

# BLISScipline A.I.M.

"Attend, Intend, Masterfully Manifest NOW!"

Date:

BLISScipline A.I.M. Day # \_\_\_\_/28

## Light Gratitude within:

I, who is connected to the WE, am grateful for...

My area of *gratitude focus* for today is...

## Consciously Affirm:

I AM...

## Intention and Inspired Actions:

Today I intend to be...

The actions I will take today are...

Which of the BLISScipline Energy Practice steps do I want to keep alive through out my day?

## My Personal BLISScipline Awakenings:

\*If Relevant\* - Did I connect with my partners to give and receive support?

**(End of the Day or Next Day)** My Level of True Accountability with Today's Inspired Actions:

1 2 3 4 5 6 7 8 9 10

How did I live a BLISScipline Lifestyle today?

How did I NOT live a BLISScipline Lifestyle today?

What am I attracting into my life? (Notice both sides of life – the desired and undesired. What is the learning here? What is the opportunity?)

(If relevant) What challenges, resistance or inner objections do I seem to be facing right now?

(If relevant) I am handling the challenges by...

I have made these new insights and realizations...