

Day 12

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"The Earth reality is a projection of your own consciousness and the mass consciousness of humanity. It is partly your own creation and a co-creation of all consciousness within this plane of existence. There is more going on here than you can imagine. What you think you know is not the whole, it's simply a perspective. Let go of your rules, let go of what you've been taught, let your expectations be light, and allow the unimaginable to flow forth into your reality. As you do, you shift what's possible for everyone."

Joshua

Meditation: Freedom

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?
