

Name:		My Top Three Desires	2)
	1)		3)

10 DAILY HABITS TO SUPER-CHARGE YOUR LIFE

☐ Morning: Wake Up Your Soul Self
☐ Think Your Own Thoughts
☐ Be in the Present Moment
☐ Eat Healthy and Exercise
☐ Make a Difference for Another
☐ Take an Action Toward Your Desire
☐ Do Something that Makes You Feel Good
☐ Have Integrity and Be Responsible
☐ Laugh, Remote View or Try Something New
☐ Evening: Gratitude Exercise

☐ EXTRA CREDIT: Do One Thing You Fear

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I am grateful for:

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Funniest Memory:

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Date:

Song I love most:

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Date:

What I learned today:

Date:

What made me happy today:

Date:

Who I made happy today:

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EMERGENCY ASSISTANCE

Recognize that The Voice is in command, not your Soul Self.

Take a few deep breaths and get into the present moment.

Quiet your mind and notice the experience in your body.

Choose an activity below to cause yourself to begin generating good-feeling emotions that will charge your energy field with positive strings of vibrating energy.

- Make a list of what you are grateful for in life, write at least 50 things or more.
- Look at your journal. Read the successes and the miracles and what people love about you.
- Go outside in nature.
- Be present and look at life that everything is a miracle.
- Call a friend and be a friend. Do some remote viewing to reconnect with who you really are.
- Put on some music that makes you feel good.
- Move your body: go for a walk, get your heart beating, dance.
- Open the book *We Don't Die* to a random chapter, or read something that inspires you.
- Do something you love to do.
- Find something humorous to watch or read.
- Write in your journal: get the thoughts onto paper so new thoughts may arise.
- Pray or bless someone or something and focus your attention outside yourself
- Look for the soul growth that is happening.
- Be accountable that you made it this way.
- Learn something new to learn and stimulate your mind.
- Do something for another person, getting the focus off of you.
- Make a list of all your successes and what people love about you.