



GRACIOUS
QUOTIENT

JOURNAL

GRACIOUS QUOTIENT

Welcome to the heartwarming Gracious Quotient Journal—a special place crafted with you in mind, inviting you into a journey of personal connection and discovery. We're genuinely excited to have you on board! These pages are like blank canvases, ready for you to print and mold into your very own journal. This is your sanctuary, and you get to set the pace as you explore the practices at your comfort.

Picture this journal as more than just pages—it's your friendly companion, cheering you on as you uncover the magic of the Gracious Quotient. As you evolve in recognizing and nurturing this unique aspect of yourself, you'll find these pages transforming into a reflection, offering clearer insights into the beautiful components shared in the book. Embrace this journey, and get ready for the delightful surprises awaiting you—it's a personalized adventure just for you!

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Practice

Unlocking the Hidden Nature of Your Soul

(Page 38 - 40)

The following practice unlocks or finds the hidden nature of your soul, where you can begin to understand the essence of who you are, the knowing, and the pulse of your soul. When you do this practice, you must first understand what your essence is and what your authentic self means. Your true authentic self is your soul and is void of your ego and all the attunements (beliefs, values, and rules you live by). The goal of this practice is to uncover the nature of your soul and give it the room to express itself.

1. Sit in a quiet space. And ask yourself, "Am I truly ready to attune to my soul?"
2. If you answer yes, grab a notepad or journal and a pen, and put on some beautiful music with no words or humming.
3. As you listen to this music, imagine yourself riding the waves of the music. And when you do this, imagine you're free of your body and mind. All there is is the expansion of who you truly are.
4. As you ride this vibrational wave, start to allow words to form, don't make sense of it. Just allow words to pop up. They could be simple as "cat" or

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“tree.” Record or write down the words in your notepad or journal. Don't think about the words; just see them, or hear them.

5. Within a minute or two, those words will start to settle down, and you will start to feel an expansion in your chest, a freedom, a peace. This expansion is what you're trying to achieve. Your authentic self is now filling up more and more space.
6. If you can, just sit and ride the musical wave and hold that expansion in your chest and allow that to start integrating into your mind. Don't control it, don't ask it anything, just allow it to swirl around your mind.

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7. Allow the wave to permeate and remove other thoughts that will distract you, and ask for a sentence or a few words that you can string together. Maybe something like " a beautiful breath" or "the sun is shining."

8. After a minute or two, start to come back to your body and the room. Write down the few words strung together and allow those few words to sit with you throughout the day. This string of words was given to you by your soul so that you can start tapping into it throughout the day.

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Think about the words you have received as you go through the day, and become aware of those words in everything you do. You may be writing a book, you may be giving a lecture, or you may be having to do finance. And when looking at it, remember the words, i.e. "The sun is shining through." As you do this type of practice over a series of weeks, months or even years, you'll start to uncover the hidden truth. The hidden nature of who you really are and what you are here to do.

JOURNALING NOTES:

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Practice

Exploring Compassion (Page 46-48)

To understand when compassion is not helpful, start with when you thought compassion was helpful. Grab a pen and paper or your computer and write about an experience where you thought being “compassionate” would be helpful but caused more harm unintentionally. Have you tried to comfort a person who has lost a loved one, and the person responded negatively?

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Your intended compassion (suffering together) was from your past experiences. You share your thoughts, stories of loss, and best wishes with that person. Instead of being comforted, this person responds negatively, turns pale, and looks devastated. You walk away feeling shocked and wonder why. Was the need to address the situation about you or about them?

What was the story that developed in your head? How did you see them as part of your experience instead of respecting their experience?

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Have you ever offered an employee, a student, or another individual special treatment because they are not as “smart” or as physically able as others? You may have felt bad for them and had compassion for them because they were struggling to keep up, so you made excuses for them, spent valuable resources on them, or did some of the work for them. What judgment did you make in that situation?

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What story did you tell yourself about this other person?

What pain did you feel, and how did your compassion show up?

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Compassion	Graciousness
Literally means to suffer together.	Kindness and generosity of spirit.
You are confronted with another's suffering and feel motivated to relieve that suffering.	Does not require judgment to become motivated to offer support, love, or understanding.
Sympathetic pity and concern for the sufferings or misfortunes of another.	No longer relevant that you understand another, know what it feels like to be in their shoes, or that you must stretch your imagination to secure an understanding of what another needs.
You act, whether in words, action, or monetarily, based on your perception.	It requires you to ACCEPT other people for who they are.
Requires that you judge another based on what you see and that you have sympathetic pity for another.	There is no illusion of judgment, and there is acceptance for a person just as they are. You are not defining them through a filtered lens of your beliefs, ideals, and values. *Exception
Disempowers people.	Empowers people.

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Practice

Exploring Graciousness (Page 50-51)

Sometimes, what you may think is compassion, is really graciousness. Grab pen and paper or your computer and write about an experience where you thought you were being compassionate and it worked out well.

Define the situation.

Clearly identify what made you compassionate and who you were focused on with your compassion.

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How did you recognize the feeling of compassion? Was it driven by you or by a story you were told?

How, then, did you respond to the situation?

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Did you make an impact? What was the impact on you? What was the impact on the person you were being compassionate with?

Can you identify which components of your “com-compassion” were part of graciousness and which were compassionate?

Graciousness is defined as being kind and accepting, while compassion takes away dignity and respect for two simple reasons—judgment and pity.

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Practice

Attunement (Page 58-62)

The following practice can help you identify the source of your attunements, where they come from, and whether they are helpful. So grab a notepad and pen and consider the following.

If attunement was like clothing, how many layers are you wearing before you get to the real you? Do you have some layers that are thick wool coats? Summer linen shirts? Imagine a shirt as the religion in which you were raised in. Imagine a jacket as your parents' rules, or a hat as your career, and how you need to behave as you head out into the workforce. Imagine several scratchy shirts as a community where people are not supportive. Imagine a soft shirt as your favorite aunt who smiles at you with tenderness and joy as you share a story. When you think about attunements, consider your memories, what you want to cherish, and the values and belief systems you want to bring forward. Think about each clothing item as an attunement representing different aspects of your life. Heavy, uncomfortable, tight shirts that no longer support you represent what you need to start letting go. Do these conflict with your true self? Those shirts that are soft and fitting are what you may want to hold on to and may represent your true self.

1. Think about all the rules you live by—do this over a week.

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2. Looking at those rules, ask yourself where did they come from?
3. Make a table with seven columns (see illustration below), and in the first column, list the rules you can identify today. In the second column, list where this attunement came from. In the third column, list whether you have agreed to this attunement.
4. Add the following three columns with the heading of "Keep", "Revise", and "Release".
5. Add a seventh column called "Sovereign". This column is designated for yes or no so that you can begin to understand where sovereignty exists for you.
6. Ask yourself the following questions. Do you believe these rules? Do they feel authentic to you today? Use the chart on the next page to complete this practice.
7. As you get to know your true self, regularly return to your chart and identify where you might want to keep, change, or release your attunement.

As you reflect, please notice that you can make changes or keep what you would like within your daily life, and decide where you can enhance your day or free yourself from attunements that no longer serve you.

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Sovereign		
Release		
Revise		
Keep		
Have you agreed to this attunement?		
Where did attunement come from?		
Rules you live by currently		

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Practice

Shift Your Focus (Page 89-91)

Being ready to adopt a more evolved way of living requires taking the time to be with a new awareness. As quickly as you can and without much thought, jot down the answers to each of the following questions. Don't look at your answers after you write them. Place them in a sealed envelope:

1. How much time can you dedicate to cultivating a new awareness each day?

2. On a scale of 1 to 10 (1 being minimal and 10 most significant), how pulled do you feel to move into a new awareness?

3. How often do you wish you would respond to situations differently?

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4. Do you have relationships with people who will support your growth?

5. Can you be honest with yourself?

6. If no one else needs to see or understand you, what about you is critical to keep and/or change?

7. Are you willing to take the opportunity to experience what your emotions are telling you?

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8. Do you believe you have the perseverance to elevate all areas of your life?

After a few weeks, answer the questions all over again. Open the first envelope and compare to your new responses. Do your answers match?

What changes do you see?

After answering the questions a second time, put those answers in an envelope and seal them again for another month. Keep repeating this practice until you feel you have made significant progress in your willingness and capability to embrace your new awareness.

