



ARE YOU BEING...?

From your vision you created on days 1-3, write some of the things you are committed to creating:	How will achieving this MAKE YOU FEEL?
Ex: I will meditate everyday for a minimum of 10 min	Ex: Peaceful and Aware

Cut out the right side (the MAKE YOU FEEL side) and post it where you will see it often. Remember we must BE the feeling we're seeking FIRST, and the DOING and HAVING will come naturally out of that BEING.

Today, notice whenever you're feeling "off" and ask yourself if you're BEING what's on this list.