

# Get grounded & access miracles

YOUR MIND IS  
PRECIOUS REAL ESTATE

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## INTENTIONS

I have a deep desire to  
co-create miracles.

My intention is to create wonderful  
opportunities for myself at massive  
speed so I may serve others.

Thank you for infinite  
possibilities of how that  
can happen.

## CHECK INS

- Raise your standards.
- What are you available for and NOT available for?
- Hold a POSITIVE thought for 30 sec.
- Every thought you think is a command to the universe.

## NOTES

## DAILY ROUTINES

- Wake up and thank god we are alive
  - Enjoy the present moment
  - Set Intentions - light a candle
  - Meditation: Silent or Guided
  - Affirmations & future visioning
  - Water & Healthy Food
  - Exercise & Movement
  - Body healing - only available for health
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## AFFIRMATION

Higher Power,  
please connect my left brain, mid brain  
& right brain, to function at 100%  
according to your design, in authentic  
service, for the greatest good of all  
involved.

What can I delegate?

What miracles are in store for me?

Who else can I support today?

I am so happy and grateful that: