



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



Life Shaping Practice



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Core

Focus

Intention

How do I intend to engage in Nurturing today?

How do I intend to engage in Stretching myself today?

How do I intend to engage in Connecting with myself, Source or others today?

How do I intend to engage in exchanging Love with myself or others today?



Experience

How did I engage and/or express
Nurturing today?

How did I engage and/or express
Stretching myself today?

How did I engage and/or express
Connecting with myself, Source or others
today?

How did I engage and/or express
exchanging Love with myself or others
today?

