

MY INTEGRATION DAILY PLANNER

DATE:



Today's word : Gratitude

Today's Meditation:
was for ___ minutes
my reflections _____

One idea today that I would
like to explore further



Today I am grateful for:

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Today's word : Compassion

Today's Meditation:
was for ___ minutes
my reflections _____

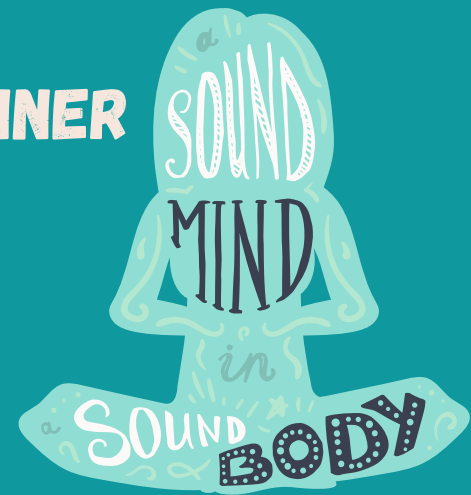
Today I will do these 3
things to nourish my body
and mind.



I think these are expressions of compassion

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Today's word : Love

Today's Meditation:
was for ___ minutes
my reflections _____

Three things I love the
most:



I These are the things I love about myself:

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Today's word : Happiness

Today's Meditation:
was for ___ minutes
my reflections _____

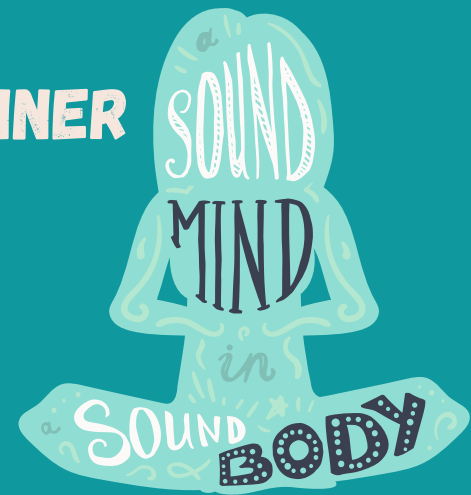
Happiness is:



I am going to fill my 'Happiness cup' with:

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Today's word : Abundance

Today's Meditation:
was for ___ minutes
my reflections _____

I allow abundance to flow
into all these aspects of my
life:



This is how I align myself to universal
abundance:

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Today's word : Surrender

Today's Meditation:
was for ___ minutes
my reflections _____

I surrender all worries and
fears:



Today I surrender control & trust that everything
will unfold as it's meant to be

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Today's word : Blessed

Today's Meditation:
was for ___ minutes
my reflections _____

Today I am counting my
blessing in all aspects of
my life :



I feel blessed for these people in my life: