

# Day 1

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

M T W Th F Sa Su

## Quote of the Day

*"Worthiness has nothing to do with how good you are, or if you're talented, or if you understand yourself or not, or if you're spiritual, or if you believe in yourself. You cannot prove you are worthy. You can't achieve a state of worthiness. You do not need to know yourself as worthy, because that will not affect it. Worthiness just is, and the proof is that you are unique. So don't waste time deciphering the meaning of worthiness, but rather discover the value of your own uniqueness. This will do more to elevate your perspective than almost anything else."*



**Meditation: Worthiness**

**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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