

HIGHER POWERED

THE PRACTICE GUIDE JOURNAL I

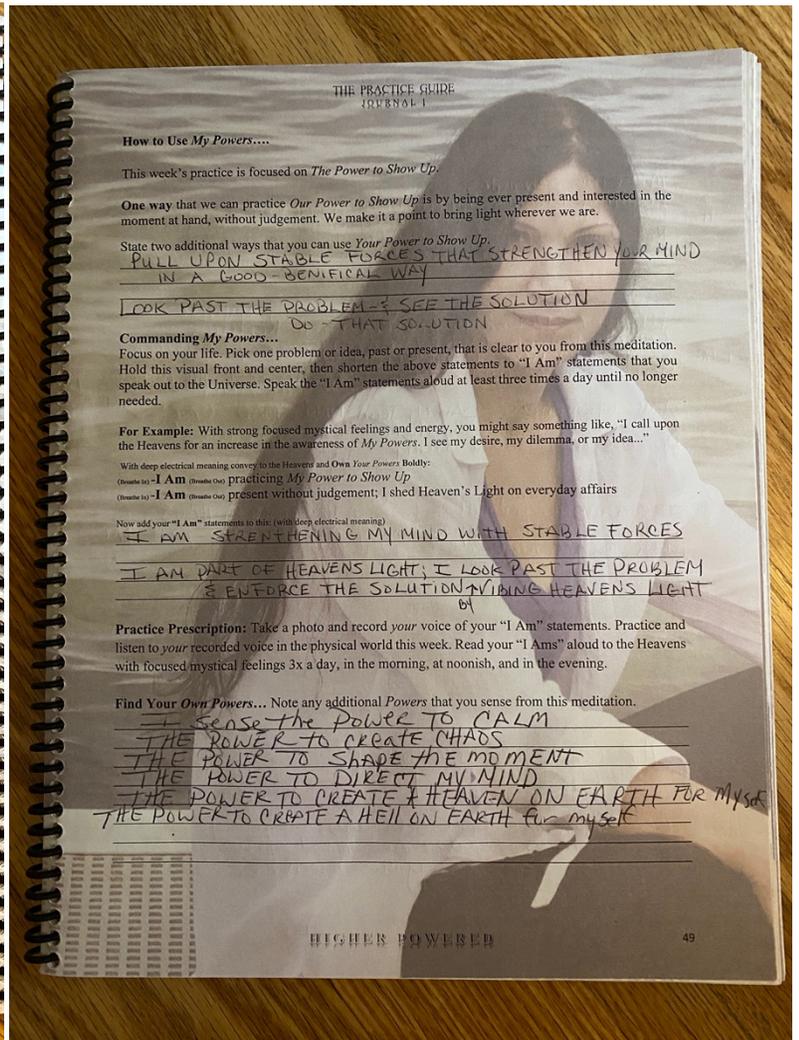
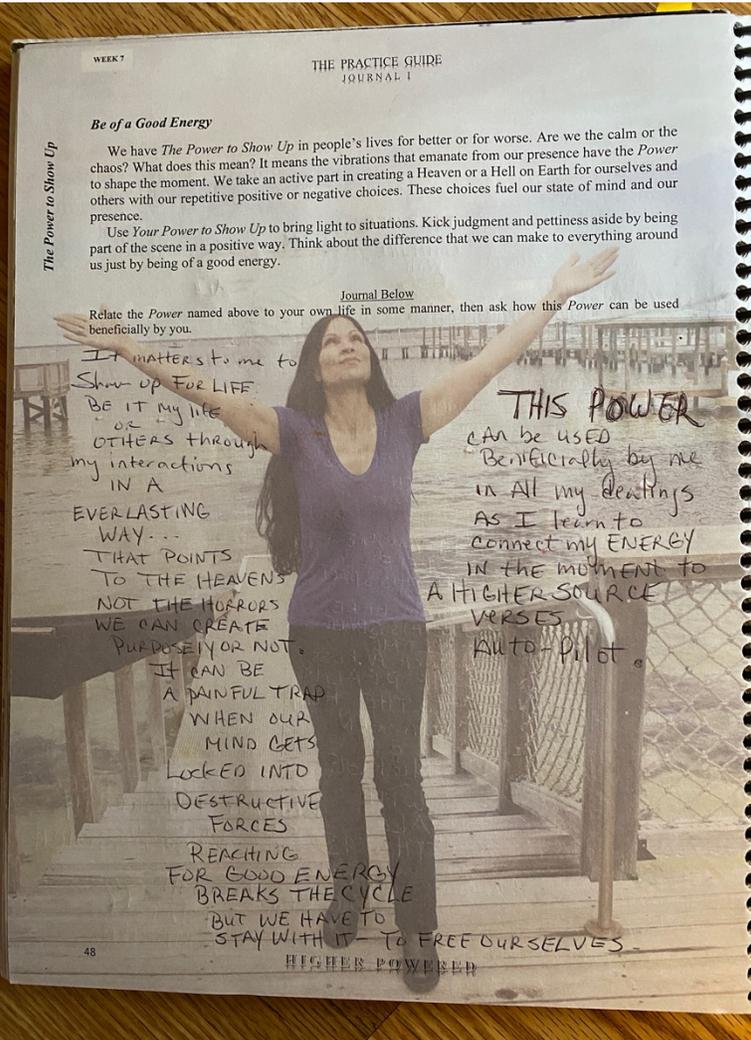
The book series for people who are hurting, hard-headed, or too busy...

