

Journal

Today, my day will be:

The dominant feeling(s) that I am going to feel today:

My intention for today is:

What I love about myself:

My Self-Love, Self-Care Practice for today is:

Today's Gratitude – 5 things that I am grateful for or appreciate in my life. (Really feel them and allow your emotions to come through.)

My Affirmations for the day are:

My Visualization. Be still and feel the feelings you want to experience in your life. See the vision of your life, your future as already happening. Imagine that you already have what you want and that you are living it now. Imagine that your future is your current reality. Lock this into you. Really feel the emotions and what it would be like to live that. Picture it in your mind as already happening. Use all of your senses. You can alter or enhance your vision as you grow and expand.

The Guidance that I received for the day:

What actions can you take that are in alignment with what you want and are creating in your life. These are your Inspired Action steps:

[illegible]