

Monday

Set a timer for 5 minutes and talk to higher power alone. You can do it after a meditation also.



Tuesday

Write down 5 things that happened today where you got your needs met. Say thank you to a Higher Power for meeting those needs (and the person if it came via a person).

NOTES			



Wednesday

Write down any coincidences that happened today no matter how small.

NOTES			



Thursday

Notice when you are anxious or worried and then try to give it to this Higher Power. Say "I can't deal with this" -- you deal with it and literally hand it over as if it's not your problem anymore. Notice if there is a difference.

NOTES			