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Practice

Becoming Aware of Currents (Page 100-104)

Becoming Aware of Currents

This practice will help you learn how to identify the Currents you sense in a room.

1. Gather a journal or piece of paper, something to write with, or your device.
2. Begin by making four sections on your paper (or screen) with the titles "Situation" "Alone," "With Others," and "Witness".
3. Find a place where you are not required to participate and where you can witness the Current of the room. This could be in your home, work, or a social setting. Ideally, you are first to the room, as this will allow you to get the "lay of the land" and get a feel for the room's Current on its own. Place this information in the section "Situation".
4. As you sit alone, notice what is happening around you, in your mind and body, as you track your intentions and feelings with the room's Current. Then, under the section "Alone," write down your experience.
5. As others enter the room, start to notice what is happening for you and then slow this down by taking some deep breaths so that you can eliminate much of your own Current and then start to take notice of what others are bringing into the room. Write your observations under the section labeled "With Others."

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6. Lastly, reflect on what happened during this ex-change and write down what you witnessed in the "Witness" section. This is where you can learn more about what is happening with the Current and not each individual.

Typically, you change a Current by adding your emotions, intentions, and beliefs. Remember to separate what you believe about others based on their emotional responses, facial expressions, gestures, words, and intensity. Notice the current that is blending and swirling around the room. This way, you can focus purely on reading the Current and not the individuals.

Situation	Alone	With others	Witness

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Situation		
Alone		
With others		
Witness		

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Practice

Regulate Your Currents (Page 113-114)

The following practice will help you create awareness and consistency to emit the Current of love.

1. For three weeks, take three days each week to practice this exercise at least three times a day and at least three hours apart.
2. On those days, set a reminder to pause and become aware of which zone you are in at that time.
3. If you are not sending out the Current of love, try to find ways to shift into that Current. Notice how long you can stay in the Current. Check again in a few hours, and repeat.
4. Notice how this practice works for you. Are you able to start recognizing which zone you fall within the most? Are you able to see how being in a specific Current affects you? Are you able to become aware of how shifting to other Currents allows you more acceptance of yourself and your blessings?

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How did you make the shift?					
Good? / Need to change?					
Current					
Hour					
Day					
Week					

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Guiding Emotions (Page 128-129)

This simple practice can guide you when you experience a strong emotional response to a situation. Note: If you are experiencing high emotions due to a crime that has occurred, facing abuse, or are in a dire situation, please contact those who can help and assist you. Otherwise, for daily and less impactful emotions, recognize that you can stop and use the P.A.D. principle. P.A.D. stands for "Pause. Ask. Do."

1. **Pause**—Grab a pen and paper. Write down the name of the strong emotion that you are feeling. (i.e., Sadness). Now imagine pushing the emotion outside of your body, outside of your mind. See the emotion as an energetic current outside of you and become curious about the emotion, not your response to it. Remind yourself that while you are experiencing the emotion, it does not define you. Be careful not to bring more energy to the emotion by discussing it with others.

2. **Ask**—Ask the emotion(s) questions such as: Why are you here? What do you want? Emotion, what can you teach me so that I can bring your current into the world for good and not destruction? Engage the emotion: "Show me what you want me to see." This may take you several attempts.

3. **Do**—Write your learnings down in a journal, on sticky notes, or in some other visible form so you can return to it when the emotional current has shifted to a more gracious quality. It could take minutes or hours as the emotion keeps finding its way back in. Be patient with yourself and the emotion(s).

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You now have a sense of intentions and their ability to elicit dense emotions. Where do your intentions originate from? Your intentions are directly related to your core values and beliefs.

Pause—Intention	Ask—Change intention or honor intention	Do - Write a Power Sentence
<p>My friend missed yet another lunch with me, leaving me to sit alone at a restaurant. I was humiliated and ashamed. I believed her yet again and felt abandoned as I thought that this time she would honor our commitment.</p> <p>My Intention was that my friend would see my pain and care enough to offer respect and acknowledgment that my time is equally important!</p>	<p>As I sit with my soul searching not for protection but for the truth. I hear that I just gave my power to others, that I was not being sovereign. I was a victim in this situation and offered my friend the role of making me feel less than. I have the power to acknowledge that my friend has difficulties keeping her commitments, and I have the power to act accordingly and spend time with those who honor our time together.</p>	<p>I will stay in my power and sovereignty by releasing control over others. I understand the consequence of not being sovereign, as it causes chaos and pain to me and those around me.</p>

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Pause—Intention	
Ask—Change intention or honor intention	
Do - Write a Power Sentence	

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Practice

Identifying Core Values (Page 130-131)

A simple exercise to identify your core values is to write them out.

