THE BEING ZONE

Customize Your 5 Daily B.E.I.N.G. Steps

If you have chosen ways to customize the daily practice, write them into each section below to have a game plan moving forward. Feel free to update and change this as many times as you want.

Step #1: B: Move into Your *BEING Zone*

1. **Breathing Step:** (Which Tool?)_____
2. **Meditation or Relaxation Step:** (Which Tool?) _____

Step #2: E: Remove Stuck Energy and Bring in Good Energy

1. **Remove Stuck Energy:** (Which Tool?)
2. **Bring in Good Energy:** (Which Tool?)

Step #3: I: State your Intentions for an Authentic Life

1. **Write up to three Intention Statements including gratefulness approach:**
   a. _____
   b. _____
   c. _____
   d. _____

Step #4: N: Affirm Your True North Aka Your Life's Purpose

1. **Write up to two Affirmations following guidelines:**
   a. _____
   b. _____

Step #5: G: Ask for Guidance from the Universe

1. **Choose what words you would like to use for guidance and write below.**
   a. _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____