



### **Why is your Daily Spiritual Diary only 40 days?**

Testing has shown that it takes up to 40 days to form a new habit. By the time you have completed your Daily Spiritual Diary (*it must be used on a consistent daily basis*) you will have programmed yourself into a positive state of awareness, which will benefit yourself and those whom you interact with in your life.

**If you really want to change your life for the positive – then *it is essential* that you fill out this Daily Spiritual Diary for forty *consecutive* days!**

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**Brent IAM**

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*Whilst procrastination has been named the thief of time, implementation of a solid action plan is the key to truly finding inner peace.*

Date:..... **Answer the following every evening:**

What time did I wake up? .....

Did I smile when I woke up?  YES  NO

How many hours did I sleep? (Circle) **4 5 6 7 8 9 10 11 12**

What type of sleep? (Circle) **broken restless restful blissful**

Did I help anyone without their asking today?  YES  NO

Did I judge others today?  YES  NO

If yes, what did I judge? .....

Do these judgements reflect a habit that I need to work on?  YES  NO

What habit/s (if any) arose today that needs to be worked on? .....

How did I work on my negative habits and traits? (Circle)  
**did affirmations meditated worked on communicating**  
**attended counselling practiced positive habits read Anahata**  
**read other spiritual texts other** .....

Did I experience any difficult emotions today? (For example, did I have negative thoughts?)  NO  YES (explain) .....

How did I deal with them? (Circle) **thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic** (music, dance, sing, paint, draw, write) / **took time out / other** .....

Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  YES  NO

How did my intervention or practices assist? (Circle) **it did nothing / I felt slightly better / made me feel happy / blissed me out**

Did I do my spiritual practice today?  YES  NO

Did I do my exercise today?  YES  NO

How did this make me feel? (Circle) **lazy / depressed / negative / improved / positive / happy / blissful**

Did I take time out just to be calm, still and silent and to reflect and revive today?  YES  NO

Were my eating habits balanced / healthy today?  YES  NO

Did I say prayers for others and myself today?  YES  NO

Have I organised my general life in a daily list?  YES  NO

**What do I have to be grateful for?** (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean house etc.)  
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*The past is behind us, the present is a time to better the past, and tomorrow is a day to better today.*

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*When we give our all to a task, it does not matter if we do not receive praise or recognition, as in one's humbleness, greatness surely does follow.*

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*We are either walking towards the light or walking away from it.*

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*To love another with all our heart is to love ourselves and God with all our heart.*

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*Children are our teachers, the elderly are the caretakers of knowledge, and we are conduits of the wisdom in between, should we choose to be.*

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*Focusing on shining bright within ourselves, will cause those around us to change for the better.*

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*A healthy fear of God is obtained through one's healthy fear of the consequence created by negative actions. To truly fear God is to also love and respect God.*

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*There is no such thing as 'luck'; we attract all things into our lives through our thoughts actions, words and deeds or 'karma'.*

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*The things that we want will eventually come; however, it is the things that we 'need', God will always provide in the living now.*

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*Fear controls us to the degree of our faith in a particular fear.*

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*The Devil uses fear as a manipulative tool for evil; therefore, to face our fears with positivity, faith, love and light, we render the Devil powerless.*

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*Just as a flower grows from a seed, so too we plant seeds with our fears, which in turn grow to the degree we 'water them' by focusing our thoughts and words on such fear; until the fear is attracted to us in the form of a negative person, place or event.*

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*The art of discerning whether we are acting from a state of fear or love is cultivated through meditation upon Anahata.*

Date:..... **Answer the following every evening:**

What time did I wake up? .....

Did I smile when I woke up?  YES  NO

How many hours did I sleep? (Circle) **4 5 6 7 8 9 10 11 12**

What type of sleep? (Circle) **broken restless restful blissful**

Did I help anyone without their asking today?  YES  NO

Did I judge others today?  YES  NO

If yes, what did I judge? .....

Do these judgements reflect a habit that I need to work on?  YES  NO

What habit/s (if any) arose today that needs to be worked on? .....

How did I work on my negative habits and traits? (Circle)  
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**read other spiritual texts other** .....

Did I experience any difficult emotions today? (For example, did I have negative thoughts?)  NO  YES (explain) .....

How did I deal with them? (Circle) **thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic** (music, dance, sing, paint, draw, write) / **took time out / other** .....

Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  YES  NO

How did my intervention or practices assist? (Circle) **it did nothing / I felt slightly better / made me feel happy / blissed me out**

Did I do my spiritual practice today?  YES  NO

Did I do my exercise today?  YES  NO

How did this make me feel? (Circle) **lazy / depressed / negative / improved / positive / happy / blissful**

Did I take time out just to be calm, still and silent and to reflect and revive today?  YES  NO

Were my eating habits balanced / healthy today?  YES  NO

Did I say prayers for others and myself today?  YES  NO

Have I organised my general life in a daily list?  YES  NO

**What do I have to be grateful for?** (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean house etc.)  
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*Should we be unsure of which path to take we must consider: 1. Do I enjoy this or the result it brings? 2. Does it facilitate the greater good? 3. Does doing this fulfil use of the personal abilities God has given me?*

