

CHARTING YOUR PROGRESS

Reflect on your experiences this week when answering these questions.

How many days this week did you meditate? Are you beginning to look forward to it? _____

Have you remembered to ground yourself? _____

Have you remembered to clear your aura? _____

How many days this week did you make entries in your psychic journal?
Surprised by how psychic you are becoming? _____

What did you get unexpected guidance on? _____

Which of your goals surprised you? _____

What are you “waiting” to ask about? _____

What would you *love* to be helped with? _____

Are you using your panel of experts? _____

Did the “Yeah, but . . .” bug bite you? How did you stop it from messing things up? _____
