

## Day 22

Date: \_\_\_\_\_ Time of Day: \_\_\_\_\_

M T W Th F Sa Su

### Quote of the Day

*“You are on a journey from fear to love. Every experience gives you the opportunity to respond in love. The same experience, in some form, will continue to repeat itself as long as it continues to be beneficial. The experience is beneficial when it shows you a limitation and you respond in fear. The instant that you respond fully in love, without a trace of resistance, the experience need not return, because it’s no longer beneficial.”*

*White Light*

**Meditation: Feeling Good**

**Satisfaction Level (1-10)**

1 2 3 4 5 6 7 8 9 10

**Did You Reach The Void?** \_\_\_\_\_

**Notes, insights, aha’s:**

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**Appreciation/Gratitude-** List 5 things you appreciate or you’re grateful for. Use the word appreciation or gratitude as you define it.

1.

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2.

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3.

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4.

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5.

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Set your **general intentions** by describing the emotions you would enjoy feeling today:

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Write three "I am" **affirmations** based in who you truly are

1.

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2.

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3.

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**Inspiration** - Think of one inspiration you received yesterday.

Describe what you were inspired to do or say

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What was the first step indicated by the inspired thought or idea?

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Did you take the first step indicated by the inspiration? \_\_\_\_\_

If so, describe it

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If not, write a list of thoughts that came to you that were opposed to taking the first step:

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After writing those thoughts, please identify and discuss the fear that blocked your first step. How might this be tied to your identity?

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If taken, could the action possibly adversely affect your identity in some way?

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**Synchronicities & coincidences:** Did anything interesting happen yesterday?

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**Reflection :** What nice thing happened yesterday?

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**Life Areas :** Which ones were reflected to you yesterday?

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