

Year _____ Month _____ Day _____ Consecutive Practice Days _____ Missed Days _____

Day 22

Gratitude:

Vision:

Observing your Gratitude, Vision, and Affirmations changing day-to-day is a tremendous opportunity for self education.

Allow yourself to come up with different Affirmations daily, and without having to try, you'll naturally gravitate toward some recurring themes. Allow those recurring themes to take hold and you'll develop a more refined Affirmation over time.

Once you've settled in on a consistent Affirmation for a while, the daily morning practice of writing it out, seeing it in your minds' eye, and feeling the emotional response of someone who *already possesses the traits* you're describing will cause you to gravitate toward the behaviours you desire. If your subconscious assumes you're a patient person, you're going to begin to act and feel more patient, etc...





