



*SOAR FOR
MORE*

*Inspirational
Journal
Heal, Let Go, & Feel Joy!*

BY TALIA JEAN RILEY

SOAR Publishing L.L.C

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*This Journal
Belongs to*





I INVITE YOU TO SOAR



This 90 day inspirational and joyful Journal is a great blessing to turn our trials and pain to gratitude. With the gift of agency, we have the ability to choose how we look at our life circumstances. We have all experienced joy along with sorrow. Some have faced abuse and neglect. Some have experienced terrible tragedies. While we often cannot control the circumstances that come our way in this life, we do have the agency to focus on what we want. Russel M. Nelson quotes “The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.”

Use this journal to expand your capacity to change your life by choosing your focus. If you want to see life differently, you can choose how you see, think, and feel. You can have new results in your life. Now, you can go and create new thoughts and find blessings all around you. This journal is filled with 33 prompts to help you start a path of finding joy in your circumstances, having hope for the future, and finding forgiveness for others.

It is my hope that these prompts will help you SOAR in your own life so that you can find that your life’s circumstances may indeed be God’s greatest blessing.

I invite you to use this journal, to write any thoughts and brain dump on paper. You can let the words flow raw and uncensored to see what truths emerge. Pick any prompt or write one of your own at the end section of this journal. Set a timer for 15 minutes and begin writing. I encourage you to write in 15-minute increments. We can do anything for 15 minutes! Don’t stop, no matter how messy or unfiltered your thoughts are. Pick a prompt that you instantly resist responding to. Force yourself to sit in discomfort - What past hurts or assumptions show up in your thoughts as you allow yourself to write and heal? Often, when we feel like running away, hiding, or avoiding, it signals an opportunity for self-expansion and growth on the other side. When you go towards whatever you are afraid of, that is when miraculous healing occurs.

Have someone close to you pick 1-2 prompts to respond to events they know you experienced differently. Compare interpretations of the same experience. You may be in a new place for new understanding by doing your inner work. For an impactful experience, retell the story from the perspective of the other key people involved. How might their vantage points differ from yours? Pick a prompt you feel you 100% know how you would respond to already. Then, allow your emotional self to respond sentence by sentence. Let this work reveal insights. Be patient with yourself. Some of your experiences will bring deep emotions. Some you may not want to face. You might need to wait and revisit other prompts until more healing has occurred. But as you start to visit these difficult experiences, a glimpse of understanding will unfold.

Brave vulnerability recognizes that we are never finished learning to SOAR. It invites growth. Surrender, open, shift, evolve, learn, and relearn to open ourselves to who God is perpetually guiding us to become. Last but not least—have fun exploring new ideas, thoughts, patterns, relationships, new identity, love, hope, and... BLESSINGS. It’s within working through hardship that transformation and learning to fly, then SOARING occurs. Doing our inner work and staying curious and open to receive is where healing and true joy are found. In surrendering the false beliefs and negative feelings, we make space for our highest selves the “true you” to emerge." I know you can do this! I believe in you! I love you. Remember, when you believe in yourself, others believe in you too!

Talia Jean Riley



A Four Step Model to change your life and results forever!

S = See & Think

When a circumstance shows up in your life take a moment to see what thoughts come to your mind. If they are not thoughts leading you toward what you want you can ask a question to change your thoughts, or distract the negative thought. It is a choice where you put your focus.

O= Open to Feel

What feelings arise during this circumstance? Choosing to be open to feel our feelings helps us move through them quicker. If your feelings aren't leading you to what you want, then think of questions that would help you feel different. This can be a question or new thought that can keep your mind curious as you move forward, toward what you really want to create.

A= Attempt & Action

Are you attempting to keep going toward what you want even when you have another setback? We are human and we can choose to keep attempting. When we keep our thoughts and feelings aligned with what we want, then the attempts and actions we take lead us forward. This will move us toward the goals we desire.

R= Result & Rise

This is how we get what we want! The results we get are from our thoughts, feelings, attempts and actions. If we keep our focus on what we really want then our results will reflect this! You can rise, and have new results in relationships, money, marriage, weight loss, and any area of your life that you desire!

So what do you want? Do you want to SOAR? I Choose to SOAR For More!



