

JOURNALING

THE UNIVERSE IS ABUNDANT

Write down a positive experience that happened today.

What was it that made the experience positive?

Who was involved and where did it occur? (Look for patterns)

How did you benefit from the experience?

What outcome resulted from the experience?

What could you have done to elevate the experience?

How did or could the experience change your life?

How did or could the experience change someone else's life?