURNAL

THE BENEFITS OF PRACTICING SELF-EVALUATION

Self-evaluation is a powerful tool for personal and professional growth. Here are some key benefits:

1. Self-evaluation helps you understand your strengths and weaknesses, leading to greater self-awareness & increased performance.
2. Goal Achievement: Self-evaluation allows you to track your progress towards goals, ensuring you stay on the right path and make necessary adjustments.
3. Enhanced Problem-Solving Skills: Reflecting on past actions and outcomes helps develop better problem-solving and decision-making skills.
4. Motivation and Accountability: Evaluating yourself regularly keeps you motivated and accountable for your actions and progress.
5. Adaptability: Through self-evaluation, you become more adaptable and open to change, as you can identify what's working and what's not.
6. Enhanced Self-Confidence: As you recognize your accomplishments and areas of improvement, your self-confidence grows.

HOW TO USE THIS JOURNAL

Follow the daily prompts listed below and use the last page to identify what came up the most each week and focus your meditation practice around that.

Do as much as you can each day until you build up your process

Don' t judge yourself if you miss a day or struggle to work through something.

Congratulate yourself for getting this far and empowering yourself with the tool of self-evaluation to build the career and life you dream of.

love Janel

EVENING CHECK IN

Did I accomplish what I wanted to today?

Did I react better to people and situations than I have in the past?

What small actions can I take to be better tomorrow?

date _____

CHALLENGE EACH THOUGHT PATTERN HERE BY REWRITING ANY
NEGATIVE THOUGHTS INTO A POSITIVE ONE TO START TO SHIFT
YOUR SUBCONSCIOUS MIND

ABOUT Me

I have been hustling in the fashion and entertainment industry for 15 years working in TV, Film, Theater, Commercials, Print Work, Hosting, and Modeling bringing in a 6 figure income consistently for the past 8 years

My client lists include Ralph Lauren, Brooks Brothers, Target, Joe Fresh, Macy's, Under Armour, Victoria's Secret, Evereve, Apple, Marriot Bonvoy, Thrillist, NowThis, and The Travel Channel to name a few.

I have modeled all over the world and booked acting roles on Apple TV, The CW, FX, and Netflix.

I am sharing this information to inspire you and be an example that having a COMPLETELY CREATIVE career is possible.

I created a system for myself that brought me this success, and I continue to use it daily.

I'm on a mission to help other creatives fulfill their dreams and drop their survival jobs.

