

Day 16

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"There is no absolute truth. There is only what you believe. Open your mind and heart. Listen to the ideas of one with whom you disagree. Try something you believe you do not like. Do something you believe you will not be good at. Allow your beliefs to bend, stretch and open. It is within this willingness to change your perspective that the unimaginable resides."

White Light

Meditation: Neutrality

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?
