

Day 7

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"If manifestation is an art, it's the art of perspective . If you wish or hope for something , you are choosing a perspective of yourself with regard to what you want. Are you able to see the limitation in those words? Can you see that hope and wish are not words that a creator would ever use? You have two basic perspectives when it comes to the manifestation process ; creator or not creator. Whichever you choose determines how you will manifest anything or not."

Joshua

Meditation: Worthiness

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?
