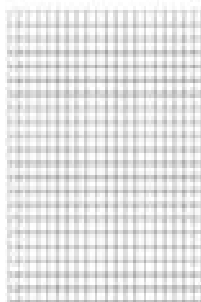


Date \_\_\_\_\_

# ★ Gathering Momentum ★

10 things I'm grateful for

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
- 05 \_\_\_\_\_
- 06 \_\_\_\_\_
- 07 \_\_\_\_\_
- 08 \_\_\_\_\_
- 09 \_\_\_\_\_
- 10 \_\_\_\_\_

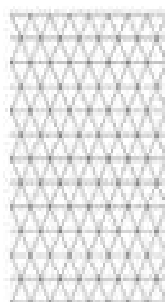


Wouldn't it be nice if

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today I intend to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



1 thing I love

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
- 05 \_\_\_\_\_

1 thing I'm excited about

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_

Advice from my higher self

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention with myself

- Q \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

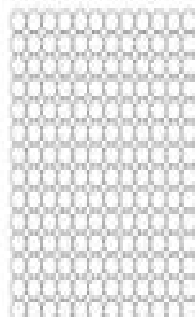
- A \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today's affirmations

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

1 thing inspiring me today

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_

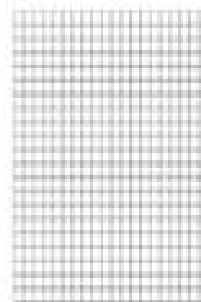


Date \_\_\_\_\_

# ★ Gathering Momentum ★

10 things I'm grateful for

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
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- 05 \_\_\_\_\_
- 06 \_\_\_\_\_
- 07 \_\_\_\_\_
- 08 \_\_\_\_\_
- 09 \_\_\_\_\_
- 10 \_\_\_\_\_

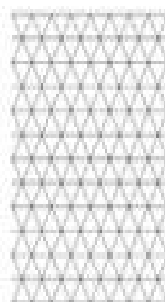


Wouldn't it be nice if

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today I intend to

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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- 03 \_\_\_\_\_

Advice from my higher self

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention with myself

- Q \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- A \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today's affirmations

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

1 thing inspiring me today

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_

