

Daily Radical Radiance Ritual

	Present	Future
<i>Gratitude</i>	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____
	• _____	• _____

Intuitive Guidance 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

See your vision/goal/desire - step into as if it is happening now - feeling the energy of it in your body, the emotions, and beliefs. Create an affirmation from what comes up.

| _____
 ie: I am a clear channel. I am powerful. I love myself. I feel giddy.
 This is what you will activate during the lighthouseing part of the guided meditation

_____ stands in the way
 ie: I can't do this. Sadness. Freezing up. Heart racing.
 If external, ie: My partner. My housing situation. My job. Turn it inward: X makes me feel
 This will be what you plug in during the Basic PEAT part of the guided meditation.

3 activities I can do today
 that activate energy of my
 affirmation

- _____
- _____
- _____