

Daily Spiritual Patterns Checklist

Print seven copies and use one for each day.

Begin Date: _____ **Day:** **1** **2** **3** **4** **5** **6** **7**

<i>Feminine Patterns</i>	Circle: Scale: 1 (low) to 5 (high)				
	Or YES/NO				
Allowing & Trust	I allowed and trusted the day to unfold for my highest good.				1 2 3 4 5
Being	I spent more time being or allowing.				1 2 3 4 5
Openness to Possibility and Your Path	I was open to new possibilities to challenges or opportunities.				1 2 3 4 5
	I am curious about what my challenges or opportunities will bring me.				1 2 3 4 5
Mindfulness and Contemplation	I stayed in the present moment by noticing what I was doing and the related circumstances. I allowed time to contemplate, or meditate.				1 2 3 4 5
Resilience	I bounced back from any negative or adverse conversations or events.				1 2 3 4 5
<i>Masculine Patterns</i>					
Right Actions	Today's actions supported my values and beliefs.				YES/NO
Responsibility	I took opportunities to be responsible for myself, my family, neighbors, community, colleagues, or cyber world today.				YES/NO
Leadership	I responsibly lead myself or others to take right action.				YES/NO
Power	I maintained my integrity and met my commitments to others.				YES/NO
<i>Life Lesson Themes</i>					
Tolerance & Respect	I was patient, impartial, and open minded with others.				YES/NO
Understanding & Acknowledging	I had compassion for what others are going through without taking it on myself. I did not judge others.				YES/NO
Acceptance	I accepted others' right to hold beliefs that differ from my own.				YES/NO
Forgiveness	Today I forgave myself for _____.				YES/NO
Harmony & Coexistence	On a scale of 1-5, today I experienced __ level of harmony with myself.				1 2 3 4 5
	On a scale of 1-5, today I experienced __ level of harmony with others.				1 2 3 4 5
Abundance & Flow	I wove sacred feminine and sacred masculine principles together. Circumstances that brought me into the flow include: _____				YES/NO
Contracts with Others	Experiences that provided insights about contracts with others include: _____.				
<i>Prosperity</i>					
There were changes or shifts in my prosperity today. They include: (Check all that apply below.)					
___ I had no unexpected expenses. ___ I got discounts for items I bought. ___ I earned more money or a bonus.					
___ I received unexpected money or gifts. ___ I won money in a lottery or game of chance. ___ I found money.					
___ New opportunities showed up. ___ I easily solved some challenging issues. ___ I had some nice surprises.					
___ My health improved. ___ Some of my relationships improved.					
___ I had more time for me, or to just be, meditate, journal, or contemplate.					
___ I energized something in particular, and evidence of it unfolding showed up!					
___ Other: _____					

Spiritual Patterns Recap

At the end of the week, note any patterns you discovered.

1	What are your feminine energy patterns?
2	What are your masculine energy patterns?
3	What life-lesson themes did you notice?
4	Did you meditate? If so, what did you notice as a result? (Easier manifesting, more done in less time, improved focus or clarity, solutions that came quickly, less stress.)
5	In what ways did your prosperity shift (discounts, bonuses, gifts, more/less income, higher/lower expenses, etc.)?
6	Are there any patterns you would like to shift?