

BEING YOUR GRAND SELF ONLINE PROGRAM



Week #2: 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?
- Add these to your daily checklist..
- √ Did I prioritize well, thus building my life around my vision?
 - √ Did I take steps today towards my vision, even baby steps?
 - √ If obstacles and challenges come up did I use a technique from the transformational module?
 - √ Did I become aware of at least one limiting belief I have, ideally three, and use the gamma technique to transform?