

# BEING YOUR GRAND SELF ONLINE PROGRAM



## Week #1: Daily Review & Checklist

Practice the checklist below everyday for one week....

- √ Did I do the meditation in morning?
- √ Did I do the meditation in the evening?
- √ Did I do the meditation mid day?
- √ Did I maintain the state of being and feeling that I felt in my Mental Rehearsal Meditation Method all day long, the best I could?
- √ Did I read my vision several times today?
- √ Did I think of my symbol and invoke the feeling of my vision fulfilled?
- √ Did I act as if I am already my highest ideal and my vision fulfilled?
- √ Was I consciously aware of what I was feeling and thinking today?
- √ Did I remind myself of the new reality that I know I will soon be seeing when I saw evidence of my old self and life?
- √ What could I have done better?
- √ How could I improve?
- √ Did I celebrate myself for my small and large successes?

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