



## GOOD MORNING, BEAUTIFUL BEING! MANIFESTING MANTRA...

“I AM. Two of the most powerful words; for what you put after them shapes your reality.” -Bevan Lee

I am

AND

I feel



### 3 THINGS TO NOTICE

What energizes/inspires me is...

What I am grateful for is...

What I want to prioritize today is...

### ASSESS YOUR STRESS

On a scale of 1–10 (low to high), this morning my stress level is at a

BECAUSE...

What I am going to do to reduce it (or keep it at bay if it's low already) today is

My mood is at a

BECAUSE...

What I am going to do to improve it (or maintain it if it's excellent already) is

My energy is at a

BECAUSE...

What I am going to do to improve it (or keep it high) is

**What I am creating today**

**What I am eliminating today**

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## GOOD NIGHT, BEING OF LIGHT! BEDTIME REMINDER...

“Never go to sleep without a request to your subconscious” -Thomas Edison

I am

AND

I feel



## 3 THINGS TO REFLECT ON

What I appreciate about myself today is...

What I am proud of is...

What I am grateful for is...

## ASSESS YOUR STRESS

On a scale of 1–10 (low to high), tonight my stress level is at a

BECAUSE...

My mood is at a

BECAUSE...

My energy is at a

BECAUSE...

*What I created today*

*What I want to create next*