



Daily Check List for Owning What You Really, Really Want!

Your new tasks will always be at the bottom of this Check List as you continue to build your new daily routine.

- Read The LOVE Plan Email Reminder in your inbox on Monday morning.
- Meditation (Start with 10 minutes of Guided then advance to 10 minutes of silent breathing meditation).
- Journal Entry:
 - SUDs Score
 - 3 Gratitudes
 - "I Am" Affirmations and Intention for the day.
- Conscious Breathing throughout the day.
- Review and add to your Essence List, bringing yourself into the energy of each quality.
- Look for connections to your Higher Power and;
- Keep your O2 mask on (your supply to your Higher Power).
- Practice physical mindfulness.
- Be out in Nature.
- Be creative.
- Add your Reminders to your phone; post it notes; Alexa devices.

NEW FOR MODULE 1

- Bring yourself into Presence as often as you can using all your tools from last week.
- Continue to express your Essence as often as possible.
- Line yourself up with your Vision of what you want and who you want to be in your Ideal Relationship, using your Essence to guide you.

- Imagine, feel, embody your experience of this Vision as often as you can.
- Add to your Vision as you recognize new desires.
- Kindly share with your partner your Vision and be curious about theirs.
- Use your supply of o2 (your connection to your Higher Power) to keep you non-reactive no matter what they do.

NEW FOR MODULE 2

- Share moments of Presence with your partner;
- Share your Ideal Relationship Vision with your partner;
- Stay true to your Essence.
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- Post to FB Group – How was it to share Vision?
- Contact Carol with any questions CarolDirect@ConsciousChoices.net



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