False Identity

True Identity

Stuck Self

True Self

Fear

Love

Criticism of Self/Others

Love and Acceptance

Pride / Comparison

Humility

Perfectionism

Vulnerability

Unrealistic Expectations

Compassion

Fear

Peace

Anger

Joy

Resentment

Contentment

Bitterness

Gratitude

Shame

Empathy

Unworthiness

Confidence

Jealousy

Enthusiasm

Being Stuck

Discipline

Selfishness

Unselfish

Guilt

Enlightenment

Frustration

Charitable

Disappointment

Kindness

Embarrassment

Thankful

Weakness

Strength



*I can do all things
through Christ who
strengthens me*
Philippians 4:13



33 PROMPTS

- 1- WHEN IN MY LIFE DID I FEEL SHAME?
- 2- WHEN IN MY LIFE HAVE I FELT FRUSTRATED?
- 3- WHAT IS THE FIRST MEMORY THAT COMES TO MIND WHEN I THINK OF OVERWHELM?
- 4- THE FIRST THOUGHT OR MEMORY THAT COMES TO MIND WHEN I THINK ABOUT ANGER?
- 5- I FELT DISAPPOINTED WHEN?
- 6- I REMEMBER FEELING EMBARRASSED WHEN?
- 7- WHEN DO I REMEMBER EXPERIENCING SADNESS IN MY LIFE?
- 8- I FEEL GUILTY WHEN?
- 9- WRITE ABOUT A TIME I FELT REGRET IN MY LIFE?
- 10- WHEN HAVE I FELT CHAOTIC IN MY LIFE?
- 11- WHAT THOUGHTS COME TO MIND WHEN I THINK OF THE FEELING CONFINED?
- 12- I FEEL LONELY IN MY LIFE WHEN?
- 13- TIMES IN MY LIFE WHEN I REMEMBER NOT FEELING ENOUGH ARE?
- 14- I FEEL, OR HAVE FELT UNWORTHY BECAUSE...
- 15- I FEEL SCARCITY IN MY LIFE WHEN I THINK ABOUT...
- 16- THE FIRST THOUGHT IN MY MIND WHEN I THINK ABOUT BEING UNHAPPY..
- 17- I FEEL CONFUSED WHEN I THINK ABOUT..
- 18- I FEEL PHYSICALLY STUCK WHEN I TRY TO...
- 19- WHAT COMES TO MY MIND WHEN I THINK OF THE WORD STRESSED?
- 20- I FEEL STUCK SPIRITUALLY WHEN...
- 21- I'VE FELT BETRAYAL IN MY LIFE WHEN...
- 22- WRITE ABOUT A TIME WHEN YOU FELT VULNERABLE?
- 23- I REMEMBER FEELING COMPARISON IN MY LIFE WHEN...
- 24- HAVE I EVER FELT VINDICTIVE IN MY LIFE?
- 25- WHAT IS MY FIRST MEMORY THAT COMES TO MIND WHEN I FELT DISCOURAGED?
- 26- I FEEL DISCONNECTED IN MY LIFE WHEN...
- 27- WHAT MEMORIES COME TO MIND WHEN I THINK OF BEING SCARED?
- 28- WHEN HAVE I FELT OR FEEL THE EMOTION FEAR IN MY LIFE?
- 29- I GET ANXIETY WHEN I THINK ABOUT...
- 30- WHAT IS THE FIRST MEMORY IN MY MIND WHEN I THINK OF BEING NERVOUS?
- 31- MEMORIES OF FEELING TAKEN ADVANTAGE OF IN MY LIFE ARE...
- 32- WHEN I HEAR THE WORD "BEING USED," I FEEL...
- 33- WRITE ABOUT A TIME WHEN YOU WANTED TO COMPLETELY GIVE UP...

CALENDARS

monthly

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

notes



Soar to Freedom Thoughts

Date

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FIRE TO ASHES

RISE & SOAR STORY

SOAR TO FREEDOM NEW THOUGHT..I AM ENOUGH TODAY!

DAILY PLANNER

DATE:

S M T W T F S

THOUGHTS



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DAILY POWER PHRASE

WEATHER:



90 DAY GOAL

EXERCISE

CARDIO _____

WEIGHTS _____



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WATER INTAKE:



MEAL TRACKER:

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

TO CALL:

TO EMAIL:

