

BEING PRESENT IN MY LIFE TO CREATE CHANGE

# My daily Access ritual

## ♥ BARRIERS DOWN

### ♥ DAY TIME

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

## ♥ NIGHT TIME



## ♥ NOTES

LIVE AS THE QUESTION. BE GRATEFUL. LAUGH LOTS.