



28-Day Power Shift

For the next 28 days complete the prompts below. See how your life shifts!

Start Date: _____

I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	Today my heart is calling me to...
						
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	My inner being  wishes me to learn...
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	One way that I can share my talents is...
						
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	A positive shift in the last 28 days is...





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Start Date: _____

I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	Something new I could try is...
						
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	My inner being wishes me to learn...
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	One way that I can share my talents is...
						
I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	I am grateful for...	I appreciate this person for...	I acknowledge my own efforts in...	A positive shift in the last 28 days is...

