

Meditation Journal - Appreciation

Day 1 Intention: "Thank you Love"

Thank you for opening up to more Love in your life.

➤ Morning Insights ...

➤ Midday Insights ...

➤ Evening Insights ...

What are you grateful for?

[1]

[2]

[3]

[4]

[5]

➤ What is Love inviting you to be thankful for?



Meditation Journal - Appreciation

Day 2 Intention: "I appreciate me"

➤ Morning Insights ...

If you are new to Meditation, be patient. Take your time. You are not looking for perfection. You are opening up to more love, which is perfect for where you are right now. If you want more support go to [Always More Love](#) and check out the Meditation Support Calls.

➤ Midday Insights ...



➤ Evening Insights ...

What are you grateful for?

[1]

[2]

[3]

[4]

[5]

➤ What unique qualities about YOU do you appreciate most? What unique qualities about you do you want to appreciate more?

Meditation Journal - Appreciation

Day 3 Intention: "I appreciate my body"

➤ Morning Insights ...

➤ Midday Insights ...

➤ Evening Insights ...

Let Love be the last thing you think about as you fall asleep tonight.

➤ What are you grateful for?

[1]

[2]

[3]

[4]

[5]

➤ What do you and Love appreciate about your unique physical body? What is bubbling up from your heart?

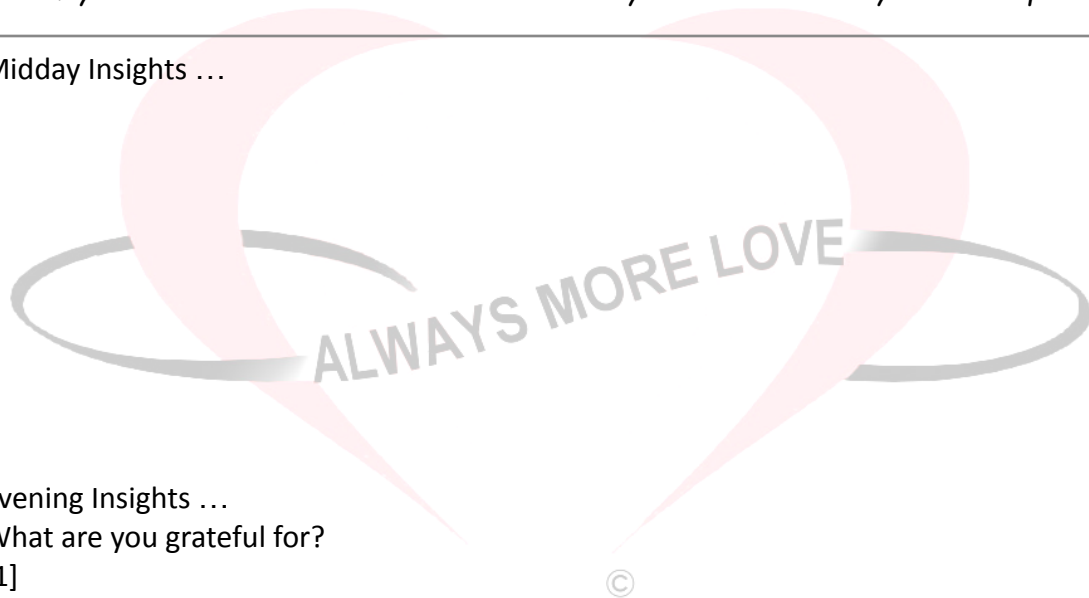
Meditation Journal - Acceptance

Day 4 Intention: "I appreciate my thinking"

➤ Morning Insights ...

It's OK if you miss a Meditation. Remember: Give your Attention to your accomplishments.

➤ Midday Insights ...



➤ Evening Insights ...

What are you grateful for?

[1]

[2]

[3]

[4]

[5]

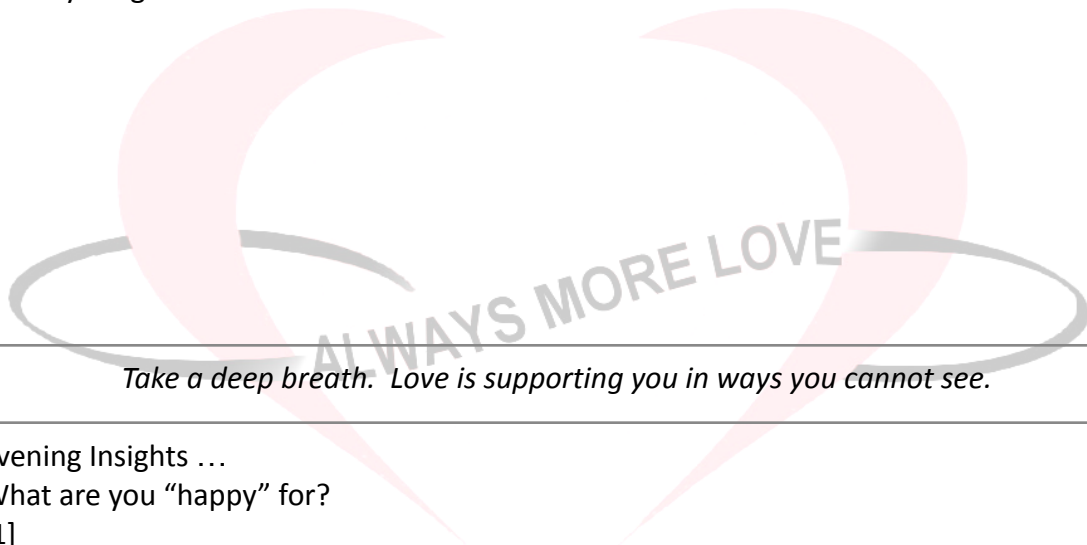
➤ How does being grateful for your thoughts influence your thinking? What did you experience today?

Meditation Journal - Appreciation

Day 5 Intention: "I appreciate my emotions"

➤ Morning Insights ...

➤ Midday Insights ...



Take a deep breath. Love is supporting you in ways you cannot see.

➤ Evening Insights ...

What are you "happy" for?

[1]

[2]

[3]

[4]

[5]

➤ What one emotion did you appreciate most today? What are you learning as you intend to appreciate your emotions and feelings?

Meditation Journal - Appreciation

Day 6 Intention: "I appreciate my Soul"

➤ Morning Insights ...

*AlwaysMoreLove has Coaches who can help those who want Group or Individual Support.
Just let us know. YOU are worth it.*

➤ Midday Insights ...



➤ Evening Insights ...

How is Love expanding YOUR life?

[1]

[2]

[3]

[4]

[5]

©

➤ What are you loving about love?

Meditation Journal - Appreciation

Day 7 Intention: "I am thankful for love"

➤ Morning Insights ...

➤ Midday Insights ...

*What next? How about another week? How about telling a friend?
How about telling us how this went for you? We would love to know!*

➤ Evening Insights ...

What are you grateful for?

[1]

[2]

[3]

[4]

[5]

➤ How are YOU appreciating being You, the You that You are? What are you liking, or better yet, loving about you?