

Meditation Journal - Attraction

Day 1 Intention: "I choose 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 the more intentional YOU today?

Meditation Journal - Attraction

Day 2 Intention: "Love surrounds 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's different about your world as you think about; love surrounds me?

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Day 3 Intention: "I join with love"

➤ 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 new? How has the focus on more love changed your life?

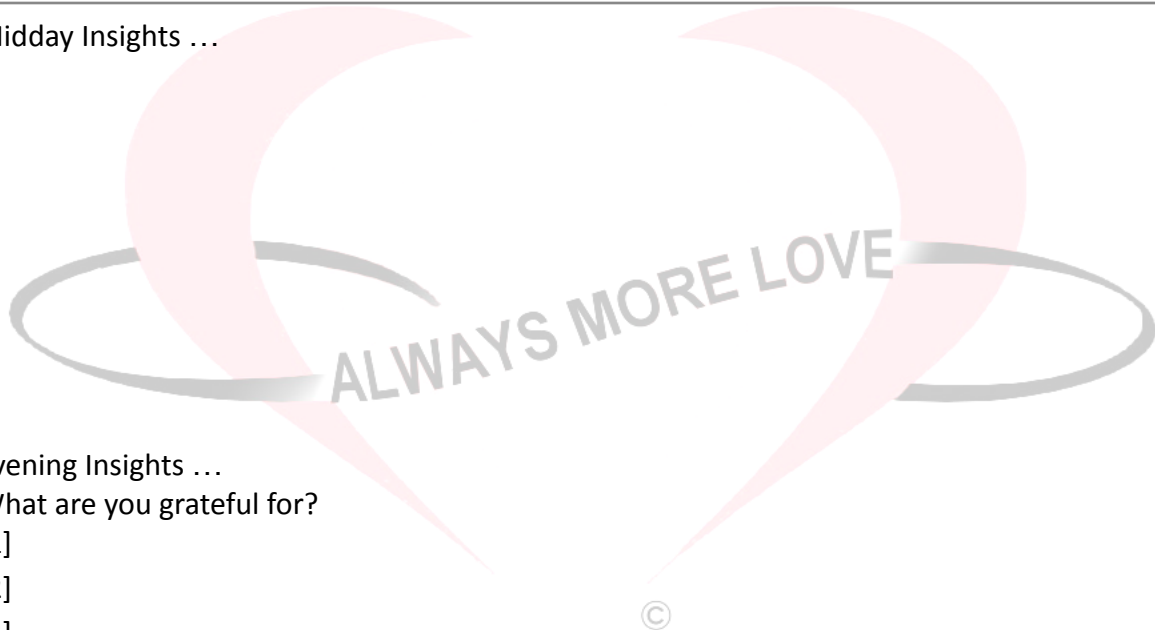
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Day 4 Intention: "I Live Love"

➤ 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]

➤ What's changing about the more loving YOU? What new feelings are you experiencing?

Meditation Journal - Attraction

Day 5 Intention: "I choose Happy"

➤ 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]

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➤ How has being happy helped YOU today? How has happiness benefited YOU today?

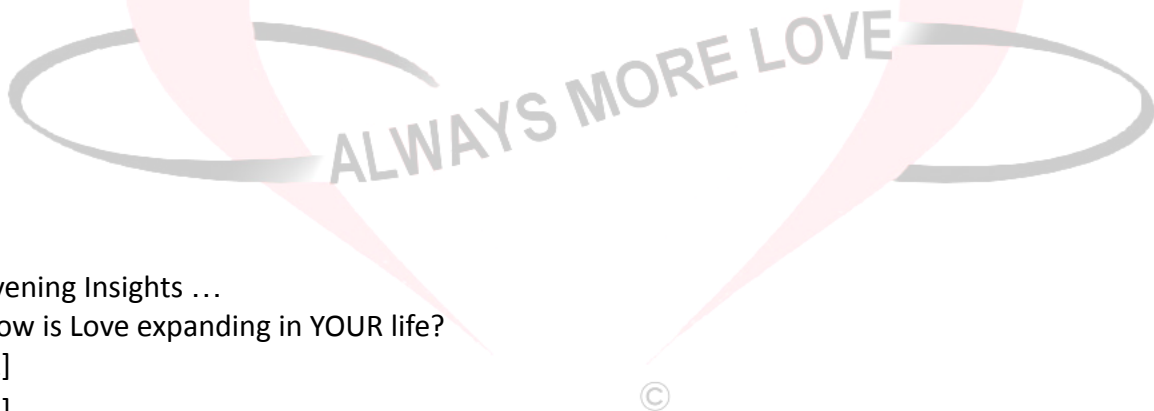
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Day 6 Intention: "I thank Love"

➤ 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]

➤ What new things have you learned about the thankful YOU today?

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Day 7 Intention: "I love 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]

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➤ What new things have you learned about YOU and Love today? What are YOU loving about the more loving YOU today?