

Day 15

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"You are not your loss. You are not your failures. You are not your successes or achievements either. You are none of these things. There is no need to identify with any aspect of your past. You are not your preferences, desires, thoughts or beliefs. You are a sovereign being on an adventure, where you forget who you are. From this place, you can be anything. Not in respect to the human version of you, but as an extension of the One identity: Source."

Joshua

Meditation: Joy

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?