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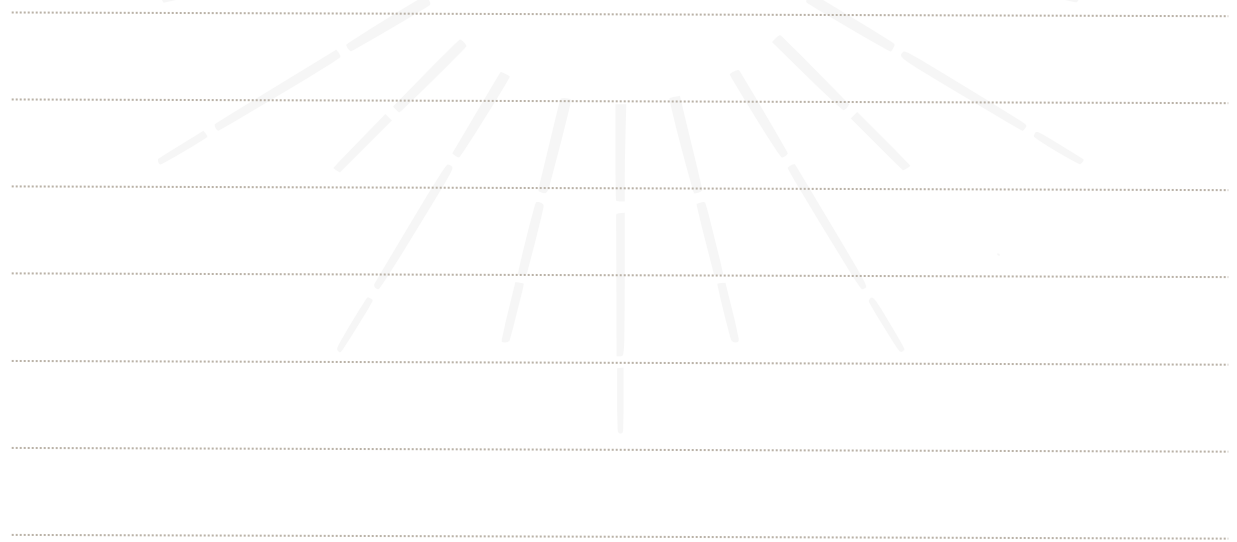
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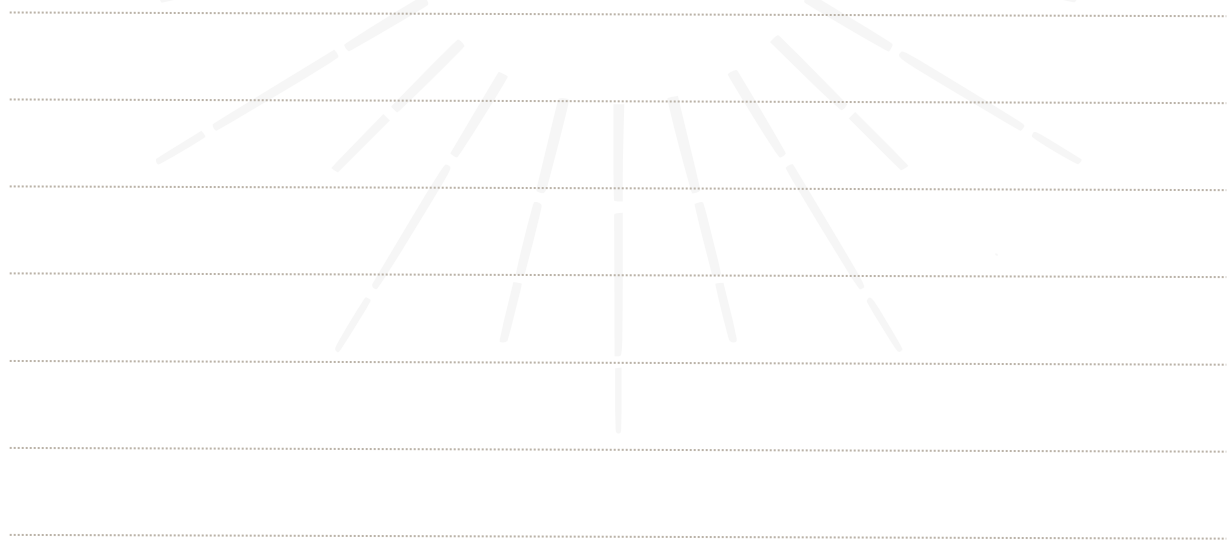
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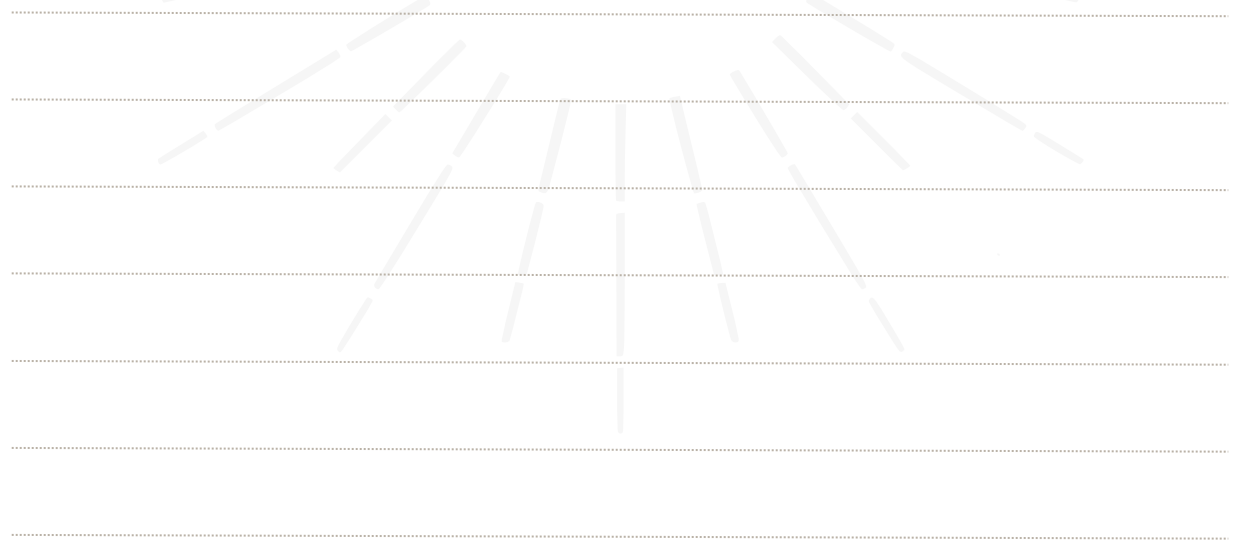
