

## My Daily Spiritual Practice

Make a list of practices that you would like to incorporate for each of the 3 elements. See the next page for examples.

**I will schedule my daily practice for: Morning \_\_\_ Afternoon \_\_\_ Evening \_\_\_ @ Time: \_\_\_\_\_**

**The sacred space I will create for my practice:**

Element:	Practices:
<b>Getting Connected:</b> The ability to focus the attention inward in a receptive mode.	
<b>Getting out of the way:</b> The ability to remove oneself from distractions and focus the attention inward, plus the ability to detach from outcomes.	
<b>Creating What I want:</b> Use the Law of Attraction to clarify your desires, align your thoughts, beliefs and actions to those desires and allow them to manifest.	
<b>Other:</b>	

## My Daily Spiritual Practice-Examples

I will schedule my daily practice for: Morning  X  Afternoon      Evening      @ Time:  6:30 am

The sacred space I will create for my practice: *Small bedroom upstairs. I will clear out the clutter and set up my cd player, candles, incense, journal, prayer books, bottle of water.*

Element:	Practices:
<p><b>Getting Connected:</b> The ability to focus the attention inward in a receptive mode.</p>	<p><i>Set cd/alarm clock with my favorite music</i> <i>Light my favorite candles</i> <i>Meditate for 20 minutes</i> <i>Spiritual Reading - bible, spiritual books, magazines, etc.</i></p>
<p><b>Getting out of the way:</b> The ability to remove oneself from distractions and focus the attention inward, plus the ability to detach from outcomes.</p>	<p><i>Go to my sacred space</i> <i>Journal- my thoughts, fears</i> <i>Listing issues, problems I am worried about</i></p>
<p><b>Creating What I want:</b> Use the Law of Attraction to clarify your desires, align your thoughts, beliefs and actions to those desires and allow them to manifest.</p>	<p><i>Set an intention for the day or time period</i> <i>Scripting - writing out how you want the day to turnout, how you want to feel</i> <i>Affirmations - Select an affirmation or affirmative statement for the day, write it out or say it 10-30 times each day</i> <i>Visualization - visualize a goal, outcome or how the day will occur</i></p>
<p><b>Other:</b></p>	<p><i>Recovery (12-step) morning program, evening program</i> <i>Forgiveness exercises</i> <i>Guided meditation</i> <i>Walking meditation</i> <i>Yoga, Tai Chi, Chi Quong</i> <i>Breathing exercises</i></p>