

Day 11

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"All of the creations occur when two vibrations mingle somewhere in the universe. They become something new and unique. In fact, it would be impossible for two unique vibrations to form something that has been created before. In this sense, all creation is unimaginable. However, you have seen things that others have created and you want something similar yourself. This is fine, but you did not come to this unique reality to create the same old thing. You have the power to create that which no one has ever created before. Drop the specifics and allow for the unimaginable to be brought to you with great surprise and delight. This is what you came for."

Joshua

Meditation: Clarity

Satisfaction Level (1-10)

1 2 3 4 5 6 7 8 9 10

Did You Reach The Void?

Notes, insights, aha's:

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

1.

2.

3.

4.

5.

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

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

1.

2.

3.

Inspiration - Think of one inspiration you received yesterday.

Describe what you were inspired to do or say

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

Did you take the first step indicated by the inspiration? _____

If so, describe it

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

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

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

Synchronicities & coincidences: Did anything interesting happen yesterday?

Reflection : What nice thing happened yesterday?

Life Areas : Which ones were reflected to you yesterday?
