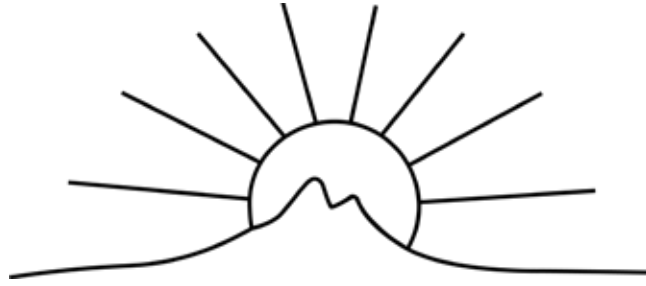


# CREATE YOUR DAY



**1** What do I have on my plate today?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**2** How would I love to feel?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**3** Find a memory of when you felt that emotion.

**4** Stay in the memory long enough to feel that emotion in your body now.

**5** Attach those emotions to things on your plate.

**6** Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

**7** Enjoy Your Day