

Ahhh, a couple things I'd like to include in my meditation and in my day...

How would I like to feel today?

Here's my affirmation for me feeling that way:

My loving thought about myself today is:

Meditation checklist:

1. Thought clean-up
2. Ground my life
3. Align Heart, Mind, Body
4. What is one beautiful action I'd like to take for my life and for my business?
 1. Life:
 2. Business/Career/Project:

