

ISABEL CHIARA

NOURISH

The Journal

**I Transform Outworn
Behaviors to Actualize
My Empowered Life**

Life Actualizer

For over 40 years Isabel has been immersed as both student and teacher of transformational healing modalities.

A top-selling author, body-mind-spirit coach, and the creator of “The Life Actualization Process”, Isabel accesses a profound ability to see others’ full potential. Her sessions activate clients’ power, prosperity and purpose—a process she calls “Actualization”.

Isabel’s passion for creating seismic life shifts is also expressed in her work as an author. Her first two epic page-turners, *Eat Your Words* and *Bod Behavior*, center around themes of embodiment, transforming outworn eating behaviors, and self-nourishment.

Isabel created the Nourish app to help people uniquely define for themselves what it means to live a deeply nourished life from the inside-out. For more information about Isabel—including accessing her live offerings, visit www.isabel-chiara.com.



Isabel Chiara



Introduction

CREATING the space to explore the energy of our behaviors and patterns, supports us to access our subconscious and conscious ability to transform our lives, to activate our core essence, and empower our greatest reality.

We support actualizing our truly *NOURISHED* life when we hold present space for ourselves, when we can be with the invitation life is giving us to create loving shifts in our self-awareness and actions.

This journal is a helpful tool for cultivating the habit of taking inventory in the moment, of giving ourselves energy, getting curious about our own process, and ultimately align with the energy of our true, embodied nature.

Especially if you are a member of the NOURISH collective, and actively engaging with the NOURISH app, this journal can support your journey!

The NOURISH journal is a simple, fillable PDF. Whether you use Adobe Acrobat or another .pdf reader of your choice, be sure to save your answers, and use a new journal page each day. This way, you can reflect on your past entries and track your progress, and truly take inventory about the active transformation you're creating in your life.

Of course, as with any expression, tailor the process to fit your unique experience. Allow yourself to be as expansive as you can be with your thoughts, uncensored and exploratory. A regular practice of journaling around your experiences will have a profound impact on your explorative and transformative journey—supporting your embodied, actualized and powerful life! Let's do this!

Date__/_/__

What behaviors or thinking patterns are you interested in transforming?

What steps have you made to transform these behaviors or patterns?

How could you create NOURISHING action towards transforming these aspects of your life?
For example: What words could you tell yourself? OR
How is this behavior serving your emotional or energetic needs?
How might you nourish your needs in a way that feels
more aligned with your whole being?

When you put your awareness on nourishing your deep needs relative to “request” this behavior is asking from you, what do you notice? Does anything in your mind, body or felt sense of being shift?

Write a statement or two similar to the following, filling in the spaces with what feels most true for you: “When I deeply nourish myself, and attune to and tend to my inner needs, I can allow myself to express ————— and bring ————— into my reality and life and feel and actualize —————.”



DIVE in DEEPER! Explore and transform your outworn behaviors around all things related to eating, food and ***SELF-NOURISHMENT*** on Isabel Chiara’s **NOURISH app**— or **schedule a direct Actualizing session with Isabel**, and fully nourish all aspects of your life!