Week Seven

Acknowledge and Celebrate

Thank you, God, for helping me each day of my life.

Lesson - Acknowledge

It is time to celebrate your accomplishments!

You've devoted your time to these steps. You have been diligent about honoring and valuing yourself. You are noticing shifts and changes in your life and you are excited. You deserve all of the great things that are happening!

In order to acknowledge and celebrate, let's begin by reviewing the past 4 weeks.

What growth, insights, release and value can you acknowledge about your commitment to designing a life you love?

Lesson - Increasing Joy

What makes you happy now?

The more I attract that which I love,
the more space I can create to bring it in to me.

Lesson - Celebrate!

How will you celebrate your progress each week?
Perhaps you will send yourself flowers? Maybe you would enjoy a fine dining experience?
You decided to take that retreat that has been calling out to you for months!
You relax in a tub of sea salts, candles and soft music to nurture yourself.

Anything you don't typically do for yourself is a great way to celebrate and value yourself and your commitment to designing your life!

Write down a few ways to honor and celebrate yourself as you progress through each week.

Lesson - Permission

Give yourself permission to go after what you want in life.
Acknowledge it ~ Bring it forward ~ Celebrate it!

permission slip artwork

Lesson - Self-Care

How will you care for yourself daily?

Examples:

Eat healthier
Smile more
Get a massage
Go to a yoga class
Take more nature walks
Read your favorite book

Write down three things that you love about yourself.
Add this to your daily writing of things you love and what you are grateful for.

1.

2.

3.

Lesson - Celebrate More

Make a decision and write down how you will continue to value these areas of your life so that you can celebrate more:

Example: *I AM in resonance with all that I want to attract.*
I WILL honor myself by eating whole foods to create better health.

Health

I AM .....

.....

.....

I WILL .....

.....

.....

Relationships

I AM .....

.....

.....

I WILL .....

.....

.....

Wealth

I AM

I WILL

Self Love

I AM

I WILL

Other

I AM

I WILL

Lesson - Celebrate Your Results

How has your capacity to produce results increased your awareness about how to get more results?

Lesson - Celebrate Your Results

What is one thing you could be moving closer toward to attract in your life now?

How will you celebrate this when it comes into your life?

Your current results are your direct perception of what you believe