

Day 3

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"To feel separate is the illusion, connection is the absolute truth. You could see this if you looked. Connection is all around you. Look at your roads. They would not be valuable unless they were connected to every place. Look at your technology, it would be nothing without connection. Look at the water on your planet and see how the snow falls on the mountains and then melts and forms rivers that connect to lakes and oceans and then rise as vapor to be carried by the winds and fall on the mountains all over again. Nothing is separate. It is all inseparable."

Joshua

Meditation: Feeling Good

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?
