

SMILE JOURNAL!



The Universe
has a message
for YOU!



'Track Your Journey to Self-Love and Growth'

Welcome to Your SMILE Journey!

Hey Beautiful Soul,

First of all, I just want to say how proud I am of you for taking this step toward transformation. You've chosen to invest in yourself, and that's a powerful decision. The SMILE Program was created to help you not only find your center but to truly fall in love with the person you see in the mirror every day.

Throughout this journey, you'll discover your strength, unlock your creativity, and build a solid foundation of confidence and self-love. You'll also break through old patterns that have been holding you back and replace them with empowering habits that nourish your soul.

This journal is your safe space—where you can be raw, honest, and completely yourself. Use it to reflect on your breakthroughs, track your habits, and celebrate your progress. I included a habit tracker at the beginning to help you stay consistent and committed to your journey.

Here are a few tips on how to make the most of this journal:

- 1. Consistency is Key:** Try to journal every day, even if it's just a few lines. It's not about perfection—it's about progress.
- 2. Be Real with Yourself:** Don't hold back. Write down your fears, your dreams, your doubts, and your victories. Let this be a place where your truth can breathe.
- 3. Track Your Habits:** Use the habit tracker to monitor your daily practices and routines. Celebrate each small win—it all adds up.
- 4. Reflect with Intention:** After every lesson, take a moment to reflect on how you feel and what's shifting within you. This program is about more than just going through the motions—it's about truly feeling and embodying the change.
- 5. Return and Revisit:** Go back to previous entries and reflect on your growth. It's beautiful to see how far you've come.
- 6. You are worthy of the love and happiness you seek.** Trust this process and trust yourself. You're doing the work, and that's something to be incredibly proud of.

I am honored to be a part of your journey.

Keep SMILING and shining bright.

With love and light,

Shanice 🌟

DAILY STRUCTURE

Each day, you will complete the 5 SMILE components:

- ✓ Stretch » A guided movement or yoga pose
- ✓ Meditate » A daily chakra-based meditation
- ✓ Implement (Journal) » A reflection question related to the chakra focus
- ✓ Learn » A reading section from the Chakra Course
- ✓ Exercise » A movement practice to embody the lesson

'Track Your Journey to Self-Love and Growth'

DAILY STRUCTURE

Day 1-5: Boundaries & Self-Sabotage

Day 6-11: Root Chakra & Grounding

Day 12-17: Sacral Chakra & Creativity

Day 18-23: Solar Plexus & Confidence

Day 24-29: Heart Chakra & Love

Day 30-35: Throat Chakra & Expression

Day 36-41: Third Eye Chakra & Intuition

Day 42-47: Crown Chakra & Higher Self

Day 48-55: Chakra Integration & Energy

Work

Bonus 14 Days: Tantra & Intimacy Deep
Dive

'Track Your Journey to Self-Love and Growth'



SMILE Habit Tracker



Day	Stretch	Meditate	Journal	Learn	Exercise	Reflections
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Every small step leads to big transformations - keep going!
"Mark  when completed. Partial effort?"
Draw a  for progress!"



SMILE Habit Tracker



Day	Stretch	Meditate	Journal	Learn	Exercise	Reflections
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						

Every small step leads to big transformations - keep going!
"Mark  when completed. Partial effort?
Draw a  for progress!"



SMILE Habit Tracker



Day	Stretch	Meditate	Journal	Learn	Exercise	Reflections
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						

Every small step leads to big transformations - keep going!

"Mark  when completed. Partial effort?"

Draw a  for progress!"



SMILE Habit Tracker



Day	Stretch	Meditate	Journal	Learn	Exercise	Reflections
43						
44						
45						
46						
47						
48						
49						
50						
51						
52						
53						
54						
55						
Total						

Every small step leads to big transformations - keep going!
"Mark  when completed. Partial effort?
Draw a  for progress!"



SMILE Habit Tracker



Day	Stretch	Meditate	Journal	Learn	Exercise	Reflections
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
Total						

“Mark  when completed. Partial effort?”

Draw a  for progress!”

SMILE Program: Chakra Journey Progress Tracker

Welcome to your SMILE Transformation Journey! Below is your personal Chakra Milestone Wheel to visually track your energetic growth. Each time you complete a chakra series (6 days), color in the section or fill in the chakra name with the color that represents its energy.