Find
Identify
And Use
Your
POWERS WITHIN

BY VERONICA SLACK

The Practice guide Prefilled Sample Week 7

- The interactive recovery guides and journals engage the user through a variety of prompts that raise personal purpose through empowerment. The practice guides and recovery journals helps process thoughts, reduce cravings, manage emotions, and instill new behaviors.



Clear Negative Energy Every Day...

What is standing in the way of my success, of my peace, or of my pleasure?

MERCING Schedules

Handing Florida with Dad concerns
Not taking time to take care of myself while caring 4 others
Not being a leader when someone shows their backside -
Lead without knifepicking

In relation to the question above:

Ask yourself what Lower or Higher Power is present? What is needed?
Higher Power is present with realities
Lower Power worry anxiety over possibilities

WATS is new POSITIVE DIRECTION

PLAN SELF CARE INTO SCHEDULE *LOOK PAST THE DARKNESS TO THE LIGHT
How am I willing to participate in moving mountains from my road?
Talk w/ Spencer - DAWN, Jean NAN - DAD - CARL
Don't carry any load alone - share the weight
Do the next right thing

What Power that my Higher Power gave me can I evoke and practice today? How and when can I practice this Power?

I can evoke the Power to Step OUTSIDE OF CHAOS - I can practice this by remembering myself to see past the noise to the real - old hand to that.

3x3 Daily Planner

Build Self-esteem in Your Powers daily by creating your own 3x3 daily planner. Simplify your schedule. Deliberately look for the opportunity in your schedule to practice Your Powers as well as to include the moments that you verbally fill your Practice Prescription "PP."

Table with 3 columns: 3-things in the Morning, 3-things in the Afternoon, 3-things in the Evening. Day 1 entries include HP Time, VA-DAD, Cook Dinner, and Relax. Includes handwritten notes: 'Be calm as you address others needs - but don't forget your own!' and 'HIGHER POWERED'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 2 entries: HP Time, Dad's MEETING, MEETING, Clean up, Relax w/ Fam, call NAN, L.L.C. Includes handwritten note: 'It's okay not to do everything - in a day it's fact plan for it'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 3 entries: HP Time, Shower, DAD, Deep Abdom, Fill out forms, Aquatonic SPA PP, Relax with Carley & Fam, Dinner, Enjoy Fam time PP. Includes handwritten note: 'Be of Good Energy - SEND SOME OUT'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 4 entries: HP Time PP, Drive Home, Drive Knoxville, Envy Miller, Hair & Peak See, Relax & get in shower, Cook Chris Dad, North w/ Carl, Listen to PP. Includes handwritten note: 'Embrace change - Maintain the behaviors that Red light - 3 min - w/ Heaven are blue - 20 min taken otherwise - Help someone - meeting zoom - calls'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 5 entries: HP Time, Dress, AirPort, Pack Dad, Store supplies, U-HAUL, Prep - idd, MEETING, Relax, D- LC sier. Includes handwritten note: 'Make memories of travel w/ Dad & Master CHI by preparing for tomorrow'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 6