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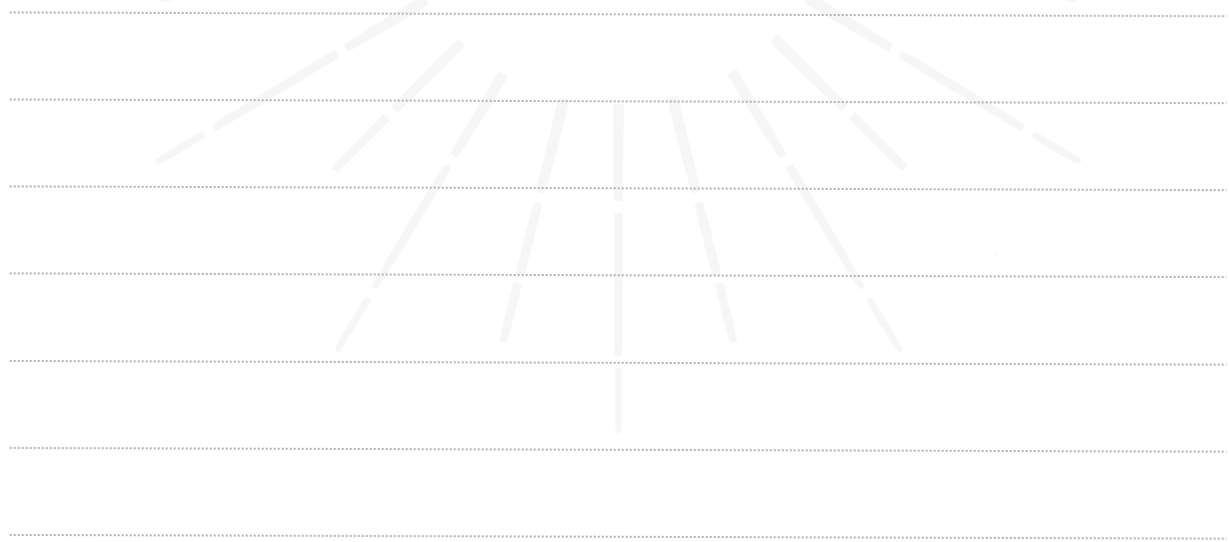
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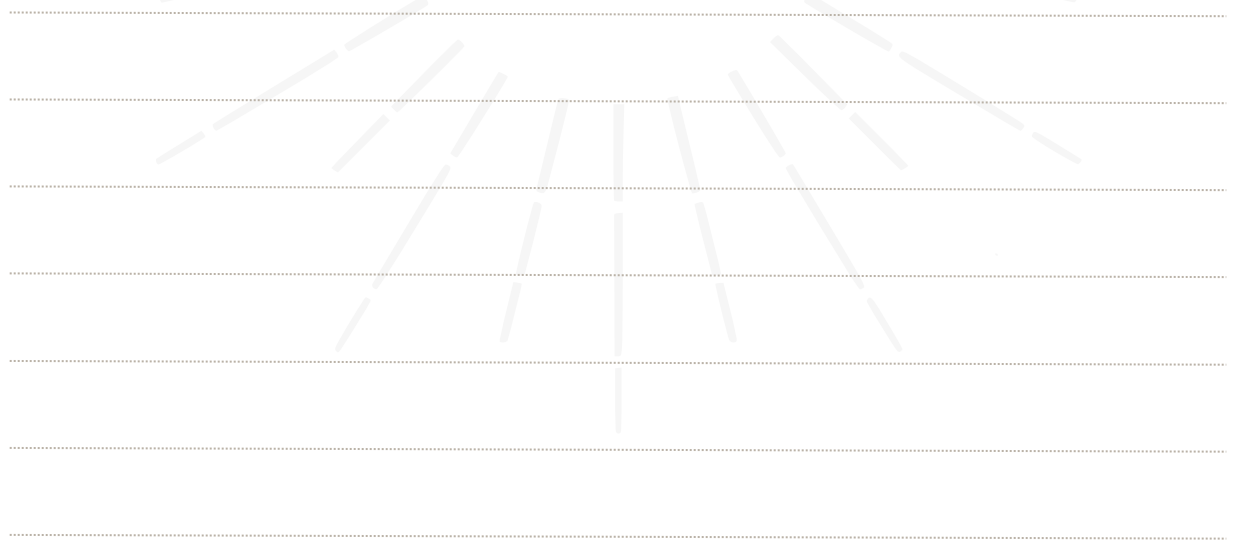
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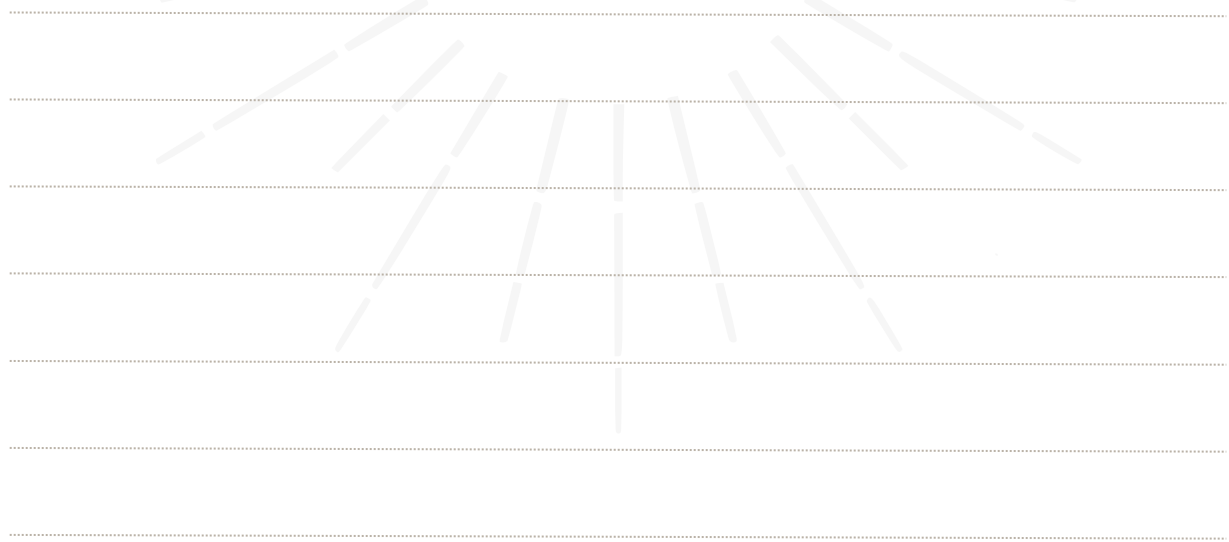
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MY REFLECTIONS



