



Daily Check List for Knowing Who You Are and Loving Every Inch of You!

- 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.
- Post to FB Group any reflections, challenges, questions during the week.
- Contact Carol with any questions CarolDirect@ConsciousChoices.net