DAY 6 entries: HP Time, Dress, Relax w/ Mike NCH, PACK DAD, DRIVE 1/2 way, Home w/ Dad MCH, Eat Healthy, Relax - Spina (PP), Hike. Includes handwritten note: 'Make memories by heading the other direction the ugly in a better direction'.

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 7

DAY 7 entries: HP Time, Dress, Breakfast Dad, Road trip Home, 2 min w/ Heaven, Home w/ Fam, Relax w/ Carl MCH, Relax w/ Carl MCH, Relax w/ Carl MCH. Includes handwritten note: 'Today I plan to stretch & Ponder how to share - take time to care for my world with Dad'.

What is a Higher Power revealing to you today/this week?

THE IMPORTANCE TO SELF-CARE IN HEIGHTENED SCHEDULES
A LEADER IS A LEADER - BECAUSE THEY LEAD LEAD WITH *
Take a deep breath of LIFE & LIVE - BEST YOU CAN :) STYLE
(SMILE OFTEN ANYWAY :)
These are my feelings, my words, and my vibrations to the Heavens Above...

I AM LOOKING TO YOU TO prepare me to care effectively for my father. I will practice my power to show up by being interested in the moment & look for the opportunity to VIBE YOUR HOLY LIGHT WHEREVER IT IS NEEDED

Notes for the future use of My Powers...

This is how I practiced The Power to Show Up this week:

I SOUGHT OTHERS TO STRENGTHEN ME
I VIBED GOOD ENERGY OVER DISTORTED VISION & THOUGHT
I practiced looking past CHAOS to ENFORCE Holy SOLUTIONS
I OWNED HEAVEN'S LIGHT IN ME & HOW I CAN SHINE IT TO THE HEAVENS ANYTIME - ANYWHERE - I did it - share it.
* I SENSED THE HEAVENS AROUND MY HANDS - just by holding them open & being still - I could feel the WR in the AIR & space in & around my hands - I could feel it merging with me. I can feel - sense the beat of my essence flowing from my hands - my body with it, even when I can feel the Heavens pressing against my form - WOW

My Black Tab Page ...

The Black Tab Pages are designed for your special one-on-one weekly appointment with your Higher Power. Use this page or time to converse thoughts and emotions in creative sound, writing, deep pondering, and pictures. Consider using color art, 3D-artwork, drawings, or whatever you can conjure up that inspires you to practice this week's Power going forward.

STRONG LEADERS TAKE THE TIME TO SELF-CARE BY BUILDING IT INTO THE SCHEDULE BE A STRONG LEADER... RIGHT NOW

I am part of your Light Heaven I will shine our LIGHT past CHAOS to enforce a HIGHER SOLUTION At times that enforcement is just a step above destruction & that's a start TO LET LIGHT SHINE

ARE YOU changing me HEAVEN? I THINK YOU ARE... INTERESTINGLY I CAN SEE SOMETHING SUPPORTIVE OF THIS Realm EVERYWHERE I look and I desire THIS SIGHT BECAUSE I SENSE MY CONNECTION TO CREATION.

THE HEAVENS CO-EXIST IN & AROUND EVERYTHING SEE IT - FIND IT REACH FOR IT CHOOSE IT BE WITH IT OVER & OVER & OVER...

HIGHER POWERED: THE PRACTICE GUIDE JOURNAL 1 BY VERONICA SLACK

