

Day 23

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

“What is inspiration? It is the light that shines on your path to everything you truly want. But since you are not always aware of what you want, sometimes it doesn’t feel right. It feels like it’s going to lead in a direction away from what you think you want. So what are you to do? If you receive inspiration, whether that comes internally or externally, you must know that the action will lead you one step in the right direction for you. Take the step in faith, even if there is some doubt and fear, and the experience will always be what you need to elevate your perspective. That is the only thing you truly want!”

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?
