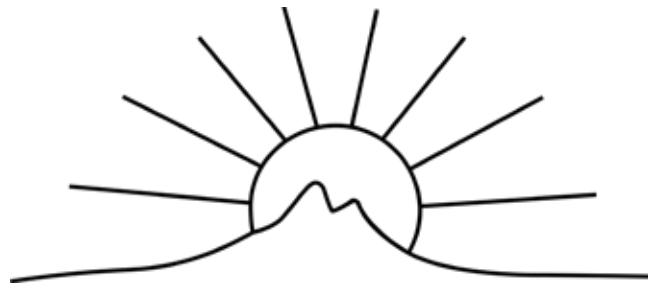


CREATE YOUR DAY



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