

I AM COMMITTED

I Believe You Can - I'm here to support you let's do this!

XO Linh

Place this tracking sheet on your pillow, each night write one word, what are you grateful for. If you haven't done your spiritual practice there is still time before you go to bed. You're either changing and growing as a person, or you're stagnating. When you commit to a spiritual practice it is like planting a tiny little seed in the garden. Every day you practice you water it and it grows... in the begin it's just a tiny seed in the dark, however the that tiny seed begins to see the light, blossoms and grows and bears fruit and one day you turn around and discover your whole life has become a spiritual practice. Making a 40 day commitment is the magical beginning. One reason for this is when you do something every single day for forty days, it ingrains the new discipline. It becomes part of who you are and what you do, your discipline turns to devotion. Baby steps dedicate a small amount of time each day to you.

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DISCIPLINE TO DEVOTION

Of Days / How long each day/ What time each day

I'M PLANTING THE SEED OF

What would you like to bring forward in your life

This or something better for the highest good of all concerned

And so it is....