

Day 8

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"Like vibration attracts like vibration. When this occurs, a new, expanded vibration is created. Once something is attracted it can never be separated. In this universe, one plus one never equals two. It is always a greater one."

White Light

Meditation: Relationships

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?
