

## Day 2

Date: \_\_\_\_\_ Time of Day: \_\_\_\_\_

M T W Th F Sa Su

### Quote of the Day

*"Your perspective (vibration) is displayed for you as a reflection. It is the reality you see and experience. Your perspective is demonstrated for you in detail through your relationships to everything in your life. Observe this reflection and hold an unwavering knowledge of its perfection within your body, mind and soul. A match to this higher perspective is reflected back to you with each experience. The compounding nature of this gradually increasing vibration brings to you the reflection you truly want to see."*

*White Light*

### 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:

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

1.

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2.

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3.

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4.

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5.

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

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

1.

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2.

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3.

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**Inspiration** - Think of one inspiration you received yesterday.

Describe what you were inspired to do or say

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

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Did you take the first step indicated by the inspiration? \_\_\_\_\_

If so, describe it

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

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

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

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**Synchronicities & coincidences:** Did anything interesting happen yesterday?

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**Reflection :** What nice thing happened yesterday?

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**Life Areas :** Which ones were reflected to you yesterday?

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