

Day 9

Date: _____ Time of Day: _____

M T W Th F Sa Su

Quote of the Day

"If you were a master at the art of manifestation, you could consciously alter your vibration to match anything you wanted in an instant. From your perspective, you might envy this ability as a wonderful power to possess. But the master manifestor knows a thing or two about this reality. A master would never ever desire anything specific. The master knows that the universe will deliver manifestations of experiences, people and things, beyond anything a human could ever imagine. The human creates variations of boxes. The universe brings forth the Unimaginable."

Joshua

Meditation: Health

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?
