



The Universe Smiles



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Today's Date: _____

How has the universe been smiling upon you lately?

Acknowledging all the wonderful things happening in your life, even during difficult times, is the best thing you can do for yourself. It's a form of Radical Self-Compassion, shifting away from a lack mentality to a recognition that you are being supported in many ways. In the 2nd column, stretch yourself to find the meaning behind your observations: connect your experiences to intentions you've been holding, new growth or learning, healing, or some other purpose.

Name 2 good things that have happened to you recently and then write why you think they happened.

Good Thing:	I think this happened because...