

# My Spiritual PRACTICE



W/C

HOW DO I WANT TO FEEL THIS WEEK?

## My Spiritual Goals

M T W T F S S

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WHO DO I WANT TO BE?

AFFIRMATION FOR THE WEEK

ORACLE CARD FOR THE WEEK

THIS WEEKS WINS



INSIGHTS & LEARNING

HOW I'LL IMPROVE NEXT WEEK



# My Spiritual

# PRACTICE



W/C

10th July 2021

## My Spiritual Goals

M T W T F S S

Meditation 15 mins

Yoga every other day

Gratitude practice

I AM's affirmations

Eat mindfully

## AFFIRMATION FOR THE WEEK

I give from my heart with no strings attached



## THIS WEEKS WINS

I received some wonderful feedback from my client this week.. I managed to stick to a healthy food diet each day of the week.. I did some yoga every other day.



## HOW I'LL IMPROVE NEXT WEEK

I'll work in some more meditation time because I only meditated once this week

## HOW DO I WANT TO FEEL THIS WEEK?

I want to feel confident in the face of judgement. I want to feel powerful and proud of myself. I want to feel eager and enthusiastic and excited for each day ahead. I want to feel energetic

## WHO DO I WANT TO BE?

I want to be the confident version of myself who has high self esteem and who knows her worth. I want to be independent and capable when I have hard tasks to complete. I want to be the version of me who eats healthily and rests well for lots of energy.

## ORACLE CARD FOR THE WEEK

Generosity - to give from my heart with no strings attached and to focus on the joy of being of service - that way I will align with divine will and greatness

## INSIGHTS & LEARNING

I learnt a new yoga routine this week for more energy and vitality. My affirmation was so powerful for me this week as I kept focussing on service rather than how tough my workload was.



HAPPY IN THE MOMENT

