

DAY 29:

*Your worth consists in what you are and not in what you have
- Thomas Edison*

THEMES:

Living My Passion
Discovering My Unique Purpose

SOUL QUESTIONS

(To ask yourself via meditation, journaling & throughout the day)

Who am I?

What are my gifts and strengths?

Be yourself. Everyone else is already taken. – Oscar Wilde

It takes courage to grow up to be who you really are. – ee cummings

The true profession of a man is to find his way to himself. – Hermann Hesse

MORNING JOURNALING:

Journal today about this: **Who am I?**

Write at the top of a new page in your journal: **My Gifts and Strengths.**

You can make a list or chart of all your *positive qualities, strengths, successes*. You can “Mind Map” by writing “ME” in a bubble in the center of your page. Then brainstorming, draw lines to additional bubbles with other words or phrases that describe what is important about you. What really makes you, YOU? What is important to you? What are your *gifts*? What do others tend to appreciate about you? What are your *core values? Traits? Interests? What do YOU like about you?*

Another way to look at your life through this Deep Truth Lens is to notice how you allocate your resources. What do you “spend” your time and money on the most? Beautiful things? Recreation? Health and

fitness? Relationships? Spirituality? Education? And do these reflect your true values and desires? Or do you need to adjust that?

We have all been socialized to wear many masks, to take on many personae, some of which are stifling and are quite antithetical to our true nature. We all need to rediscover and reclaim our true selves. This is the path of the spiritual warrior. What masks do you need to remove?

Another way you can explore this is to write:

"I am the kind of person who _____" and complete the sentence as many ways as you can. Or *"I always do my best to _____"*

Optional: Gratitude Journaling or Visioning, intention setting, writing about your dreams, your initial mood/thought, or inspired ideas.

TODAY'S WORDS OF POWER AFFIRMATIONS:

(Optional: Reread your Prosperity Declaration.)

KNOW who you are today by doing your affirmations in front of a **full-length mirror**. Say it, hear it, feel it, live it and love it!

3 X strong X 3 sets

MY Higher Truth is:

I remember who I really am.

I do what I love, and I love what I do.

I am living my best life, expressing my authentic self.

CONTINUE INTENTIONAL CONSCIOUS EATING, DRINKING

Keep attaching your affirmations to your food, charging your food and drink with positive intention for yourself and for the world. Keep **CHARGING THE WATER** with healing the oil spill and all the world's waters. See the water as pure, the web of life restored to harmony.

OTHER ACTIVITIES TODAY:

A) More Self-Love.

How are you doing with your Self-Loving acts? Keep scheduling them, really taking the TIME to enjoy life, to be present, to experience pleasure, happiness and joy. Find time everyday to do something that fills your spring for 30 minutes or more. Here's how I loved myself today:

B) Keep playing The Prosperity Game.

C) Keep charging your Prosperity Altar.

HAPPY MONEY AUDIO:

EVENING JOURNALING & SELF-ASSESSMENT:

Reflections: Record *feelings, thoughts or observations* about who you really ARE today. What is uniquely you? What do you love? What are your defining values? Your passions? Your talents? Dreams? "I AM" are the words that are God's name. When you think or say "I AM," be aware of what comes after those words of power. What is your true, eternal self? What is the Highest Truth of who you are?

Self-assess: Were you *on track*? Put a *checkmark* in these boxes for whatever you DID today. 😊 Successes? Challenges? Insights? Write on our Message Board or a progress note if you want.

Continue dream incubation:

"Tonight, as I dream, I remember who I truly am."

Optional: Write or state affirmations, Prosperity Declaration.

***** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:**

(Listen while you sleep.)

I awaken into my best life, remembering who I AM!