

THE RETURN PATH TO JOY, HAPPINESS & BLISS



Date: _____

Q: What Am I Thankful For?

- | | | |
|----------|----------|----------|
| 1) _____ | 4) _____ | 7) _____ |
| 2) _____ | 5) _____ | 8) _____ |
| 3) _____ | 6) _____ | 9) _____ |

Morning

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Mid-Day

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Moon Time

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Q: What Positive Progress Did I Make Today?

- _____
- _____
- _____



21-Day Streak

Key Focus:

DIVINE NINE –

✦ **Meaning**
Prayer. Inspiration. Spiritual. Gratitude. Love. Kindness. Forgive. Part of Whole.

✦ **Movement**
Active. Exercise. Sporting. Breathing. Flow. Exert.

✦ **Mix**
New. Unique. Vary. Experiment. Connect.

✦ **Master(y)**
Growth & Learning. Develop. Honor Yourself. Positive Habits.

✦ **Mindfulness**
Meditation. Reflection. Attention. Present. BE. Stillness. Affirm. Intentions.

✦ **Mentor/Mentee**
Volunteer. Teach. Serve. Give. Share. Receive Help.

✦ **Multiply**
Create. Produce. Plant. Proactive. Develop.

✦ **Momentum**
Positive Progress, Energy. Passion, Complete. Make Space.

✦ **Magic!**
Play. Sing. Laugh. FUN. Mystical. Intuition. Synchronicities. Inner Child. Surprise.

Full descriptions and worksheet instructions - YanikSilver.com/returnpath