# DAY 1

## DAILY REFLECTION

We all find out on our personal journeys, that the fulfilment, the happiness, the true success... come from us, as authentic human beings, using what we have to make a positive impact on the world.

## My intention for today is ...

## *List at least one thing you feel positive about for each of the following areas:*

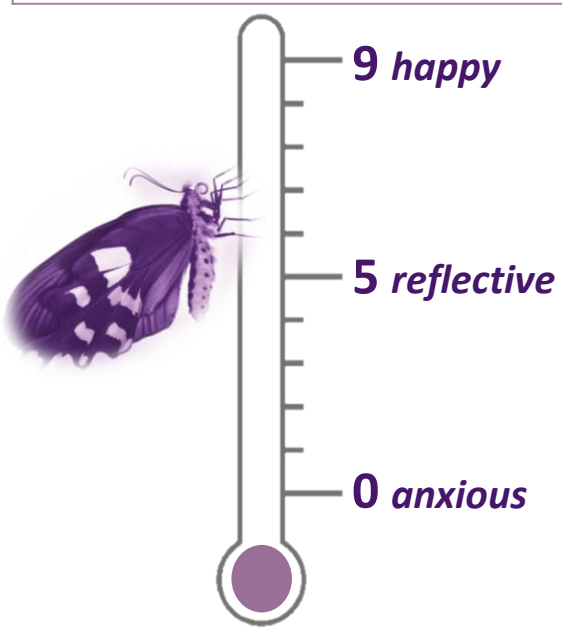
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 2

DAILY REFLECTION
We carry inside us
the wonders
we seek outside of us
-Rumi

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

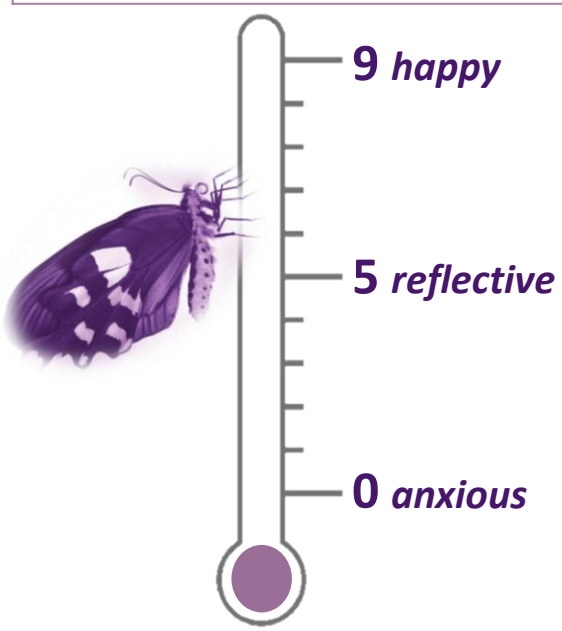
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 3

## DAILY REFLECTION

When inward tenderness finds
the secret hurt,
Pain itself will crack the rock
and Ah let the soul emerge
-Rumi

## My intention for today is ...

## List at least one thing you feel positive about for each of the following areas:

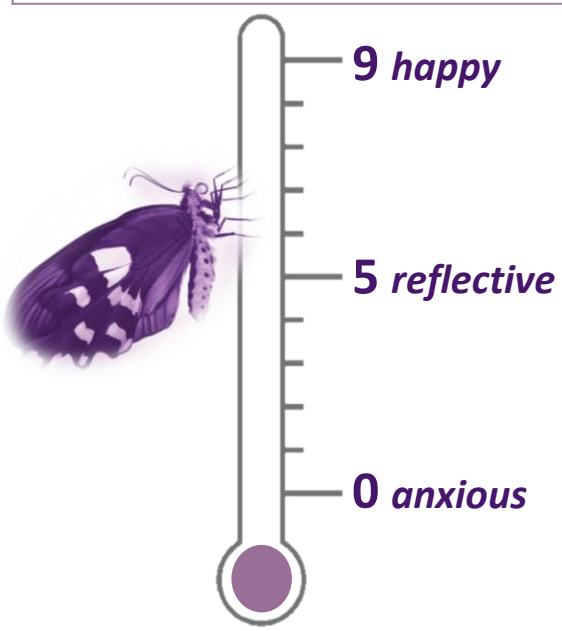
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 4