WEEKLY INSIGHTS

WEEK 1	WEEK 2	WEEK 3	WEEK 4

MEMORABLE MOMENTS

PERSONAL GROWTH

FAVORITE SELF-CARE ACTIVITIES

NEXT STEPS



GRATITUDE JOURNAL

(S) (M) (T) (W) (T) (F) (S)

DATE:

- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

TODAY'S AFFIRMATION

-
- _____
 - _____
 - _____

-
- _____
 - _____
 - _____

SOMETHING I'M PROUD OF

NOTES / REMINDERS

NOTES/ REMINDERS:

*We can only
love others
as much as
we love ourselves!*

Brene Brown

CALENDAR

monthly



JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

notes



Soar to Freedom Thoughts

Date

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

FIRE TO ASHES

RISE & SOAR STORY

SOAR TO FREEDOM NEW THOUGHT..I AM ENOUGH TODAY!

DAILY PLANNER

DATE:

S M T W T F S

THOUGHTS



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DAILY POWER PHRASE

WEATHER:



90 DAY GOAL

EXERCISE

CARDIO _____



WEIGHTS _____

TOTAL MINUTES:	
TOTAL STEPS:	

TODAY'S APPOINTMENT:

TIME:	EVENT:
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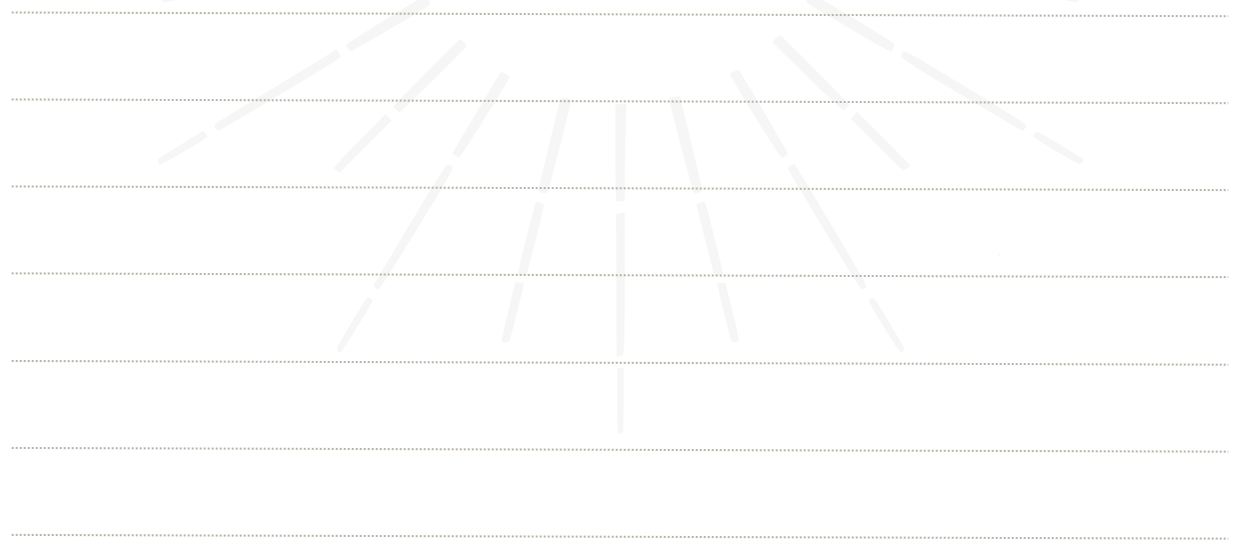
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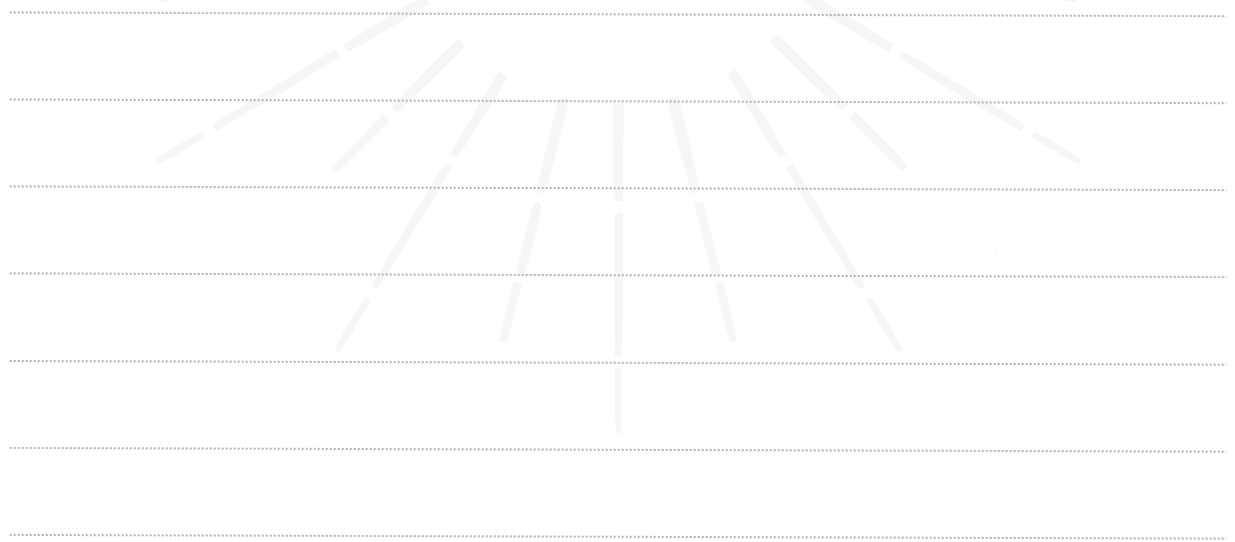
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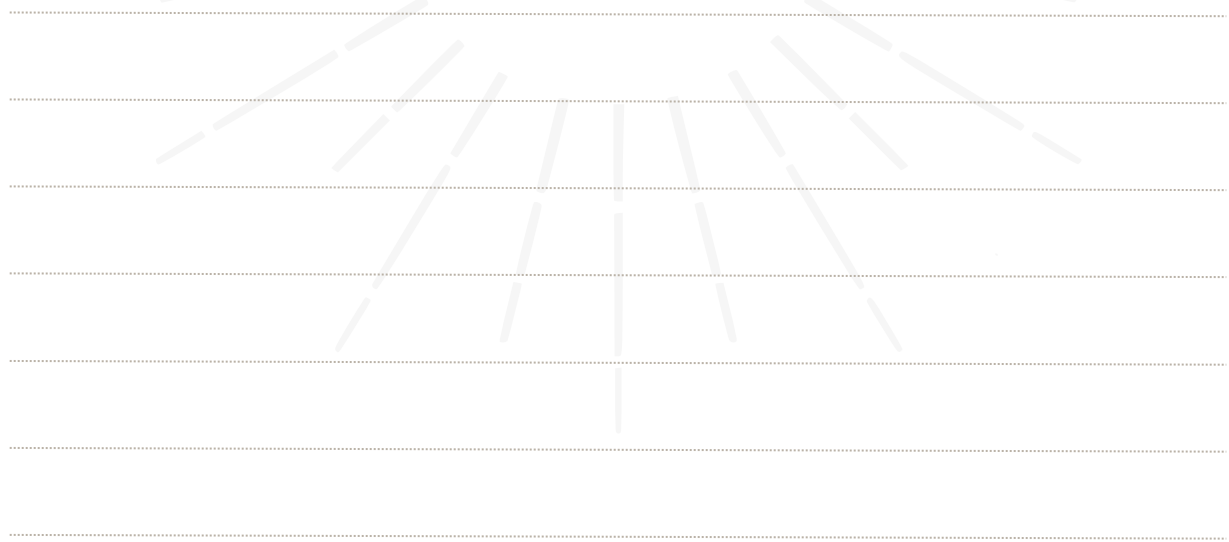
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MY REFLECTIONS



WEEKLY INSIGHTS

WEEK 1	WEEK 2	WEEK 3	WEEK 4

MEMORABLE MOMENTS

PERSONAL GROWTH

FAVORITE SELF-CARE ACTIVITIES

NEXT STEPS



GRATITUDE JOURNAL

(S) (M) (T) (W) (T) (F) (S)

DATE:

- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

TODAY'S AFFIRMATION

-
- _____
 - _____
 - _____

-
- _____
 - _____
 - _____

SOMETHING I'M PROUD OF

NOTES / REMINDERS

NOTES/ REMINDERS:

