



allison beardsley

1) List what you are grateful for. What do you appreciate? Who are you grateful for? Write as much as you can in the space provided. Allow the feeling of gratitude to sweep over you as you write. Smile, and feel thanks. This is a practice in the cultivation of gratitude.

2) Now, set an intention. Plant a seed, an idea rooted in love you wish to see blossom in your life. Be loving and easy with yourself as you lovingly reflect on how you can grow with more light and love. (Example, I set an intention to smile, and silently bless all people I encounter today... Or, today I intend to practice non-judgment, if a judgement arises I will lovingly label the judgement, and replace it with a silent blessing. Or, today I plant the seed of living in the present moment by feeling more with my heart. Or, today I will practice observing my thoughts and not get entangled in them. Or, today I will choose to accept that I am responsible for my thoughts and feelings. Choose something you desire to evolve toward. You are planting a seed as you write out your intention. Revisit your intention with a loving smile throughout the day.