***Morning “Self-Connection” Journal***

(Print & write OR write responses directly into your journal)

***Date:***

***Today, I am grateful for*** *(ex. people, material, self-related)…*

***My body is feeling*** *(ex. pain, fatigue, weakness)****…***

***I am experiencing emotions of*** *(ex. anxiety, peace, anger)****…***

***I am experiencing these feelings & emotions because*** *(describe situations, look up in Louise Hay book for clues)…*

***Today, I want/need*** *(ex. more time, play, rest, connection with others)****…***

***Today, I desire*** *(list for each – self-love, health, love, career, money, passions, spirituality)****…***

***I’m aware of the following fears & limiting beliefs AND Truths*** *(ex. I can’t mistakes, etc.)…*

***Today, I will take the following inspired action steps for my health, healing, happiness…***

***Pray/Ask “Something Bigger”*** *(God, Universe, etc.)**I am open to receiving all the guidance and support you have for me today. Please help me release any fears/blocks that could keep me from receiving with ease, grace, and as much speed as I can handle. Give me the courage to hear and follow your guidance. Help me see the “gifts” in all my experiences and trust that all happens for me {in divine time}. Thank you. “*