**DAILY REFLECTION**

Work in the invisible world at least as hard as you do in the visible.
-Rumi

## My intention for today is ...

## *List at least one thing you feel positive about for each of the following areas:*

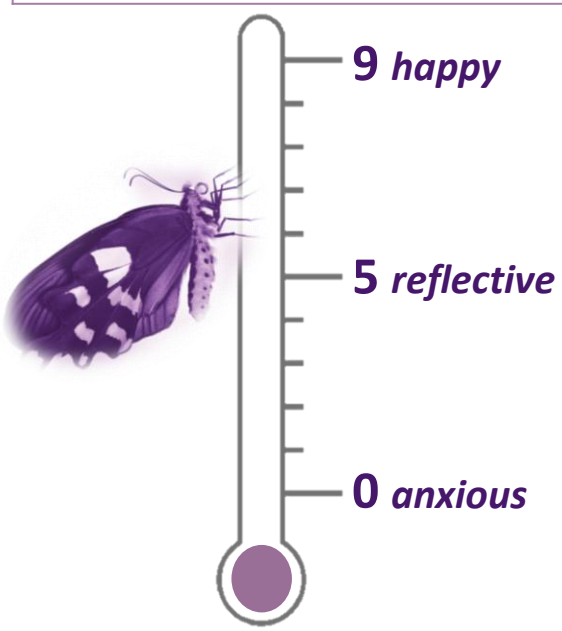
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 5

## DAILY REFLECTION

If you feel called to make a positive contribution, be it a word, a deed, a smile. Don't listen to the voice saying 'it's not my place'. Every hero that ever existed made it their place. Go be that hero.

## My intention for today is ...

## List at least one thing you feel positive about for each of the following areas:

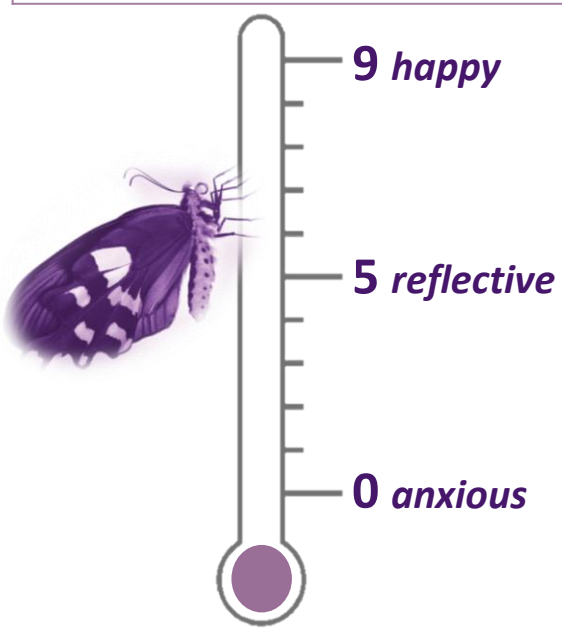
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 6

DAILY REFLECTION

You are inside every kindness
-Rumi

## My intention for today is …

*List at least one thing you feel positive about for each of the following areas:*

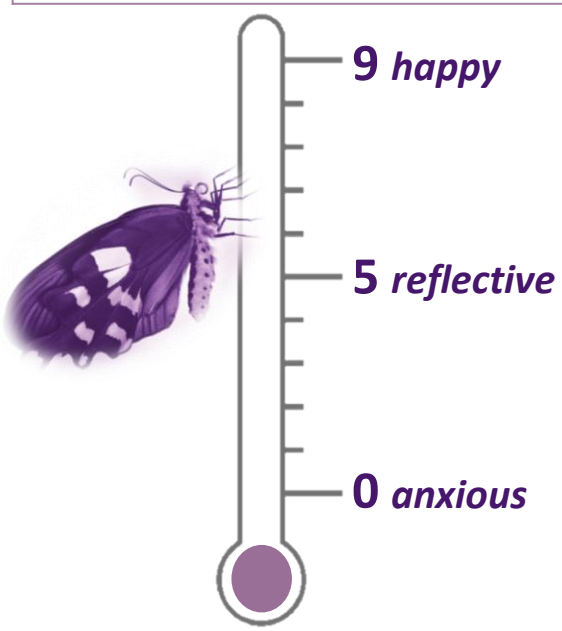
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 7

