

insights
with *tifanei*

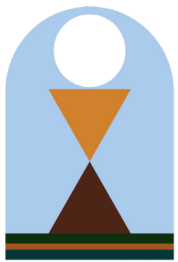
resonance of a vision day one

intention:

write down your intention for today

belief:

use this space to take notes when prompted about your beliefs



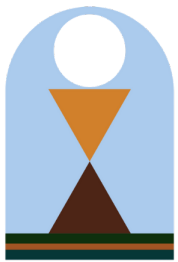
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visualization:

use this space to take notes from the meditation and visualization exercise

acceptance:

use this space when prompted to note your acceptance statements



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examples:

use this space when prompted to give examples

action:

use this space when prompted to note your next steps and insights