

◆♥Discovery™
Daily Intention Guide

Empowering the Intentions of

Dates

From _____ **To** _____

I AM...

◆♥Discovery™

Awaken to your natural state of Being. This Daily Intention Guide™ is designed to be used as a companion to HeartListen™ programs to assist you in unlearning that which no longer serves and resetting your vibrational frequency to live your infinite potential. From this neutral state of being, the static signal of uncertainty is tuned to universal consciousness allowing you to discern your divine mix of experiential learning and empower inner peace to transform your relationships, career, health and life.

HeartListen™ programs are grounded in the belief that when you awaken, align and attune your heart and mind to Divine Intelligence, you activate your internal compass. As you master your Divine Connection, you align fully with your passion, path and purpose to propel your prosperity, move from fear to love and from force to attraction with grace.

Illuminate and Empower Your Infinite Potential

As a student enrolled in HeartListen™ remote programs, you are part of an expanded classroom beyond the walls of the seen world. The moment you enroll, your Master Teacher assigns a non verbal autistic teaching assistant to you who works closely with you in the unseen world for the highest good and healing for all. Your intentions are EMPOWERED within the synergy of our Conscious Collective that includes experts in the field of unity consciousness.

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Prepare

The moment you enrolled in your chosen program, the doorway to your unique classroom was opened. To further prepare for your first interaction allow time to sit in the silence and consider what you would like to bring into your life.

For best results, print this PDF single sided and bind using a comb binding. When you print this guide single sided, you may easily add blank pages between for additional notes and journal entries. Prior to binding, merely, flip the pages so that the two page spread for each day faces each other. This will leave two clean pages for notes between each day.

Amplify Your Experience

We are all creatures of habit. In fact, data shows that it takes 21 days to form a habit. Those who have a daily routine are more likely to stay focused and develop habits that support their desires. The more active you are in using this guide, the more attunements are released. For best results, enroll in your chosen program experience and use this program guide daily. If you miss a day, simply start again the next day possible. Perfection is not expected so be gentle with yourself for you are the one who knows what is best for you. Release all judgment and allow your unique Joy of Being (J.o.B) to guide the rhythm of your unique Individual Learning Exploration™ (ILE).

To amplify your progress, take focused action to empower your intentions prior to going to bed each night by recording on the left side of your Daily Intention Guide the top 5 success actions you intend to accomplish the next day. On the right side, add items you may not have time for or know “how” to *do*. This allows the doorway for divine assistance to be opened. Begin and end each day using this planner as your guide to balance the energies of action and repose, being and doing, to dance in the focus and flow.

May you step fully into your role as co-creator of your day and your life and live your infinite potential.

Create a Chalice for Your Full Potential

Briefly describe what you would like to bring into your life in the next 90 days regarding:

Health and Wellbeing

Career and Prosperity

Love and Relationships

Date:**DAY 1****Inspired Actions**

Access Remote Class Using 12 Part Breath

Energy, Vibration, Stillness Divine and Inner Connection Exercise

Physical Exercise

Mindset Exercise

Relationship and External Connection Exercise

1.

2.

3.

4.

5.

Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .**I AM Grateful. . .****Inspiring Word or Phrase:**

Question to Live Into:

DAY 1

What would it take to. . .

Miracles, Magic and Moments:

Date:**DAY 2****Inspired Actions**

Access Remote Class Using 12 Part Breath

Energy, Vibration, Stillness Divine and Inner Connection Exercise

Physical Exercise

Mindset Exercise

Relationship and External Connection Exercise

1.

2.

3.

4.

5.

Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .**I AM Grateful. . .****Inspiring Word or Phrase:**

Question to Live Into:

DAY 2

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 3

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 3

What would it take to. . .

Miracles, Magic and Moments:

Date:

DAY 4

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 4

What would it take to. . .

Miracles, Magic and Moments:

Date:**DAY 5****Inspired Actions**

Access Remote Class Using 12 Part Breath

Energy, Vibration, Stillness Divine and Inner Connection Exercise

Physical Exercise

Mindset Exercise

Relationship and External Connection Exercise

1.

2.

3.

4.

5.

Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .**I AM Grateful. . .****Inspiring Word or Phrase:**

Question to Live Into:

DAY 5

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 6

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 6

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 7

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 7

What would it take to. . .

Miracles, Magic and Moments:

Date:

DAY 8

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 8

What would it take to . . .

Miracles, Magic and Moments:

Date:**DAY 9****Inspired Actions**

Access Remote Class Using 12 Part Breath

Energy, Vibration, Stillness Divine and Inner Connection Exercise

Physical Exercise

Mindset Exercise

Relationship and External Connection Exercise

1.

2.

3.

4.

5.

Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .**I AM Grateful. . .****Inspiring Word or Phrase:**

Question to Live Into:

DAY 9

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 10

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 10

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 11

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 11

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 12

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 12

What would it take to. . .

Miracles, Magic and Moments:

Date:

DAY 13

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 13

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 14

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 14

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 15

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 15

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 16

Inspired Actions

Access Remote Class Using 12 Part Breath

Energy, Vibration, Stillness Divine and Inner Connection Exercise

Physical Exercise

Mindset Exercise

Relationship and External Connection Exercise

1.

2.

3.

4.

5.

Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 16

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 17

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 17

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 18

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 18

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 19

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 19

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 20

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 20

What would it take to . . .

Miracles, Magic and Moments:

Date:

DAY 21

Inspired Actions	
	Access Remote Class Using 12 Part Breath
	Energy, Vibration, Stillness Divine and Inner Connection Exercise
	Physical Exercise
	Mindset Exercise
	Relationship and External Connection Exercise
	1.
	2.
	3.
	4.
	5.
	Plan for Tomorrow

I awakened this morning with wisdom from my dream time. . .

I AM Grateful. . .

Inspiring Word or Phrase:

Question to Live Into:

DAY 21

What would it take to . . .

Miracles, Magic and Moments:

Integration and Gems of Awareness. . .

My Next Steps. . .

My Synthesized “I AM” Declaration. . .