🌱 Chakra Progress Wheel

Chakra	Color	Completion Date	Reflection Word
🌴 Root	🔴 Red		
🍊 Sacral	🟠 Orange		
☀️ Solar Plexus	🟡 Yellow		
🌿 Heart	🟢 Green		
🌊 Throat	🟡 Blue		
🌟 Third Eye	🟣 Indigo		
🌈 Crown	🟪 Violet		

🌟 How to Use This Tracker

1. After completing each chakra's 6-day journey, color in the chakra name or symbol in its corresponding color to celebrate your milestone.
2. Record the **completion date** and write a **reflection word** (ex: "secure," "expressive," "free").
3. Revisit this page after each chakra series to witness your energetic growth.

Bonus: You can draw your own chakra wheel as a mandala and fill in each petal as you level up!

Keep shining and SMILING through your transformation. You are becoming more aligned, more powerful, and more YOU each day!

With love,
Shanice 🌟

Self-Sabotage

Lesson: Understanding self-sabotage & setting boundaries

QOTD: "Boundaries are the distance at which I can love you and me simultaneously." – Prentis Hemphill

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, What self-sabotaging habits have I identified within myself, and how do they affect my daily life and relationships?



Self-Sabotage

QOTD: "Saying no to others is saying yes to yourself."

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, What positive actions or new habits can I implement to replace my self-sabotaging tendencies? How can I hold myself accountable to make lasting changes?

Boundaries

QOTD: "You teach people how to treat you by what you allow."

Date:

Water:

Today I am grateful for...

1.

Nature:

Today, How do I respond when someone crosses my boundaries?



Boundaries

QOTD: "Boundaries are a part of self-care. They are healthy, normal, and necessary."

Date:

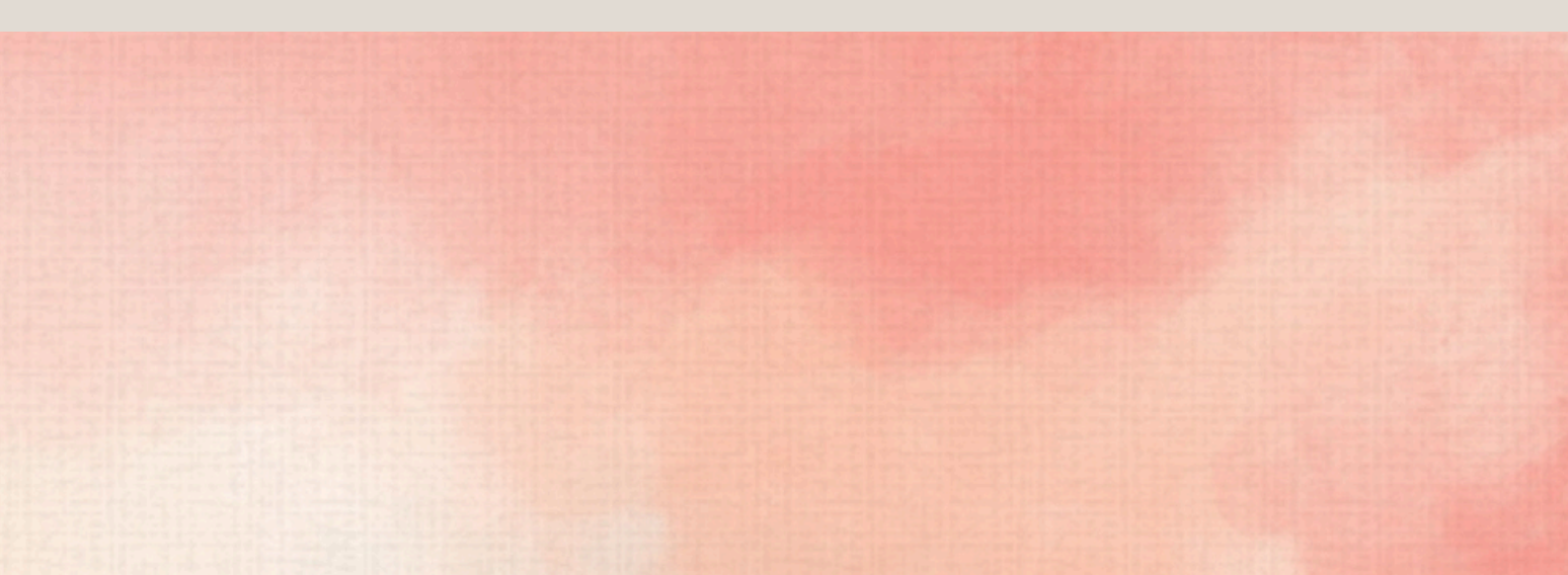
Water:

Today I am grateful for...