## DAILY REFLECTION

One of the marvels of the world is the sight of a soul sitting in a prison with the key in its hand.
-Rumi

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

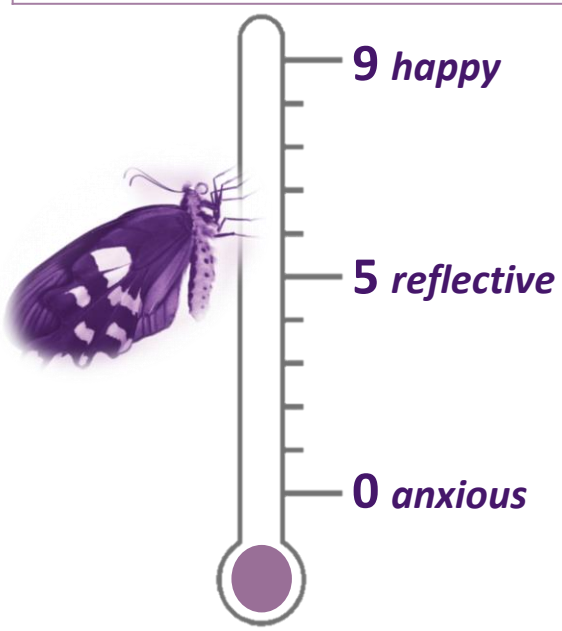
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 8

**DAILY REFLECTION**

*I hope you know you are capable and brave and uniquely significant. Own that.*

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

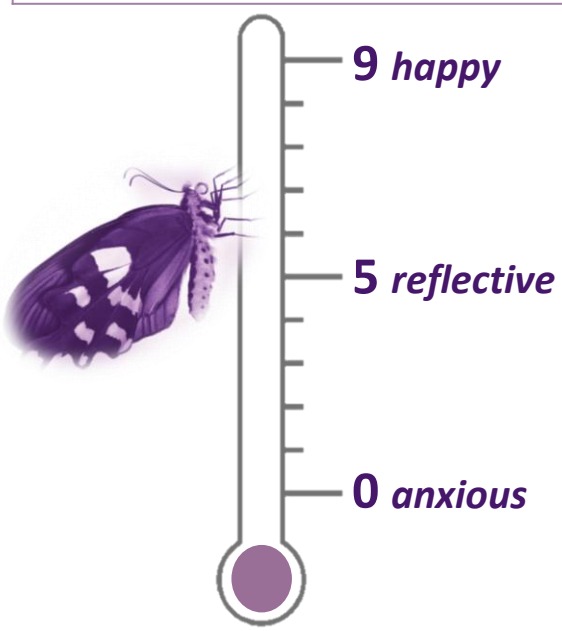
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 9

DAILY REFLECTION
Remember the entrance door to the sanctuary is inside you.
-Rumi

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

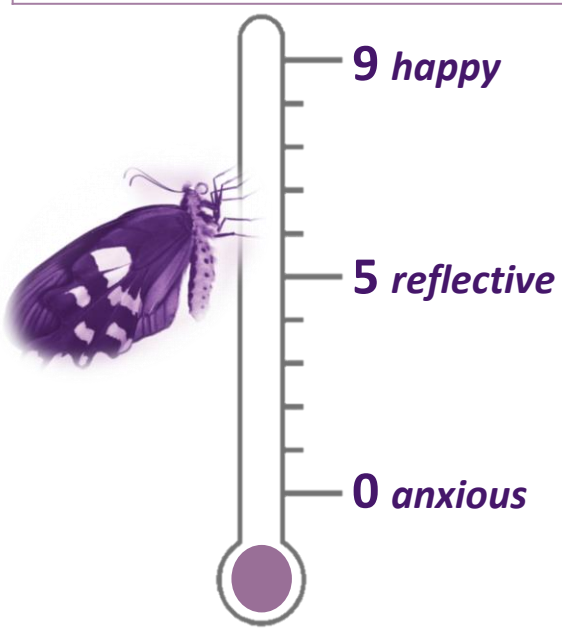
### Emotional

### Physical

### Mental

### Spiritual

### Other

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**DAY 10**

## DAILY REFLECTION

*It takes a very strong individual to sit with themselves, calm their storms and heal all of their issues without trying to bring someone else into that chaos. Your journey into self-love is just that – and you are doing it!*

