



Realizations

Book of Days

Practice Promnesia - remembering what you've always known.

- > Tap into promnesia at a soul level to intuit memories in infinite time.
 - > Record your past and future memories from your *Highest Self* perspective.
 - > Journal in the “As if I Am NOW” format.
 - > Notice the BEST, ignore the rest.
 - > Consistently choose to record the reality that you most enjoy.
 - > ***Be Real!*** Live life in the present moment, celebrating the real you.
1. Record daily intentions on this day's date.
 2. Record past realizations in the “As if I Am Now format” on the *best-guess* date.
 3. Review your realizations often and with gratitude to accelerate empowerment.

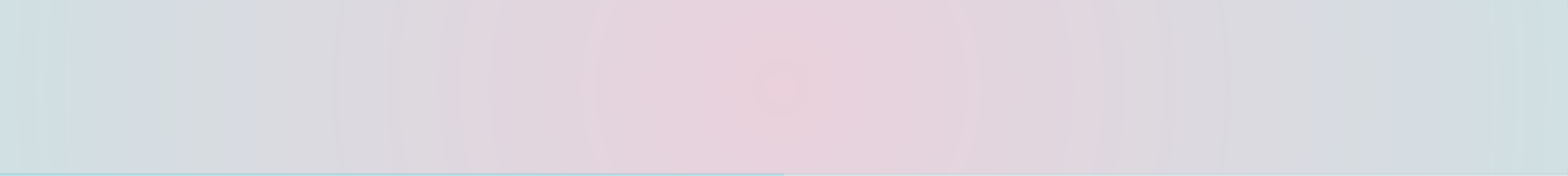


What memories will I create today?



...and the best part...





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intentions



realizations

Go!



Stop!

