



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



