



I.A.M.

INSIGHT

Reflect on your experience.

ALIGNMENT

Choose concepts that bring you into alignment with your Life's Purpose.

MANIFESTATION

Integrate new concepts and practices.



Insight – Reflect on your experiences.

Participating in your experiences or being a distant observer allows you to enrich your life in different ways. After each meditation in Modules 1-4, note your perceptions, emotions, and reactions to your experiences in your journal. Be as detailed as you can to help you remember and reflect again at a later time. (Print copies of this page for each meditation, or use your journal to make notes.)

Perceptions – What did you notice?

Emotions – How did you feel?

Reactions – If you had the power and ability to change anything, what would you change?

Alignment – Choose concepts that bring you into alignment with your Life’s Purpose.

You’re empowered with the ability to choose new ideas, feelings, and ways of being in the world. Every choice becomes an action in discernment – choosing what is in alignment with your purpose, or not. The choice is always yours. The more you make choices that are in alignment with your true purpose, the faster you’ll achieve your goals. Make your choices, and then cast away the others that aren’t in alignment with your purpose.

If your experience includes seeing yourself as _____, then even the smallest choices support that vision.

Take a moment now to choose words and ideas that describe how your purpose:

Looks _____

Feels _____

Sounds _____

Manifestation – Integrate new concepts and practices.

Choose one new concept or practice (maybe a new habit or phrase) to include in your Embodied Spirit™ Plan. Describe how you intend to integrate it with your daily life.



Follow-up

- Share your insights with the forum.
- Check in after a week or two to see if you’re on track.