*– Cacchi Ricci*

## My intention for today is ...

## *List at least one thing you feel positive about for each of the following areas:*

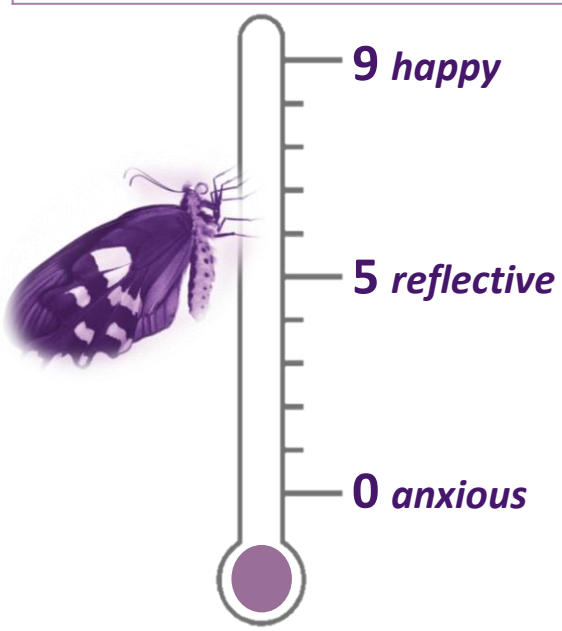
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 11

DAILY REFLECTION
Look for the answer inside your question.
-Rumi

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

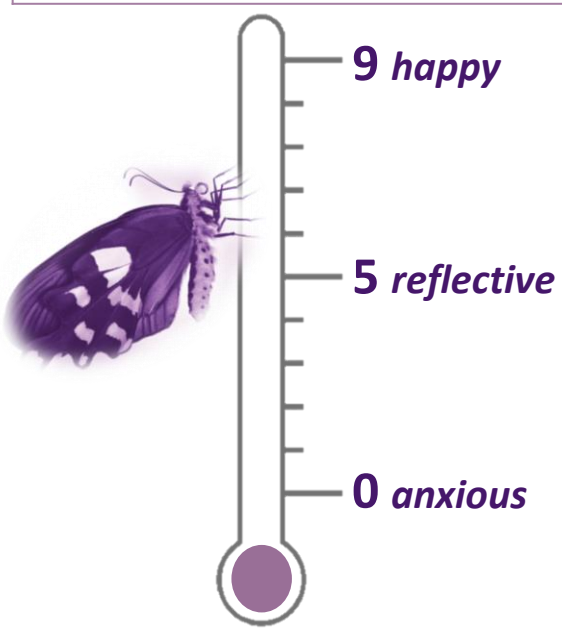
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 12

## DAILY REFLECTION

Its your road, and yours alone.
Others may walk it with you
but no one can walk it for you.
-Rumi

## My intention for today is ...

## List at least one thing you feel positive about for each of the following areas:

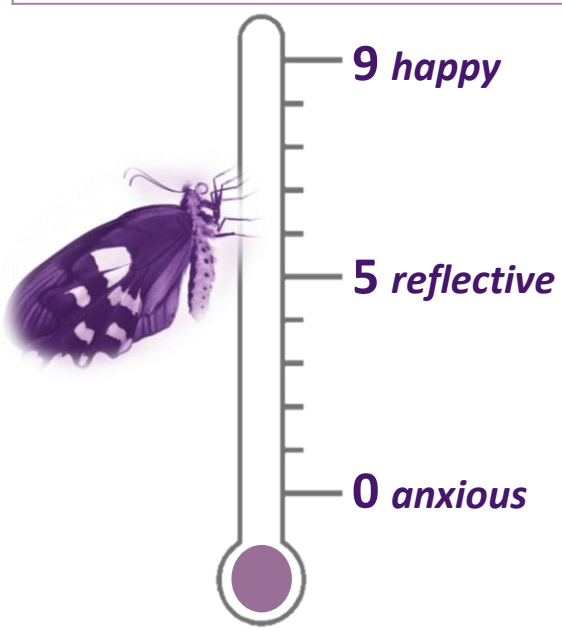
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 13

## DAILY REFLECTION

I alone cannot change the world, but I can cast a stone across the waters to create a ripple.

