

# Daily Spiritual Patterns Checklist

*Print seven copies and use one for each day.*

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

<i><b>Feminine Patterns</b></i>	<b>Circle: Scale: 1 (low) to 5 (high) Or YES/NO</b>	
<b>Allowing &amp; Trust</b>	I allowed and trusted the day to unfold for my highest good.	<b>1 2 3 4 5</b>
<b>Being</b>	I spent more time being or allowing.	<b>1 2 3 4 5</b>
<b>Openness to Possibility and Your Path</b>	I was open to new possibilities to challenges or opportunities.	<b>1 2 3 4 5</b>
	I am curious about what my challenges or opportunities will bring me.	<b>1 2 3 4 5</b>
<b>Mindfulness and Contemplation</b>	I stayed in the present moment by noticing what I was doing and the related circumstances. I allowed time to contemplate, or meditate.	<b>1 2 3 4 5</b>
<b>Resilience</b>	I bounced back from any negative or adverse conversations or events.	<b>1 2 3 4 5</b>
<i><b>Masculine Patterns</b></i>		
<b>Right Actions</b>	Today's actions supported my values and beliefs.	<b>YES/NO</b>
<b>Responsibility</b>	I took opportunities to be responsible for myself, my family, neighbors, community, colleagues, or cyber world today.	<b>YES/NO</b>
<b>Leadership</b>	I responsibly lead myself or others to take right action.	<b>YES/NO</b>
<b>Power</b>	I maintained my integrity and met my commitments to others.	<b>YES/NO</b>
<i><b>Life Lesson Themes</b></i>		
<b>Tolerance &amp; Respect</b>	I was patient, impartial, and open minded with others.	<b>YES/NO</b>
<b>Understanding &amp; Acknowledging</b>	I had compassion for what others are going through without taking it on myself. I did not judge others.	<b>YES/NO</b>
<b>Acceptance</b>	I accepted others' right to hold beliefs that differ from my own.	<b>YES/NO</b>
<b>Forgiveness</b>	Today I forgave myself for _____.	<b>YES/NO</b>
<b>Harmony &amp; Coexistence</b>	On a scale of 1-5, today I experienced __ level of harmony with myself.	<b>1 2 3 4 5</b>
	On a scale of 1-5, today I experienced __ level of harmony with others.	<b>1 2 3 4 5</b>
<b>Abundance &amp; Flow</b>	I wove sacred feminine and sacred masculine principles together. Circumstances that brought me into the flow include: _____	<b>YES/NO</b>
<b>Contracts with Others</b>	Experiences that provided insights about contracts with others include: _____.	
<i><b>Prosperity</b></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	<b>What are your feminine energy patterns?</b>
2	<b>What are your masculine energy patterns?</b>
3	<b>What life-lesson themes did you notice?</b>
4	<b>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.)</b>
5	<b>In what ways did your prosperity shift (discounts, bonuses, gifts, more/less income, higher/lower expenses, etc.)?</b>
6	<b>Are there any patterns you would like to shift?</b>