



Tools for Daily Reflection

You have homework!

I promise it won't take long. You don't need Google or a textbook. All you need are these simple instructions and yourself. Everyday is a blessing. With it comes a new opportunity to transcend. To rise above obstacles! Take a few minutes to reflect on your day. Spend some of your time on you. I promise you're worth it. Use your energy to speak life into your goals.

Happy Manifesting!

Faith Underwood

Schedule Your Session Today!

DiaryofFaith.com/Book-Faith

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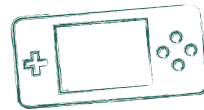
I, [your name], am



There is power in you. Remind yourself. Say your name. Own it. Use "I am" statements wisely! No negativity please.

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In control of...



You're the 1st player in this game of life. Form your boundaries. Only allow in the things that help you transcend. Your energy is your super power. Exercise it!

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Thankful for...



Thankfulness is the gift that keeps on giving. There is always something to be thankful for. Being thankful reminds you of how blessed you are. It's a blessing within a blessing.