

Daily Worksheet: A 30-Day Exercise

Gratitude & Love Beams

May you be motivated, encouraged, hopeful, energized and confident.

Good Morning 

Date _____ Time _____

1. Close your eyes. Take 3 deep breaths: inhale through the nose, exhale out the mouth.
2. Envision 3 things that you would like to happen today that would make today feel good.

- 1.
- 2.
- 3.

3. Write down one thing you are grateful for in this moment:

4. Think of someone or something that needs your LOVE today. Close your eyes, hold a vision of them or it in your heart. Send it out by a LOVEBEAM from the center of your heart.

Sweet Dreams 

Date _____ Time _____

1. Turn off your phone for the night.
2. Think of one person you want to send LOVE to. Close your eyes, take a deep breath, and send it to them.
3. Think of a part of your body you want to nurture. Close your eyes, take a deep breath. Send it LOVE.
4. Write down the best thing that happened to you today:

5. Create one positive intention to rest your thoughts upon before bed.

ie: I am peaceful. I am loved. I am abundant. I am free.

* Compliment this daily practice with the 4-minute meditation Emily at 889yoga.com/889blog