

## Daily Radical Radiance Ritual

	Present	Future
Gratitude	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____

## Journaling Prompts

activating your heart point, take a breath, and step into each of the points of view below

- My inner child (wishes I\_\_\_, wants me to understand \_\_, says \_\_\_)
- My loved ones
- My radiant, aligned self
- My higher power

## Activation

I am \_\_\_\_\_

see your vision - step into as if it is happening now - feeling the energy of it in your body.

\_\_\_\_\_ stands in the way

\_\_\_\_\_ could be a thought, emotion, physical sensation, or image - such as a memory or future projection.

If \_\_\_\_\_ is a situation, person, or experience - how does it make you feel?

Do the guided meditation around \_\_\_\_\_