

What Do I ALLOW in My Day?

- Journal for a day, noting how you are spending it?
- How much time is being spent on various events, interactions, tasks, “have-to’s”, “want-to’s”, etc. What people are involved.
- Did the time spent leave you feeling more drained, empty, anxious or numb, or was the activity or the interaction uplifting, supportive and give you energy?
- Do others often pull you into their distractions? Do you allow it?
- Write or color it in your journal
- This is meant to give a different perspective and not meant to be pollyanna, that all interactions are happy and joyous and you must love every minute. Some things can be very difficult; however engaging with someone who encourages your truest self to come forth feels much different than with someone who is not. It is also to see how those energies balance in your day.
- See if you can note when you are fully present in activities and in personal interactions.
- How long was each time? How much of your day is spent that way?
- How much time are you distracted doing multiple things? How much of your day is spent that way?
- Can it be different? Would you like it to be different?

What Do I ALLOW in ME?

- Keep your Journal or paper right next to you and for 1 day write down messages that you are telling yourself throughout the day.

Pay careful attention as they may sneak up on you.

What runs through your head? What do you tell yourself? What are the most frequent?

Are the more frequent ones of judgement, negative or disempowering thoughts?

NOTE: If you are unable to do this during the day, then take some time to pause and think about the messages that you typically say to yourself.

The CIRCLE

- Open up the journal to a new page and draw a BIG CIRCLE, filling the entire page
- Outside of the circle, write as small as you can, the main negative phrases that came up for you
- Now with markers, crayons, bright colors, write big and bold on the inside of the circle messages that shift the negative into an affirming phrase
- Write down in various ways FILLING the circle with “I am” or “I am excitedly moving towards....”
- Pick one that rings truest for you and post that wherever you can see and feel free to share with us on Facebook or via email. Announce it confidently. Proudly.
- Remember You Get to Choose what messages you fill your head with, so let the words and phrases in the center of the circle Fill and Spill Over in Abundance!