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*The devil is our best friend at all times in the beginning; however, when spiritual law kicks in, he always leaves us posted.*

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*No one is born evil. We are all bright shining lights within. It may be externally that we have layer upon layer of grey built up either from this life or our past lives; nonetheless, we are pure in soul and can always return to this state of purity, should we choose to.*

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*Evil brings weeds that try to strangle plants around them, whilst love brings trees with deep strong roots that grow upwards at a slow rate, weathering life's trials of storms and drought, and building strong supportive branches filled with life's wisdom.*

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*Our love for others fulfils to the degree we learn to love ourselves.*

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*Hate towards others highlights the need for repair in loving and forgiving our self.*

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*The more love we give, the more love we receive in return.*

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*The more money we give with a loving heart, to those truly in need, the more money and opportunity to make money, comes our way.*

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*Money is not evil; the more money you make, the more people you may employ and/or assist, thus the more money you make. When giving with love, on behalf of God, this creates exponential energy.*

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*When we fear giving our money to those in need, we block the full potential of our own ability to attract further wealth.*

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*We are limited in earning capacity only by our imagination as a seed, combined with our karma and our faith as an action.*

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*From a seed of faith in obtaining wealth, comes whatever we wish, to the degree we purify our karma and walk with positive thoughts, words and deeds.*

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*We can and perhaps will bring about great wealth; however, unless we seek to go within; peace of mind will never be more than a fleeting glance in our lives.*

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Did I judge others today?  YES  NO

If yes, what did I judge? .....

Do these judgements reflect a habit that I need to work on?  YES  NO

What habit/s (if any) arose today that needs to be worked on? .....

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**did affirmations meditated worked on communicating**  
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How did I deal with them? (Circle) **thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic** (music, dance, sing, paint, draw, write) / **took time out / other** .....

Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  YES  NO

How did my intervention or practices assist? (Circle) **it did nothing / I felt slightly better / made me feel happy / blissed me out**

Did I do my spiritual practice today?  YES  NO

Did I do my exercise today?  YES  NO

How did this make me feel? (Circle) **lazy / depressed / negative / improved / positive / happy / blissful**

Did I take time out just to be calm, still and silent and to reflect and revive today?  YES  NO

Were my eating habits balanced / healthy today?  YES  NO

Did I say prayers for others and myself today?  YES  NO

Have I organised my general life in a daily list?  YES  NO

**What do I have to be grateful for?** (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean house etc.)  
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*Wealth must be balanced with work, family, friends and time to nurture one's own soul.*

Date:..... **Answer the following every evening:**

What time did I wake up? .....

Did I smile when I woke up?  YES  NO

How many hours did I sleep? (Circle) **4 5 6 7 8 9 10 11 12**

What type of sleep? (Circle) **broken restless restful blissful**

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*True wealth and fulfilment may only ever be found in giving to and helping others.*

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*To accept money and assistance from others is not a sign of weakness, providing that with a loving heart we then give money and assistance to others when we are in a position to do so.*

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*“Dis-ease” or ‘ill at ease’ (stress) of the mind firstly seeds discord in our aura, and if left unchecked manifests in “disease” through our body; be it joint pain, skin issues or at a more acute level, heart disease, cancer and the myriad of modern physical concerns.*

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*When we maintain a personal state of love or "Anahata" through physical, mental, emotional and spiritual levels, we cause healing to take place at the core of our being, which in turn allows all levels of healing to emerge.*

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*Our external state of health directly represents our internal, spiritual state of being.*

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*To heal we must face all truths about our self and come to peace with them.*

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*External sickness is nature's reminder for us to maintain and nurture our soul within.*

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*In our relationships, a partner may only find union with us to the degree that we give out love.*

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*When we focus only on our partner's positive attributes, and we are grateful for these, then we assist a blossoming of our loved one, which in turn brings forth a positively blessed union.*

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*What we see and dislike in our loved one's generally highlights that which, we too, need to address in our self.*

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*Better to love with our whole heart, walking straight into and through any fears; for only then can we truly feel all that love has to offer.*

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*God is always there surrounding us in a blessed, blissful state; it is therefore, up to us, to be calm, still and silent, so that we can be part of this; feeling and being in a blessed, blissful state.*

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**attended counselling practiced positive habits read Anahata**  
**read other spiritual texts other** .....

Did I experience any difficult emotions today? (For example, did I have negative thoughts?)  NO  YES (explain) .....

How did I deal with them? (Circle) **thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic** (music, dance, sing, paint, draw, write) / **took time out / other** .....

Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  YES  NO

How did my intervention or practices assist? (Circle) **it did nothing / I felt slightly better / made me feel happy / blissed me out**

Did I do my spiritual practice today?  YES  NO

Did I do my exercise today?  YES  NO

How did this make me feel? (Circle) **lazy / depressed / negative / improved / positive / happy / blissful**

Did I take time out just to be calm, still and silent and to reflect and revive today?  YES  NO

Were my eating habits balanced / healthy today?  YES  NO

Did I say prayers for others and myself today?  YES  NO

Have I organised my general life in a daily list?  YES  NO

**What do I have to be grateful for?** (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean house etc.)  
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