1.

Sunlight:

Today, What past experiences shaped the way I set boundaries today?



🌀 Chakra Quick Reference Guide							
Chakra	Location	Color	Element	Gland	Focus	Balanced Traits	Imbalanced Signs
Root	Base of spine	Red	Earth	Adrenals	Safety, stability	Grounded, secure	Fear, anxiety, disconnection
Sacral	Below navel	Orange	Water	Reproductive organs	Pleasure, emotion	Creative, connected	Guilt, shame, emotional numbness
Solar Plexus	Above navel	Yellow	Fire	Pancreas	Power, confidence	Empowered, motivated	Insecurity, control issues
Heart	Center chest	Green	Air	Thymus	Love, compassion	Open-hearted, kind	Jealousy, coldness
Throat	Throat	Blue	Sound	Thyroid	Communication, truth	Honest, expressive	Shyness, dishonesty
Third Eye	Between brows	Indigo	Light	Pituitary	Intuition, clarity	Insightful, visionary	Confusion, lack of focus
Crown	Top of head	Violet	Thought	Pineal	Connection to divine	Spiritual, aware	Isolation, cynicism



Keys in Tantra

QOTD: "The first step toward change is awareness.
The second step is acceptance."

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, What areas of my life feel stagnant or blocked, and how can I use one
of the six major keys to unlock that energy flow?



Root Chakra & Grounding

QOTD: "I am safe, supported, and deeply connected
to the earth."

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, What makes me feel safe and secure?

Root Chakra & Grounding

QOTD: "The deeper the roots, the stronger the tree."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, When was the last time I felt truly grounded?



Root Chakra & Grounding

QOTD: "Ground yourself. Find your center. Breathe."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What fears block me from feeling stable?

Root Chakra & Grounding

QOTD: "My foundation is strong and unshakable."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What routines or habits make me feel strong and grounded?



Root Chakra & Grounding

QOTD: "Your limitations are only as real as you allow them to be."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What limiting beliefs do I have about my body, and how can I release them?

Root Chakra & Grounding

QOTD: "Peace begins with feeling rooted in the present moment."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What grounding practices help me feel centered?



Sacral Chakra & Creativity

QOTD: "Creativity takes courage." – Henri Matisse

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What does creativity mean to me?

Sacral Chakra & Creativity

QOTD: "Pleasure is a form of prayer."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How do I embrace pleasure in my life?



Sacral Chakra & Creativity

QOTD: "Embrace your flow. Honor your emotions."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What creative outlets bring me joy?

Sacral Chakra & Creativity

QOTD: "Your body is a creative temple. Explore it."

Today I am grateful for...

1.

Date:

Water:

Sunlight:

Today, How do I honor my emotions and allow them to flow?



Sacral Chakra & Creativity

QOTD: "Your calm mind is the ultimate weapon against your challenges."

Today I am grateful for...

1.

Date:

Water:

Sunlight:

Today, What past experiences have made me suppress my creative side?

Sacral Chakra & Creativity

QOTD: "Your creativity is limitless when you trust yourself."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What does mindfulness mean to me?



Solar Plexus & Confidence

QOTD: "I am powerful, strong, and capable."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, Where do I hold back in my personal power?

Solar Plexus & Confidence

QOTD: "You should sit in meditation for 20 minutes a day. Unless you're too busy, then you should sit for an hour." – Zen Proverb

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What are my biggest strengths? How can I step into confidence and embrace them fully? Three things I'm truly good at?



Solar Plexus & Confidence

QOTD: "Confidence is not 'They will like me.'
Confidence is 'I'll be fine if they don't.'"

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What do I love about myself?

Solar Plexus & Confidence

QOTD: "The soul always knows what to do to heal
itself. The challenge is to silence the mind." –
Caroline Myss

Date:

Water:

Sunlight:

Today I am grateful for...
1.

Today, What negative self-beliefs do I need to release?



Solar Plexus & Confidence

QOTD: "Be still and know that you are exactly where
you need to be."

Date:

Water:

Sunlight:

Today I am grateful for...
1.

Today, When was the last time I felt unstoppable?

