

DATE 06/24/09 DAY wednesday TIME 7:50 am

I am journaling today to cultivate habits of thought that will make me a magnet for my ideal body.

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

1. I like that I have big dreams.
2. I like that everything I want to do today is so doable.
3. I like that Ann is on my team.
4. I really like the movie I saw last night.

What would I like about having my ideal body today?

1. I could get into a headstand in my yoga class without help.
2. I would love being able to see my collar bone.
3. Wearing halter tops again.
4. Being able to walk up the stairs at work without gasping for air.

What are some baby steps I could take today in preparation for having my ideal body?

1. I could put my vitamins out on the counter so that I remember to take them.
2. I could exfoliate my legs next time I shower.
3. I could do 5 sit-ups 3 different times during the day.
4. I could go to bed earlier tonight.

What do I like about my body and/or the bodies of other people I have noticed lately?

1. I like that my legs are long.
2. I like my boyfriend's muscular arms.
3. I liked Melissa's bouncy blond hair.
4. I love that whenever I challenge my body, it gets stronger.

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