

TODAY'S CHECK LIST

- ☐ Times I read Statement of Desire
- ☐ Read instructions
- ☐ Completed Exercises
- ☒ **Times I did visualizations**
- ☐ Times I did meditations
- ☐ Times I did affirmations

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.