## My intention for today is ...

## *List at least one thing you feel positive about for each of the following areas:*

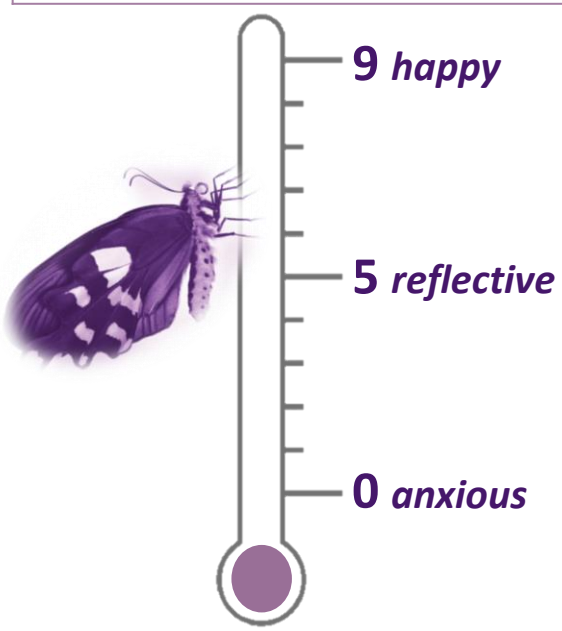
### Emotional

### Physical

### Mental

### Spiritual

### Other

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DAY 14

DAILY REFLECTION

And you? When will you begin the long journey into yourself?
-Rumi

## My intention for today is ...

*List at least one thing you feel positive about for each of the following areas:*

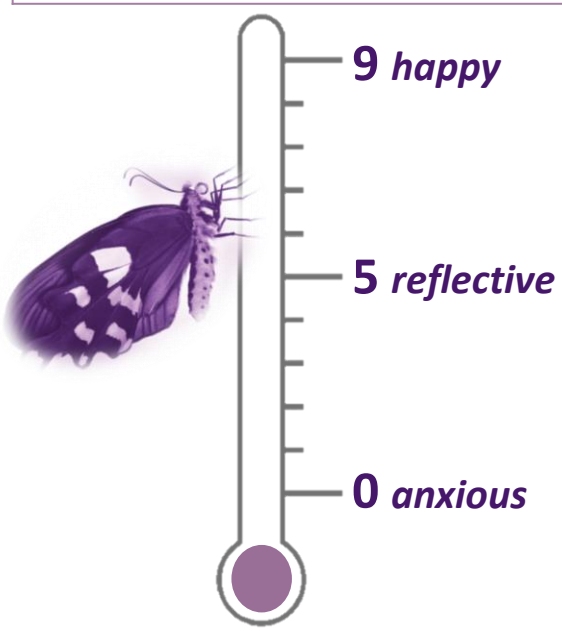
### Emotional

### Physical

### Mental

### Spiritual

### Other

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# DAY 15

DAILY REFLECTION

Nothing is more precious than being in the present moment. Fully alive. Fully aware.
-Thich Nhat Hanh

## My intention for today is ...

## *List at least one thing you feel positive about for each of the following areas:*

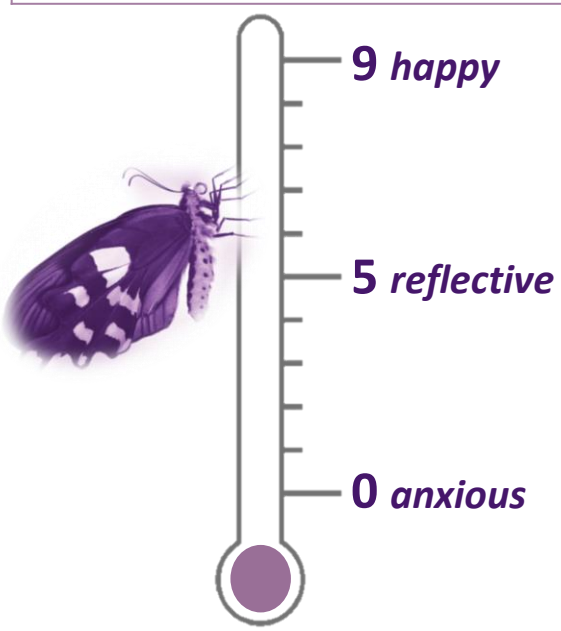
### Emotional

### Physical

### Mental

### Spiritual

### Other

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