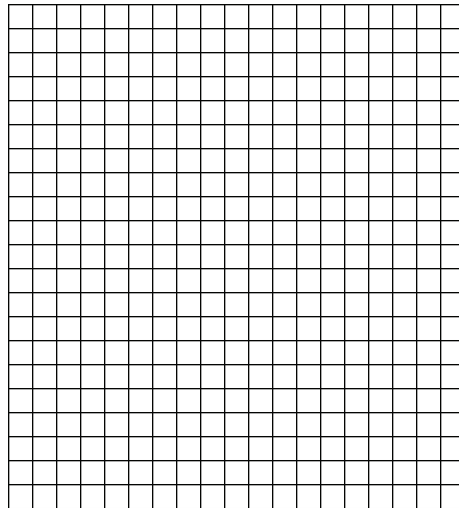


# ★ Gathering Momentum ★

10 things I am grateful for:

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_
- 06. \_\_\_\_\_
- 07. \_\_\_\_\_
- 08. \_\_\_\_\_
- 09. \_\_\_\_\_
- 10. \_\_\_\_\_

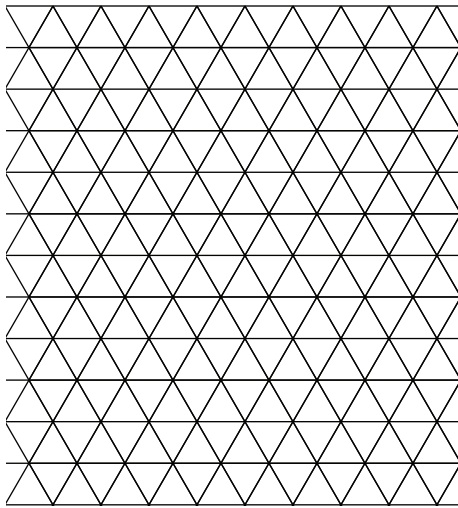


Wouldn't it be nice if \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today I intend to \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



5 things I love:

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_

Today's affirmations:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3 things I'm excited about:

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

4 things inspiring me today:

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_

Interview with myself:

- Q: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- A: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Advice from my higher self:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