Solar Plexus & Confidence

QOTD: "Self-trust is the foundation of confidence."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How do I react when my confidence is challenged?



Heart Chakra & Love

QOTD: "The more light you allow within you, the brighter the world you live in will be."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How do I give and receive love?

Heart Chakra & Love

QOTD: "Love is not something you find. Love is something you become."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What am I most proud of in myself?



Heart Chakra & Love

QOTD: "Fill your paper with the breathings of your heart." – William Wordsworth

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How can I open my heart to deeper connections? Deepen self-love?

Heart Chakra & Love

QOTD: "Self-love is the foundation of all relationships."

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, What would I do if I weren't afraid of failing?



Heart Chakra & Love

QOTD: "'Love is the bridge between you and everything."

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, What do I need to forgive myself for?

Heart Chakra & Love

QOTD: "The heart knows the way. Follow it."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What kind of love do I truly desire?



Throat Chakra & Expansion

QOTD: "Keeping a journal is like having a conversation with your past and future self."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What is something I've learned about myself this week?

Throat Chakra & Expansion

QOTD: "Your voice matters. Speak your truth."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, Where do I struggle with communication? How can I speak with more clarity and authenticity??



Throat Chakra & Expansion

QOTD: "Words are a lens to focus one's mind." – Ayn Rand

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What holds me back from speaking up?

Throat Chakra & Expansion

QOTD: "Expression is liberation."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, Reflect on the most significant insight you've gained from journaling so far.



Throat Chakra & Expansion

QOTD: "Your words create your world."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, When was the last time I felt truly heard?

Throat Chakra & Expansion

QOTD: "Authenticity is magnetic."

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, What words do I need to say to myself more often?



Third Eye Chakra & Intuition

QOTD: "My intuition knows the way."

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, How do I trust my inner wisdom?

Third Eye Chakra & Intuition

QOTD: "Energy flows where attention goes."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What signs has my intuition given me recently? How did I respond to them??



Third Eye Chakra & Intuition

QOTD: "See beyond what is visible. Trust beyond what is known."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, When was a time I ignored my intuition, and what happened?

Third Eye Chakra & Intuition

QOTD: "The answers you seek are already within you."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How do I strengthen my intuitive gifts?



Third Eye Chakra & Intuition

QOTD: "Dreams are whispers from the soul. Pay attention."

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How does my intuition speak to me?

Third Eye Chakra & Intuition

QOTD: "What you seek is seeking you." – Rumi

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, What does intuition mean to me, and how can I strengthen it ?



Crown Chakra & Higher Self

QOTD: "The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." – Brian Herbert

Date:

Today I am grateful for...

Water:

1.

Sunlight:

Today, How do I connect with the universe and my higher self (Crown Chakra)?

Crown Chakra & Higher Self

QOTD: "Let go. Surrender. Trust the divine flow."

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, What new insight have I gained from learning about my chakras?



Crown Chakra & Higher Self

QOTD: "The universe speaks through me and for me."

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, How do I stay connected to my higher self?

Crown Chakra & Higher Self

QOTD: "You are infinite consciousness in human form."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What spiritual practices ground me?



Crown Chakra & Higher Self

QOTD: "The more you align with your soul, the lighter you feel."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, When do I feel most aligned?

Crown Chakra & Higher Self

QOTD: "Everything is connected. You are never alone."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What daily practices help me maintain spiritual alignment? How can I strengthen this connection?



Chakra Integration & Energy Work

QOTD: "A little progress each day adds up to big results."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How have I changed through this journey?

Chakra Integration & Energy Work

QOTD: "A tree that is unbending is easily broken." – Lao Tzu

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, What limiting beliefs do I have about my body, and how can I release them?



Chakra Integration & Energy Work

QOTD: "The secret of getting ahead is getting started." – Mark Twain

Date:

Water:

Today I am grateful for...
1.

Sunlight:

Today, How can I invite more peace into my life?

Chakra Integration & Energy Work

QOTD: "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." – Buddha

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What wisdom is my higher self offering me?

Chakra Integration & Energy Work

QOTD: "The pain you feel today will be the strength you feel tomorrow."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What does consistency in movement teach me about myself?

Chakra Integration & Energy Work

QOTD: "A river cuts through rock not because of its power, but because of its persistence."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What has been the most transformative part of this journey so far?



Chakra Integration & Energy Work

QOTD: "An investment in knowledge pays the best interest." – Benjamin Franklin

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How do I feel about completing the SMILE challenge?

