

Meditation Journal - Acceptance

Day 1 Intention: "I accept 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 new thing have you learned about Your Inner World as more love enters?



Meditation Journal - Acceptance

Day 2 Intention: "I accept Love and 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 quality about YOU do you accept the most?

Meditation Journal - Acceptance

Day 3 Intention: "I accept Love into 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 is Love teaching you about your body? What is bubbling up from your heart?

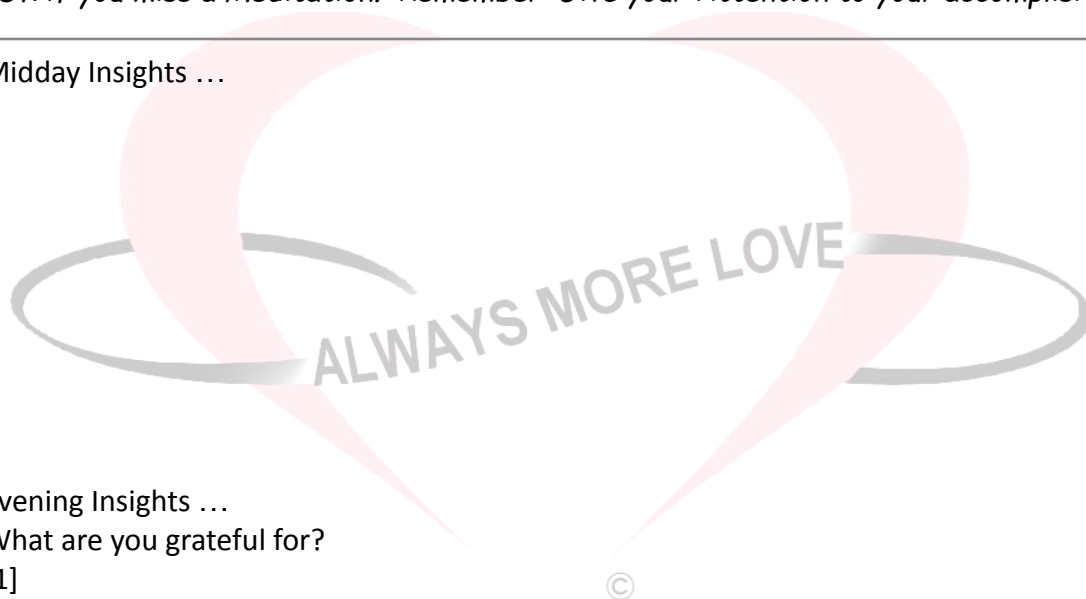
Meditation Journal - Acceptance

Day 4 Intention: "I accept Love into 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]

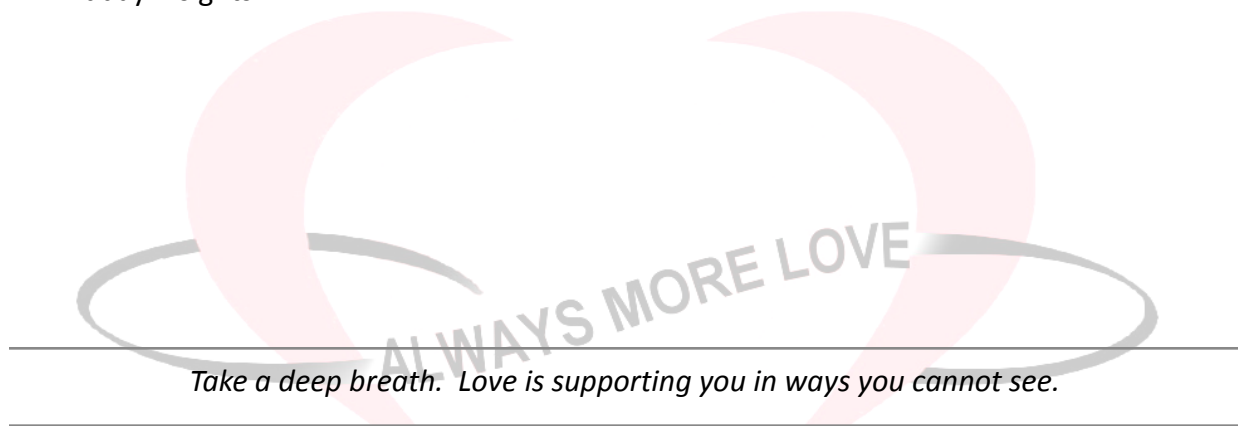
➤ How do you like your thinking when it's based in Love? What do you like about it?

Meditation Journal - Acceptance

Day 5 Intention: "I accept Love into my emotions"

➤ Morning Insights ...

➤ Midday Insights ...



➤ Evening Insights ...

What are you "happy" for?

[1]

[2]

[3]

[4]

[5]

➤ How has YOUR day been from a more loving Inner World? More loving emotions and feelings?

Meditation Journal - Acceptance

Day 6 Intention: "I accept Love into my Spirit"

➤ 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 in YOUR life?

[1]

[2]

[3]

[4]

[5]

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➤ What new things have you learned about YOU and Love today?

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Day 7 Intention: "I accept Love into this moment"

➤ 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 liking being You, accepting more of the Unique You? What have you come to accept about you?