

DATE 05/04/09 DAY Thursday TIME 7:50 am

I am journaling today to cultivate a habit of relaxing and trusting the power of my thoughts and the universe.

What do I like about myself, my life and the people in it today?

1. I like that my customers appreciate me.
2. I am actually excited to go to the gym today.
3. I love the neighborhood I get to live in.
4. I like that I bought a new cell phone today.

Where did I recently notice people, circumstances and events supporting my intentions with ease and grace?

1. My meeting with Carl was highly productive and took half the time I expected.
2. A meeting that I was not ready for was postponed, giving me time to prepare.
3. I used a coupon, hit a sale, and got a great deal on a new laptop.
4. Paul offered to make a run to the post office for me.

What could I let go, relax and trust today?

1. I could trust my staff to finalize our proposal and send it out.
2. I could relax about the family reunion plans and trust that it will go great.
3. I could let go and stop pushing my son to play a musical instrument.
4. I could relax about the coming events of the next two weekends.

What good things am I expecting and preparing for today (or tomorrow)?

1. Making the changes to the web site with ease and velocity.
2. My meeting with Don being completely fun and fruitful.
3. Arriving at my yoga class with plenty of time for a 5 minute meditation.
4. Having a playful and relaxing evening with my family.

Now go talk to at least one person about what you discovered today!