



Daily Alchemy

create a magical life

DAILY LOVE LIST

Remember giving love to yourself is crucial. If you don't love yourself, you won't be able to keep giving to others. Strive for at least 5 but ideally 10 loving actions for yourself. Doing loving acts out in the world for others also raise your vibration so I would give you the same prescription, at least 5 but ideally 10 loving actions for the world and/or other people.

Me

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Others

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____
