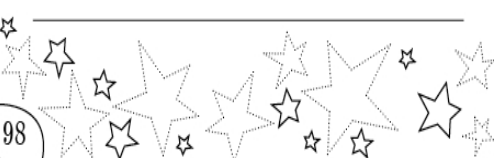


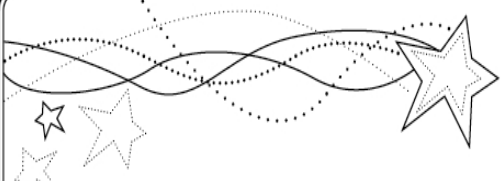
**\_\_\_ I meditated today.**  
During my meditation, I asked about:  
\_\_\_\_\_  
During meditation, I saw how grateful I was for:  
\_\_\_\_\_  
During my meditation, I saw insight about:  
\_\_\_\_\_

**\_\_\_ I visualized today.**  
While visualizing the things on my dream board,  
I felt strongest about:  
\_\_\_\_\_  
While visualizing the things on my dream board,  
I felt grateful for:  
\_\_\_\_\_  
While visualizing the things on my dream board,  
I found I'm closer to reaching:  
\_\_\_\_\_

**\_\_\_ I said my affirmations today.**  
I learned that I really can/do have:  
\_\_\_\_\_  
I realized that I am grateful for:  
\_\_\_\_\_  
I saw that I have grown in the area of:  
\_\_\_\_\_

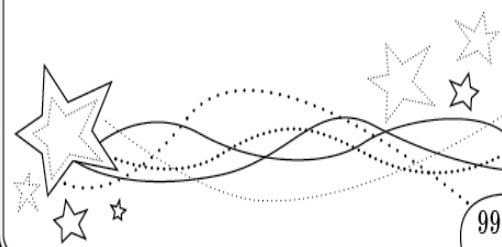


98



My goal for today is:  
\_\_\_\_\_  
My goal for this week is:  
\_\_\_\_\_  
My goal for this month is:  
\_\_\_\_\_  
My goal for this year is:  
\_\_\_\_\_

Yesterday I accomplished:  
\_\_\_\_\_  
Last week I finished:  
\_\_\_\_\_  
Last month I was able to complete:  
\_\_\_\_\_  
Last year I realized:  
\_\_\_\_\_



99