

## Daily Reflect



### Design

#### ***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?*



### Reflect

***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?*



## ***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?*