

RELEASE RESISTANCE TO THE FLOW

~ JOURNAL QUESTIONS ~

What or who am I grateful for right now?

What is good or great about my life?

Where do I feel like I am winning?

When I look around what do I see that feels good?

What can I love about myself?

How is my life blessed?

What goodness do I observe in others?

How could I consider myself to be lucky?

What are the most fortunate things that I've experienced?

What is good about my current situation?

What is good or great about being me?

Where is the treasure in my life?

What do I deserve a pat on the back for?