

BEING YOUR GRAND SELF ONLINE PROGRAM



Week #4: 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?
- √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?
- √Did I praise others by giving at least 3 compliments today?
- √Did I take action to enrich at least one person's life today?
- √Did I spend at least 5 minutes today reviewing the knowledge contained in one or more of the modules?

√Did I increase my bio-photons by sending love to someone for a minimum of 2 minutes?
√Did I laugh and play today?

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