

BJ RICHARDS

# JOURNAL

FOR



## **GIRL, STOP APOLOGIZING**

BY  
**RACHEL  
HOLLIS**

A Shame-Free Plan for Embracing and Achieving Your Goals



Journal  
For  
*Girl, Stop  
Apologizing*

*A Shame-Free Plan For Embracing and Achieving  
Your Goals*

*By Rachel Hollis*

BJ Richards

**Notification:**

This is a journal designed to accompany the original work by Rachel Hollis, *Girl Stop Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals*. It is not meant to replace the original work.

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## **Recommended**

I'm sure you already have this, but just in case, it is strongly recommended you purchase the original work by Ms. Hollis this journal is designed to compliment.

*Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals* by Rachel Hollis

# Get The Whole Set

## The Perfect Workbook for This Program:

Many readers find it helpful to use a workbook to help them implement lessons and go deeper into the material that is presented.

I've **created a workbook** that is the perfect companion to the original work by Ms. Hollis, *Girl Stop Apologizing*. In my workbook you'll find worksheets and exercises designed to draw in your own life experiences so you can capitalize on what Ms. Hollis is presenting. It is also interactive/editable!

I think you'll love it!

*Workbook Companion for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals* by BJ Richards

## The Perfect Planner for This Program:

You're going to need a place to set up, track and change your schedule on a weekly, monthly and yearly basis.

No problem... I have it covered for you! **My planner is designed specifically for the program presented by Ms. Hollis** in her original work, *Girl Stop Apologizing*. This will help you make your journey even easier!

*Planner for Girl Stop Apologizing by Rachel Hollis: A Shame-Free Plan for Embracing and Achieving Your Goals* by BJ Richards

## You may also be interested in some of my other books:

1) Find out what coconut oil can really do for you without all the hype. Check out my best-selling book: *Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair* by BJ Richards

Check it out here: <https://www.amazon.com/Coconut-Oil-Breakthrough-Boost-Brain-ebook/dp/B01EGBA1FW/>

2) Do you have a dog? Here's another best seller you may be interested in. You'll find out to deal with a number of issues safely and inexpensively at home. Find out all about it in my best-seller: *Coconut Oil and My Dog: Natural Pet Health for My Canine Friend* by BJ Richards

You can check it out here: <https://www.amazon.com/Coconut-Oil-My-Dog-Natural-ebook/dp/B01MUF93U1/>

3) Did you know apple cider vinegar and baking soda have some amazing health benefits? Plus, you can use them for so many things in the home and save a ton of money.

You'll find out all about it my boxset: *Apple Cider Vinegar and Baking Soda 101 for Beginners Box Set* by BJ Richards

Check it out here: <https://www.amazon.com/Apple-Cider-Vinegar-Baking-Beginners-ebook/dp/B07DPCLWGB/>

You can also go **my website** to find even more books I've written and some recommended by other authors: <https://bjrichardsauthor.com>

## How To Use This Journal for Greater Personal Growth

Newbies welcome! My main goal for writing this journal was so anyone, even a complete newbie, can start to get immediate help in implementing the lessons Ms. Hollis has presented in her book: *Girl Stop Apologizing: A Shame-Free Plan for Embracing And Achieving Your Goals*.

This journal is meant as a companion to Ms. Hollis' original work. Studies have shown that journaling is an effective way to accelerate personal growth.

Each page includes a motivational quote you can use as an inspirational thought to help you keep your focus. These quotes have been life changing for thousands of people, helping them to move forward through life's challenges.

Plus, you'll find places to write out many of the activities Ms. Hollis suggests you do every day, such as:

- Track your daily habits.
- Write out 10 things you're grateful for that day.
- List your intention for the day.
- Reaffirm you goal and who you want to be.
- Take additional notes important to you.

This journal is easy to use with the right journal prompts you need to stay organized and on top of your personal goal.

You'll be able to track your progress and express yourself in just a matter of minutes!

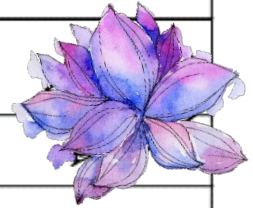
Have fun, and enjoy the journey!

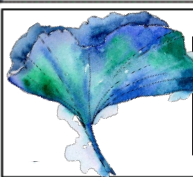
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<u>Daily Habits To Build</u>	<u>Intention For The Day</u>
<input type="checkbox"/> Stayed Hydrated	
<input type="checkbox"/> 30 Minutes Exercise	
<input type="checkbox"/> 1 Junk Food Avoided	<u>Goal / Who I Want To Be:</u>
<input type="checkbox"/> Get Up 1 Hour Early	
<input type="checkbox"/>	



10 Things I Am Grateful For Today / Notes:

	<p data-bbox="443 1657 1228 1754"><b><i>“A goal is a dream with its workboots on.” -- Rachel Hollis</i></b></p>
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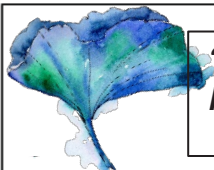
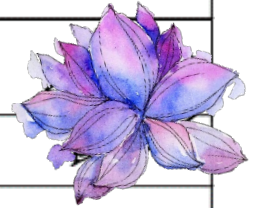


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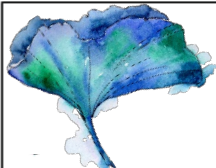
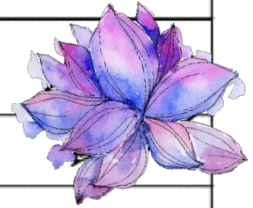
***"To be a great champion you must believe you are the best. If you're not, pretend you are." --Muhammad Ali***

Date:

<u>Daily Habits To Build</u>	<u>Intention For The Day</u>
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<input type="checkbox"/> 1 Junk Food Avoided	<u>Goal / Who I Want To Be:</u>
<input type="checkbox"/> Get Up 1 Hour Early	
<input type="checkbox"/>	



10 Things I Am Grateful For Today / Notes:

***“Never break a promise to yourself.” – Rachel Hollis***