

Daily Practice

Meditation
Visualisations
Chanting

Words
&
Affirmations
I am...
I choose

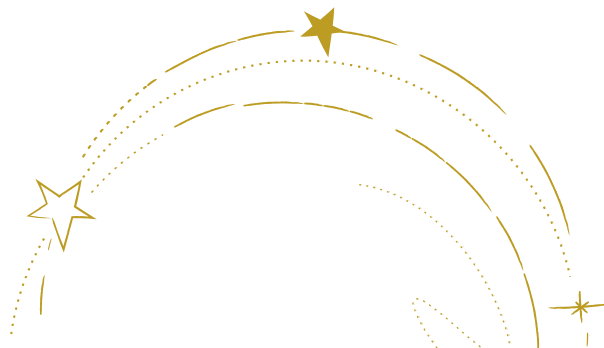
Journalling
New Beliefs
Clearing
Energy
Future self

Lists
Desire
Gratitude
I am Amazing

Imagination
&
Vision Boards

Nature Walks
Dancing
Yoga

Creativity



This or something better is now manifesting for the Highest good

Miracle Month

NOTES
