



final Week

THE JOURNEY CONTINUES
WEEK 6
DAY 26-30

Blessed Love, Blessed Ones!

As we enter the final days of this Level Up program, it is important for us to pull all of our new information and tools together.

How can knowing about our thoughts and external influences allow us to level up?

In this existence our reality is greatly created by our thoughts and actions and what we feel attached to.

An **attachment** is something that you own or owns you, for example your pet, your partner or your social status—things that seem impossible to give away or lose.

Think of a few attachments you have.

Now, write a list of five things you are grateful for and can also share or give away.

1

2

3

4

5

What is the power of being grateful for something and still being able to share it or let go of it?

As we conclude our program, take the next five days to notice your spirit, mind, and body. How can you use the information and tools from this program to be more mindful-or fully present

and accepting of you and the things around you?

Make a list of three positive changes you have noticed in the last 30 days and one positive transformation you are looking forward to!

Changes:

1

2

3

1 Transformation:



I pray this program has nurtured your spiritual growth! This is your final Worksheet! Congrats! And...the journey continues! Feel free to email me any questions, comments or requests for further growth!

Many Blessings!