



Cut this
portion
off!!



Date:



Intention:

Mantra:

Focus:



Practice:

Action:



Insight:



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Day:

☐ Nurture ☐ Stretch ☐ Love ☐ Connect

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Love

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Connect



Life Shaping Practice

Check In



What stood out in my day?

Clues ~ Pings ~ Blessings



What Challenged me today?

Clues



What sparked Happiness today?

Clues ~ Pings ~ Blessings

What am I thinking, feeling or believing?

What do I KNOW to be True?

How did I engage in the following today?



Nurturing

Stretching

Connecting

Loving





Daily Reflect



Intention Section:

What would I like to Experience, Create, or Happen today/now?

What would I like to Design into my day?

What do I Intend?

At the end of the day what would I like to look back and know has been achieved?

When I imagine my Intention being realized, the quality of life I imagine experiencing is: (example: Joy)

Mantra Section:

What Mantra (Affirmation) am I currently or actively working with to activate within me and my life?

What Mantra can I work with today to be a Vibrational Match to that Quality I Intend?

What can I Affirm that supports my Attitudes and Beliefs in support of my Intention?

Focus Section:

What is Priority to put my attention on now?

What is really important to make sure does happen today/now or during this Compass period?





Practice Section:

What Practices do I Intend today to Engage in that support my Spiritual Growth or Personal Development?

What Practices or forms of Play and Reconnection do I Intend to do today/now?

What Practices that take me into "The Zone" would I like to make part of my day?

What Practices would I like to complete today/now that enhance my Vitality?

What form of Nutritional Support (Practices) am I interested in making sure happen today?

What forms of movement (exercise) am I committed to engaging in today?

Are any of the Activities that will be a part of my day supporting my Wellbeing?

Action Section:

What Action do I need to put my Attention on Now?

What Action steps can I take that support my Intention?

What is scheduled for fun, play or feeling good time today/now??

What is on the agenda for Activities filling up the day?

Where will my Journey be leading me today for Clues?

What Activities am I looking forward to today/now?

What Activities or Events would I like to participate in that aren't scheduled?



How would you Rate Your Day? Don't Forget to Fill in your Stars in the Main Fields Above!!!

What got accomplished today? What did I and Source Create or Accomplish today?

What did Source deliver, accomplish or unfold today that supports me? What did Source help take care of today?

Did I keep up on my Vital Practices?

Did I keep up on my Sacred Practices?

Overall how do I feel about today? Was it a good day?

How was my Mental Attitude?

How was my Emotional State?

How critical or judgmental of myself was I today?

What did I procrastinate over today? Was it Procrastination or do I sense I am waiting for Inspiration and actually productively using my energy in other ways?

Did I follow Inspired Action, Synchronicity and Clues that came my way? Did I notice any today?

How was there movement in the direction of what I Desire today?

Insight Area

What Inspirations or Insights lit me up or caused me to have an "A-Ha" moment?

What happened today that was out of the ordinary or is sticking with me? Can I recognize the Value?

What Opportunities showed up for me today?

What did reality/life, reflect back to me through the day's dramas, about who I am being, or who/how I choose to be?

What has the day reflected back to me about where I am at Vibrationally in relation to my Desires and Intentions?

What did Source and my Inner Wisdom lead me to today for Clues in relation to my journey?

What did I learn or experience today of Value?

Blessings Area

What Miracles happened in my day today?

How is Source blessing me or surprising me, with activities or encounters that offer me Clues on my Treasure Hunt?

What do I find myself honoring and appreciating?

What Bonuses, Gifts or Surprises showed up in my reality today?





Navigate

The Purpose and Use of your “Navigate” Section

This Section is about putting it all into motion! it is designed to help you keep your eye on your Focus while living life and collecting the wealth of clues, messages, information, surprises and synchronicities along the way.

This section of your Living Log is designed to help you bring your Intention, Focus and Aspirations into your daily life. This is where you bring you and your Intentions into the flow of living! It is also where you bring your Attention to what is transpiring through the day and evening and Reflecting on the messages and Clues that are popping up.

This Section helps to Capture the Journey to Manifestation of all your Wishes, Desires and Intentions. This part of your Living Log is about Harvesting the Value that makes any journey an Adventure!

This is a fun way of building momentum and honoring the Value of what happens during your day since Source and your Inner Wisdom are always looking to deliver important information that can assist us in experiencing our Desires.

Your Opportunity & Compass Pages acts as a space to to Focus on Designing your day, then Engaging in Life, and finally Reflecting on the days messages and Value. It is a fun interactive way to Pay Attention to your process of Evolution and add special noteworthy things to other pages (within other Sections)...like your Celebration, Insight, Blessing, Evolution Board and eventually into your Treasure Chest!!!!!!

The Purpose and Use of your “Opportunity” Page

The Purpose of the Opportunity Page is to Design your week through Focus and Energy first, then allow your day to unfold as you interact. Pay attention to all the ways the Universe/Source is working with you offering support and opportunities for you to recognize.

The idea is to start an Opportunity Page to work with for a time period like a week or month. Then referring to it during the day so you can easily capture the goodies that unfold. Finally at the end of your day, take time out to focus and Reflect on all the things that transpired holding Value for you. Eventually after a few days or weeks have passed you can move the special posts you’ve made to other areas that are appropriate in your Living Log, like to your Celebrations, Insight or Blessings pages.

Design

Set your Intentions (1-3 depending on what works for you and the time period you are working with). Write in a Mantra (Affirmation) or two that you feel will be supportive and appropriate for this Time Period.

Enter in your main Focus (from your Focus Section) that you feel will be supportive and appropriate for this Time Period. Type in Priorities, Insights, Reminders in support of your Focus for the Time Period of your Opportunity Page

Design Questions

Intention -What would I like to Experience, Create, or Happen today/now? What would I like to Design into my day? What do I Intend? At the end of the day what would I like to look back and know

When I imagine my Intention being realized, the quality of life I imagine experiencing is?

Mantra—What Mantra (Affirmation) am I currently or actively working with to activate within me and my life? What Mantra can I work with today to be a Vibrational Match to that Quality I Intend? What can I Affirm that supports my Attitudes and Beliefs in support of my Intention?

Focus -What is Priority to put my attention on now? What is really important to make sure does happen today/now or during this Compass period?

"Aspirations" Area of your "Compass" Page

This is the Overall Important Aspirations to Focus your Attention on for the period chosen.

Priority- The Most Important (maybe most urgent) Tasks Now to Attend to! Enter 1-5 Main-Top Priorities for the time period you're working with under the banner "Priority".

Fellowship- Priorities having to do with connecting with others. The Most Important (maybe most urgent) Calls or "Reach Outs" Now to Attend to! Enter 1-5 People you would like to connect with for the time period you're working with under the banner "Fellowship".

Tasks- Important and Timely Tasks to Attend to Now or Soon! Enter 1-10 things you would like to Accomplish or Do for the time period you're working with under the banner "Tasks".

Engage

Jot down a loose Action Plan and what Practices you want to Engage in for this Compass period.

Practice—What Practices do I Intend this week to Engage in that support my Spiritual Growth or Personal Development? What Practices or forms of Play and Reconnection do I Intend to do today/now? What Practices that take me into "The Zone" would I like to make part of my day? What Practices would I like to complete today/now that enhance my Vitality? What form of Nutritional Support (Practices) am I interested in making sure happen today? What forms of movement (exercise) am I committed to engaging in today? Are any of the Activities that will be a part of my day supporting my Wellbeing?

Action -What Action do I need to put my Attention on Now? What Action steps can I take that support my Intention? What is scheduled for fun, play or feeling good time today/now?? What is on the agenda for Activities filling up the day? Where will my Journey be leading me today for Clues? What Activities am I looking forward to today/now? What Activities or Events would I like to participate in that aren't scheduled?

Reflection Questions

Reflect on the days happenings and infoldings. As far as what showed up in your reality today as a reflection of your design how successful of a day was it?

Was your day filled with synchronicity or opportunity?

How successful were you today at navigating with Inspired Action?

Did I engage and put my attention on my Sacred Practices today?

Did I find my own way to spend some "Source Time"?

How did I spend that, What did I gain?

Did I follow through on my Sacred Practices today?

Did I actively follow through on the Vital Practices I Intended for today?

Am I following through on taking care of myself and my body?

Did I meet the Vital Goals I set for myself today?

Insight:

What Inspirations or Insights lit me up or caused me to have an "A-Ha" moment?

What happened today that was out of the ordinary or is sticking with me? Can I recognize the Value?

What Opportunities showed up for me today?

What did reality/life, reflect back to me through the day's dramas, about who I am being, or who/how I choose to be?

What has the day reflected back to me about where I am at Vibrationally in relation to my Desires and Intentions?

Ping Questions:

What popped and got my Attention today and may be surprised by?

What out of the ordinary or stand out experiences showed up in my day?

What Clues, Synchronicities, happenings or conversations happened today that may be offering me guidance?

Blessing– Capture the mini miracles and gifts that cross your path and you are grateful for through out your week

Blessing Questions:

What Blessings are showing up? What am I grateful for?

What Miracles happened in my day today?

How is Source blessing me or surprising me, with activities or encounters that offer me Clues on my Treasure Hunt?

What do I find myself honoring and appreciating?

What Bonuses, Gifts or Surprises showed up in my reality today?

Your Daily Compass (Week of Days) Pages

Fill in the Date and use Each Daily Section to either jot down your targets for the day, thoughts through out the day that grab your attention or unique happenings that spark your spirit.

Take the time to Reflect on your Day and it's Value using the Questions provided. Add any Notes and Insights from your Reflection. Value, Learning Opportunities, Synchronicities.

Daily Review

Take the time to Reflect on your Day and it's Value using the Questions provided. Add any Notes and Insights from your Reflection. Add your Insights (Messages, Value, Learning Opportunities, Meaning of Synchronicities) and Blessings

Daily Review Questions

How would you Rate Your Day?

What got accomplished today? What did I and Source Create or Accomplish today?

What did Source deliver, accomplish or unfold today that supports me? What did Source help take care of today?

Did I keep up on my Vital Practices?

Did I keep up on my Sacred Practices?

Daily Review Questions (Continued)

Overall how do I feel about today? Was it a good day?
How was my Mental Attitude? How was my Emotional State?
How critical or judgmental of myself was I today?
What did I procrastinate over today? Was it Procrastination or do I sense I am waiting for Inspiration and actually productively using my energy in other ways?
Did I follow Inspired Action, Synchronicity and Clues that came my way? Did I notice any today?
How was there movement in the direction of what I Desire today?
Reflect on your moods, attitudes, thoughts and feelings. Overall if you had to give the day a rating using one of the Emoji's which one would you choose?
Did you allow yourself to healthily feel?
How was your mental state today?
Was your day filled with synchronicity or opportunity?

Track the 4 Core Focus

Did you Nurture today?
Did you Stretch today?
Did you Love today?
Did you Connect today?
Check the boxes for the ones you did!

