

Daily Journal Pages

The Daily Journal pages are POWERFUL and miraculously magical – USE THEM! These pages are designed to anchor and settle your new life foundation.

Each section has a specific purpose to support you to manage and focus the power within you to consistently improve your life. These are not “whine about how awful the day was” journal pages. These pages are about setting intention, managing your energy and honestly facing the experiences of your day.

When you fully engage with each section, you’ll begin to feel your empowerment, strength and stamina grow – you’ll see where you’re using your power and where you’re not. Plus, solutions will be revealed to you.

These journal pages are guided, but it’s important for you to RE-write in each space what’s already written there – rewriting moves energy and anchors what you wish to experience.

Upon Waking: When you fill in what kind of day you’re giving thanks for, you’re reminded to vision the day you want to experience.

When you “accept what your life is in this moment” you stop the internal battle between your superconscious and your subconscious.

Then on the heels of that acceptance, accept and use your power in any way you wish.

In the next section, consciously choose what energy you wish to BE and assertively write about it.

Then reach out to Infinite Spirit to be shown what you need help with manifesting or just need help with.

Then firmly impress your subconscious power to manifest THIS or better and FEEL the energy while you write.

Then in deepest gratitude in prayer ask your angels for help.

It’s SAFE to BE ME and I Breathe Deeply are affirmations to claim energy and action.

The Chaos Flush Energy system is available through Kate.

Be SURE to Sign and Date your daily affirmation pages to make your contract with the universe to fulfill what you’ve written about.

Before Sleep: Writing about three things you’re grateful for before sleep lifts your energy out of fear to LOVE.

Confirm, was there deep breathing today?

Commit to breathing deeply – this locks in that commitment energy!

When you write about your day from the perspective of how you implemented your power, you learn where you’re using it and where you are not using it – and it’s never too late. You can still infuse everything with love.

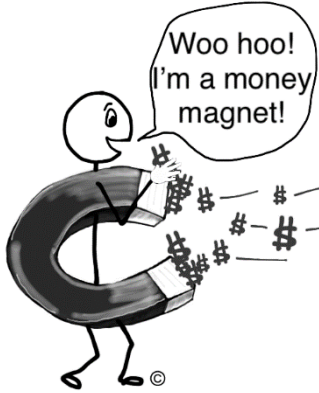
When you write to Infinite Spirit in deepest gratitude about what you want to experience, you're moving into that state of receivership and it's an excellent time to VISION the experience.

Writing, "I didn't know how I would do this, but I did it anyway" relieves the need to know "how" something is going to happen.

Manifesting this or better is self-explanatory.

Are you keeping your Worry Angel employed by giving him your worries or are you holding them to yourself, worrying about everything?

And sign and date your contract with the universe!



Upon Waking Journal Page

Date: _____

I give thanks for this ____ day!

I accept "what my life IS in this moment."

I accept and use my power to

I consciously choose to BE Love Energy. I infuse my day & my life with LOVE. I attract like a magnet, experiences of Love Energy.

Infinite Spirit, open the way and "show me" the action steps to manifest

I consciously direct my Subconscious Power to manifest this or better. I feel the energy of manifestation complete!

Dearest Angels, please...

It is SAFE to BE ME.

I Breathe Deeply!

____ I will remember to use my Chaos Flush energy system if I need it!

Sign _____ Date _____

Before Sleep Journal Page

THREE things I'm grateful for today:

I took deep breaths today ___Yes ___No

I commit to breathing deeply tomorrow.

Today when I implemented my power, I used these support tools, took these action steps and my results were:

Infinite Spirit, in deepest gratitude, I thank you for

I didn't know how I would do this.

...but I did it anyway! I manifested this & better!

_____ My Worry Angel is employed!

Sign_____Date_____

