

Day 17

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

“Your Inner Self is you. You are the fullest and most expanded aspect of your Inner Self. There is no separation, ever. You are guided in each and every step of your life in each moment. Your Inner Self sees the accurate perspective of your existence, life and reality and never waivers from this perspective. When you cannot see the road ahead, trust that your Inner Self knows exactly where you are going and what you need. You will never experience anything without having all that you require in each moment, including a closing and supportive connection with your inner self.”

Joshua

Meditation: Health & Wellbeing 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?
