

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?

