



Journal: Lesson 9

Is integrity important to me? Has my spiritual study changed my understanding of it?

Do I currently have habits or behaviors that are inconsistent with the spiritual truth of my being?
Are there things I do that are not worthy of who I truly am? Anything I am now ready to change?

What do I do on a regular basis that is in harmony with the spiritual truth of my being? How am I currently honoring my Self?

Was there a recent experience that revealed the power of my speech? What was it? What happened?

What do I do when I become aware of negative thoughts? What's my strategy for making a positive change?

Am I willing to thrive right now? If yes, how will I do that? If no, why do I need to wait?