

Commitment to Myself Gameboard

I make these commitments to myself



Be Sure To ~~~~~

Sign & Date



I have support at my fingertips!

Upon Waking Journal Page

Date: _____

I give thanks for this perfect 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 magnetically attract experiences of Love Energy.

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

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!

____ I will check-in and be AWARE of my energetic vibration.

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.

Today I learned this about myself (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 _____

Weekly Progress Gameboard



Week _____

This was my biggest "Aha!" moment this week:



This is how I used my power this week:



Sign & Date

Gratitude Manifesting Gameboard

I see it! I see
* what I want *
manifested!!

Dearest Infinite Spirit,



Sign & Date