

## Life Shaping Practice



**4 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?



4 Core Focus (Date/Time)	What I noticed...

