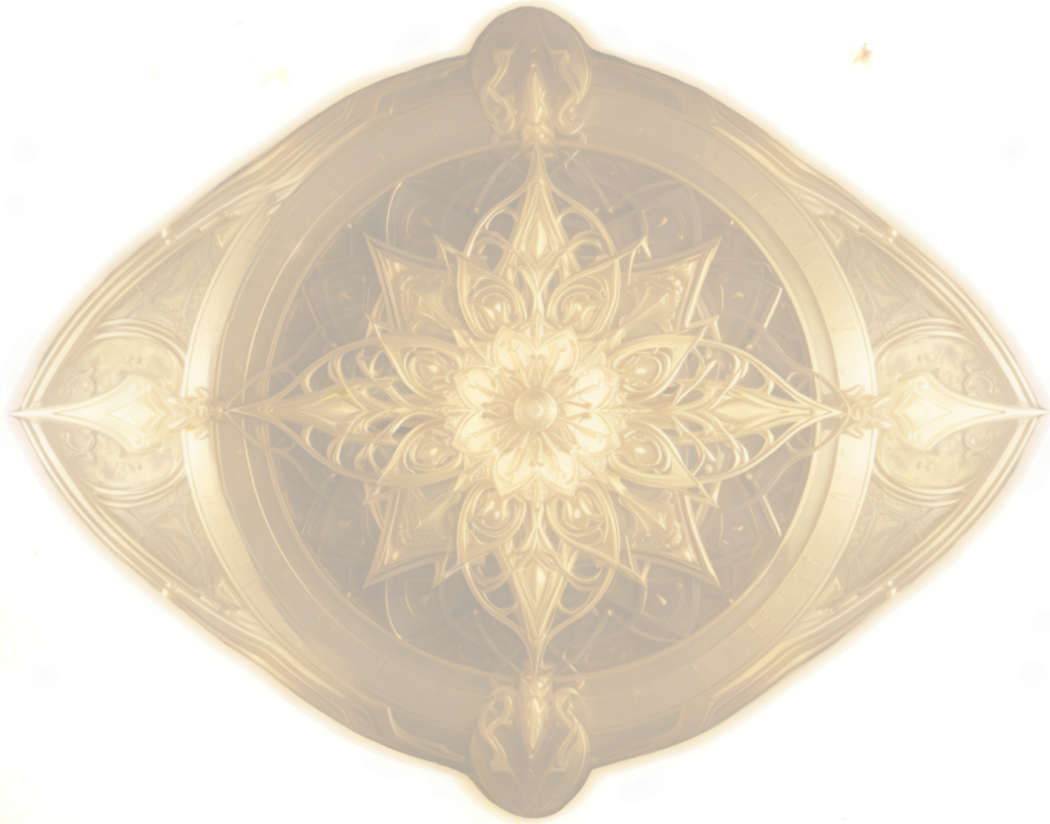


*A Light Language*

# *Transformational Journal*



**Track the Changes**

***Watch Your Reality Shift***

*Caianna Sophia*



# How to use this Tracker

1. Print out this PDF to write on
2. In each round, listen to the Third Eye Light Language Activation once per day for two days in a row
3. Complete the "Before the Light Language" section prior to the first listen. Complete the "After the Light Language Session" after the second listen (about 24 hours later)
4. Over the next 72 hours, note any signs, shifts, synchronicities, dreams, or insights
5. Repeat a new round two months later, for a total of 4 rounds over 8 months



# Round One

*The more we remember to look for changes,  
the more the changes reveal themselves*

# Before the Light Language Session

Date \_\_\_\_\_

Activation: Awaken Your Third Eye - Round 1/4

What is your intention for this round?

How will you know when this part of your life has transformed?

From 1-10, how do you feel before the session?

1 2 3 4 5 6 7 8 9 10

# After the Light Language Session

Write down any changes you notice over the next 72 hours

Body Sensations:

Insights and Visions:

Emotional Releases:

External Confirmation:  
(Numbers, Symbols,  
Messages...)

After the Session  
Ask Your Intuition

What is the next date to listen  
to the Activation again:

Marked on your calendar? Y / N

What are Practices and/or  
Affirmations that support this  
transformation:

From 1-10 how do you feel after?

1 2 3 4 5 6 7 8 9 10



## Round Two

*Your intuition speaks softly,  
your attention turns up the volume*

# Before the Light Language Session

Date \_\_\_\_\_

Activation: Awaken Your Third Eye - Round 2/4

What is your intention for this round?

How will you know when this part of your life has transformed?

From 1-10, how do you feel before the session?

1 2 3 4 5 6 7 8 9 10

# After the Light Language Session

Write down any changes you notice over the next 72 hours

Body Sensations:

Insights and Visions:

Emotional Releases:

External Confirmation:  
(Numbers, Symbols,  
Messages...)

After the Session  
Ask Your Intuition

What is the next date to listen  
to the Activation again:

Marked on your calendar? Y / N

What are Practices and/or  
Affirmations that support this  
transformation:

From 1-10 how do you feel after?

1 2 3 4 5 6 7 8 9 10



# Round Three

*Your third eye opening within you  
becomes medicine for your world*

# Before the Light Language Session

Date \_\_\_\_\_

Activation: Awaken Your Third Eye - Round 3/4

What is your intention for this round?

How will you know when this part of your life has transformed?

From 1-10, how do you feel before the session?

1 2 3 4 5 6 7 8 9 10

# After the Light Language Session

Write down any changes you notice over the next 72 hours

Body Sensations:

Insights and Visions:

Emotional Releases:

External Confirmation:  
(Numbers, Symbols,  
Messages...)

*After the Session  
Ask Your Intuition*

What are Practices and/or  
Affirmations that support this  
transformation:

What is the next date to listen  
to the Activation again:

Marked on your calendar? Y / N

From 1-10 how do you feel after?

1 2 3 4 5 6 7 8 9 10



# Round Four

*When you live the guidance,  
the channel stays open*

# Before the Light Language Session

Date \_\_\_\_\_

Activation: Awaken Your Third Eye - Round 4/4

What is your intention for this round?

How will you know when this part of your life has transformed?

From 1-10, how do you feel before the session?

1 2 3 4 5 6 7 8 9 10

# After the Light Language Session

Write down any changes you notice over the next 72 hours

Body Sensations:

Insights and Visions:

Emotional Releases:

External Confirmation:  
(Numbers, Symbols,  
Messages...)

After the Session  
Ask Your Intuition

Congratulations, you have completed the four sets of 3rd Eye Upgrades!

Blessings on your inner sight and vision. May it serve and guide you well.

What are Practices and/or Affirmations that support this transformation:

From 1-10, how do you feel after?

1 2 3 4 5 6 7 8 9 10

# About Gaianna

I began speaking Light Language at 18 after asking the Universe for guidance, I discovered a frequency pathway that answered back. Over the years, that personal channel became a way of supporting others through activations, integration, and deep Starseed remembrance.

My work is here to help you awaken what's already alive inside you, so your intuition becomes clearer, your nervous system feels safer, and your galactic connection becomes embodied in real life.

If you'd like to deepen this journey, you're invited into Speak With Your Star Family, a 4-week activation path to open consistent contact with those who know why you came to earth and what you're doing here, in a grounded, heart-led way.

With starlight and soul truth,  
Gaianna Sophia

A Living Link of the Galactic Alliance  
Transmitter of Planetary Assignments



*May each opening in your inner vision ripple outward as light on Earth.*

*[GaiannaSophia.com](http://GaiannaSophia.com)*