*When you
believe in
yourself
others believe
in you too!*

Talia Riley

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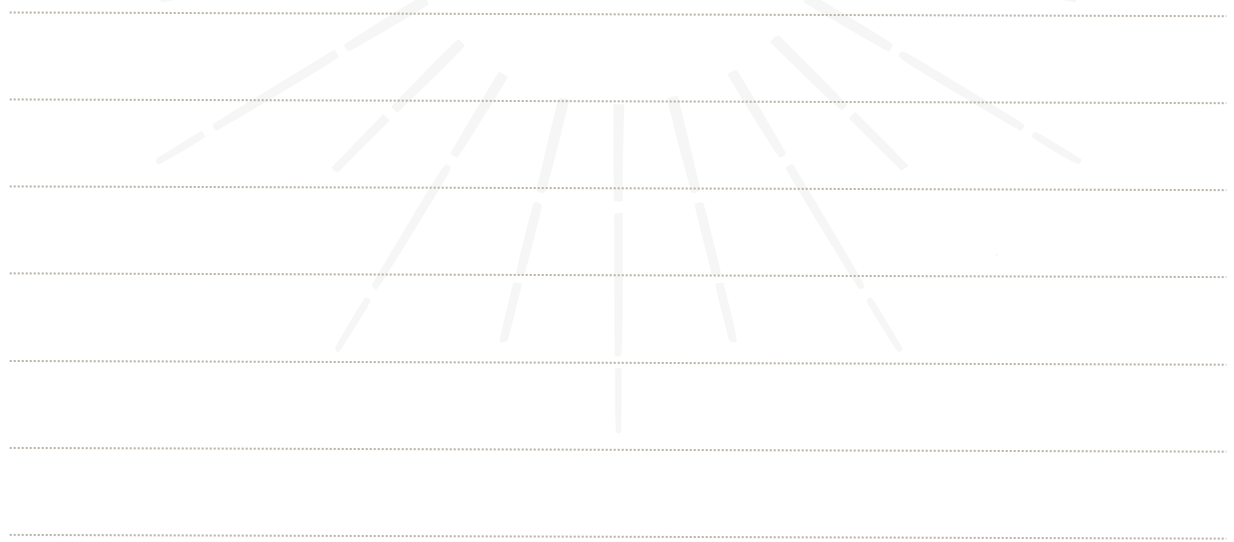
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DINNER:	SNACKS:

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90 DAY GOAL

EXERCISE

CARDIO _____

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FIRE TO ASHES

RISE & SOAR STORY

SOAR TO FREEDOM NEW THOUGHT..I AM ENOUGH TODAY!

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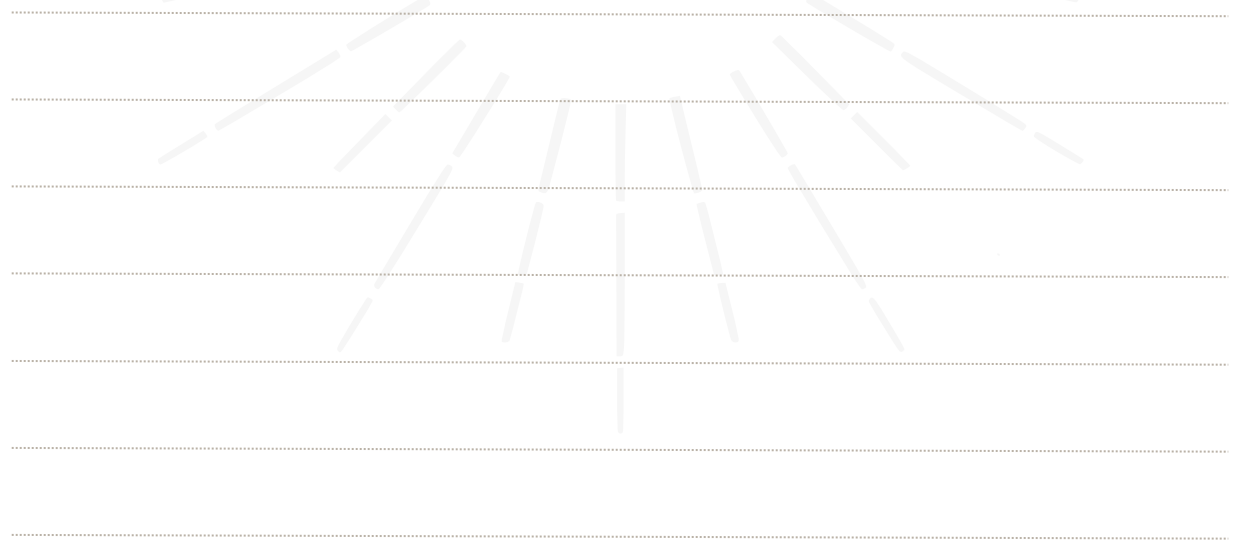
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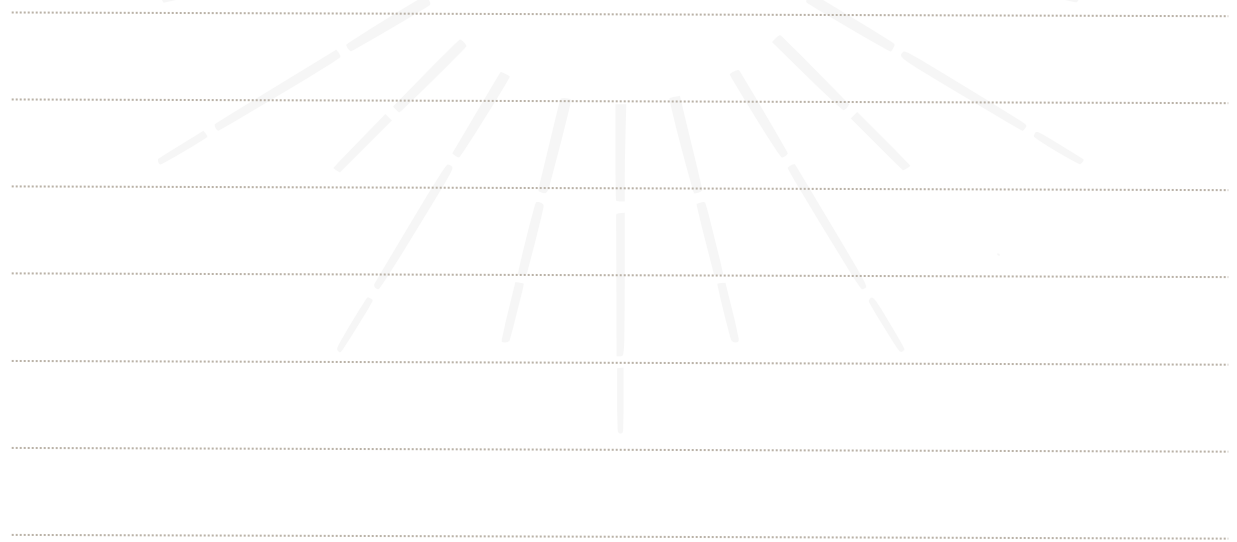
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MY REFLECTIONS