Chakra Integration & Energy Work

QOTD: "Take care of your body. It's the only place you have to live." – Jim Rohn

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, Reflect on your biggest growth moment during this program.



!Congratulations!

QOTD: "Everything you've ever wanted is on the other side of fear." – George Addair

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How do I feel about myself? My energy? My spirit?

Tantra & Intimacy Deep Dive

QOTD: "Sensuality is not about seduction; it's about connection—to your body, your desires, and the present moment."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, How do I feel about exploring my sensual energy?



Tantra & Intimacy Deep Dive

QOTD: "Your sexuality is your own—embrace it, honor it, and never apologize for it."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What emotions arise when I think about self-pleasure?

Tantra & Intimacy Deep Dive

QOTD: "The most seductive thing about a person is their confidence in who they are." – Beyoncé

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, How can I create a safe space to explore intimacy with myself?



Tantra & Intimacy Deep Dive

QOTD: "Pleasure is not a luxury; it is a birthright." – Dr. Betty Dodson

Date:

Water:

Today I am grateful for...

Sunlight:

1.

Today, What does true intimacy mean to me?

Tantra & Intimacy Deep Dive

QOTD: "Sensuality is the celebration of being alive in your body, fully present and open to the magic of touch, taste, and feeling."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, How does my sensual energy influence my creativity?



Tantra & Intimacy Deep Dive

QOTD: "True intimacy begins when you fall in love with yourself first."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, How can I feel more confident and empowered in my body?

Tantra & Intimacy Deep Dive

QOTD: "Your body is not something to be ashamed of –it is a masterpiece of passion, strength, and beauty."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What does a healthy, intimate relationship look like to me?



Tantra & Intimacy Deep Dive

QOTD: "To be sensual is to be in tune with life itself, to embrace the world through touch, taste, and deep feeling."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How can I improve communication in my relationships?

Tantra & Intimacy Deep Dive

QOTD: "Sexual energy is creative energy. The more you own it, the more you create a life that excites and fulfills you."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, How does eye-gazing or touch deepen my connection with others?



Tantra & Intimacy Deep Dive

QOTD: "The deepest intimacy begins with vulnerability—dare to be seen, felt, and known."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What blocks am I experiencing around intimacy, and how can I release them?

Tantra & Intimacy Deep Dive

QOTD: "Sensuality is about slowing down, savoring the moment, and letting desire unfold like poetry."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, What is the most surprising thing I've learned about myself through this bonus?



Tantra & Intimacy Deep Dive

QOTD: "Your pleasure matters. Your desires are sacred. Embrace them without guilt or shame."

Date:

Water:

Today I am grateful for...

1.

Sunlight:

Today, How can I carry what I've learned in these 14 days into my life?

Tantra & Intimacy Deep Dive

QOTD: "The way you touch yourself—your mind, your soul, and your body—teaches others how to touch you too."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, What does the connection between energy, intimacy, and love mean to me?



Tantra & Intimacy Deep Dive

QOTD: "Passion is not just about another person; it's about igniting the fire within yourself and letting it radiate into the world."

Date:

Water:

Sunlight:

Today I am grateful for...

1.

Today, Reflect on the most powerful insight you've gained from this program.

CONGRATULATIONS

You have officially completed the SMILE 69-Day Challenge, a journey of deep transformation, self-discovery, and alignment.

Take a moment to acknowledge yourself for showing up, for committing to your growth, and for pouring into your mind, body, and spirit.

This was more than just a challenge—it was a commitment to living with intention, balance, and self-love. Whether you started strong and stayed consistent, or had days where you struggled but kept going, you did the most important thing: you showed up for yourself.

★ Reflect on Your Journey:

- What shifts have you noticed within yourself?
- How have your daily habits evolved?
- What was the most powerful breakthrough you experienced?
- What practices will you continue incorporating into your life?

💛 What's Next? This is only the beginning. The wisdom, self-awareness, and energy you have cultivated over these 69 days will continue to guide you. Keep honoring yourself, trusting your journey, and using the tools you've gained to maintain your alignment.

✨ A Special Thank You: From the bottom of my heart, thank you for embarking on this journey. Your commitment to healing, growth, and expansion is inspiring. Keep SMILING, keep evolving, and most importantly—keep being YOU.

With love & gratitude,

🔥 Your Transformation Has Begun! 🔥