WEEKLY INSIGHTS

WEEK 1	WEEK 2	WEEK 3	WEEK 4

MEMORABLE MOMENTS

PERSONAL GROWTH

FAVORITE SELF-CARE ACTIVITIES

NEXT STEPS



GRATITUDE JOURNAL

(S) (M) (T) (W) (T) (F) (S)

DATE:

- _____
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TOMORROW I LOOK FORWARD TO

TODAY'S AFFIRMATION

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- _____
 - _____
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- _____
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SOMETHING I'M PROUD OF

NOTES / REMINDERS

NOTES/ REMINDERS:

“Our Deepest Fear”

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.*

*We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.*

*Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.*

*We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.*

*It's not just in some of us;
It's in everyone.*

*And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.*

By Marianne Williamson

The lesson I learned from this memory...

I choose to forgive because...

What new thought or memory do I want to create about this experience?

What blessing did this experience bring to my life?

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STAY CURIOUS

CHANGE YOUR QUESTIONS, CHANGE YOUR LIFE!

What do I want?

What if nothing has gone wrong in my life?

What if this trial is meant to teach me an important lesson?

What lesson have I learned?

What am I feeling? What am I learning?

What am I grateful for about this trial?

What emotions does this circumstance trigger?

Am I showing up as my true self in this moment?

Does this trigger bring up a memory in my mind?

How can this situation be an opportunity for growth?

What would happen if suddenly I wasn't reacting?

How will I feel if "it" doesn't happen?

What if I stopped believing it was them and started believing it was me?

What if I didn't rely on what my spouse did for how I feel?

Is there someone in my life I could love more fully?

Is there someone in my life you want or feel like you could forgive?

What do you find most fulfilling in life?

What is it that makes it most fulfilling?

What are some things you prefer to avoid? Why?

How is this current memory or trigger a gift to me?

Have you ever accomplished something you didn't think you could?

What changed to make it happen? Why do you think it happened?

What if you didn't rely on outside things happening for your happiness?

Are there things in your life that you depend upon for your happiness?

If you could remove something out of your life, what would it be?

What is on your top 20 list that you want to accomplish in your life?

What is the silver lining in this experience or relationship?

What am I learning about fear?

How am I a better person because of this trial?

How can I get closer to my goal?

What can I let go of in my life to have more growth?

What can I do to become closer to my "true identity" the "true you?"

How is this a blessing in my life?

Connect with Talia

Are you looking for an empowering speaker for your next conference, retreat, or training? Let's connect! I am a confident speaker, with a powerful message, and I know how to overcome adversity. I am enthusiastic about sharing my journey of faith, hope, and love. With my vulnerability, quick wit, and sharing my own painful experiences, I deliver a powerful keynote to SOAR to freedom to have clarity, connection, & confident communication! My goal is to empower audiences through my authentic message. If you want to be free to SOAR, I would be honored to be your keynote speaker.

Talia Riley is a Motivational speaker, member of the National Speakers Association, and author of *The Food Freedom Factors: 33 tips to free yourself and feel true joy*, and *SOAR for More an Inspirational Journal to heal, let go, and feel Joy!*

She is wife to TJ (of 25 years), an Author, Podcaster, and Media personality who is passionate about sharing her powerful transformational story and weight loss journey, and her struggle with infertility. Talia is the mother of four children, with almost a sixteen year age gap from the oldest to the youngest. Talia and her family have a small farm.

Listen to my Podcasts on Apple, Spotify, and Google:

Creating Confident Communication

Ignite your Light with Talia Riley

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@creatingconfidentcommunication or @food_freedom_coach_talia

LinkedIn: Talia Riley

YouTube: @taliajriley

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Talia Riley & Company



Feel Free to email me at Talia@taliariley.com or use the contact form on my sites to send a message directly. To learn more about me visit www.taliariley.com