1. Get a pack of sticky notes and on each sticky note, add your core value one word at a time. You may be able to name ten or fifty—it doesn't matter, just do your best.
2. Once you've written as many as you can, choose a way to organize your thoughts, and start to organize your stickies so that you can clearly see what your primary core values are, and what your secondary core values are.

A primary core value threads through everything you do in life. A secondary core value is one that you use most of the time but not always. For example, if core values are individualism, dignity, respect, family is everything, achievements, equal rights, perseverance, authenticity, sacrifice, caring, sharing, scarcity, and abundance, then some primary core values will roll up secondary core values underneath it and could include family is everything which would hold sacrifice, caring, and sharing; individualism would hold respect, dignity, achievement, equal rights, perseverance, and authenticity. This example shows how core values can be in conflict. The conflict is with family is everything vs. individualism and scarcity vs abundance.

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Three Daily Practices: Ten Minutes

Choose a time that works with your schedule. Preparing a space for your daily practice can help create a conducive environment to support your connection to your soul.

1. Choose a quiet, comfortable space free from distractions and without interruptions.
2. Add elements that support calmness and relaxation, such as soft lighting, and natural elements like plants, bells, chimes, or soft music.
3. To begin, create a way to acknowledge the start of the practice, such as a bell, chime, hum, or song. There are many ways to start; however, sounds seem to be the best way to get all the senses into awareness, which is why this method is so often used and recommended.
 - During and at the end of each practice, you are guided to sip water.
 - Sipping water stimulates your mind and body, offering an awareness of what you just learned.
 - Upon completion, you will be guided to finish sipping the water, which will help you prepare for the rest of your day.

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Practice One: Ten Minutes (Identify your Essence before starting this practice)

1. Have ready: Timer, pen, paper, and a glass of water.
2. On your paper, create three equal columns with the headers: "Essence," "For Good," and "Impact."
3. Set the timer for ten minutes and then acknowledge the start of the practice.
4. **For One minute**—Write your essence, when completed, pause and sip the water.
5. **For Five minutes**—Write a few sentences on how your essence showed up for the good of yourself and/or others. When complete, sip the water.
6. **For Three minutes**—Write one sentence on the impact of your essence. When complete, finish drinking the water.
7. Acknowledge the end of the practice.

Then at the beginning and end of each day, refresh your memory on the writings you created for at least seven days.

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Impact	
For the Good	
Essence	

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Practice Two: Ten Minutes (Current)

1. Have ready: Timer and glass of water
2. Set the timer for ten minutes—acknowledge the start of the practice.
3. Intentionally walk into an imagined or real circle with your arms raised outward and up to the comfort level you can manage.
4. Close your eyes and breathe in and out sincerely three to four times while your arms are still raised.
5. Keep your eyes closed, and imagine a multitude of colors swirling around you but not in you, and once you have identified those colors convert them into the four energetic currents: true love, love, nebulous, and ill-will. All the currents will not be the same size in force. It could be one current is larger than the others.
6. Start with the current of ill-will. Imagine keeping this current outside your body, tell the current it is time to convert to a better current, and imagine it moving into the nebulous current. Now you will have two colors/currents. Then, when you feel secure, move into the Love current. Allow your imagination to release all the worries, emotions, and thoughts, and watch as they leave your space and mind.

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7. Move your body slowly and bask in the love current. As you near the end of the practice, invite the love current to be ever-present and become the largest current for your day.

8. Complete the practice by sipping a glass of water.

Refer to this imagery throughout the day, especially when you are not emitting from the current of love and you feel drawn to the currents of nebulous or ill-will.

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Practice Three: Ten Minutes (Intention - P.A.D.)

1. Have ready: Timer, Pen, Paper, and glass of water.
2. On your paper, create three equal columns with the headers: Pause. Ask. Do.
3. Set the timer for ten minutes—Acknowledge the start of the practice.
4. **For Three minutes**—Pause and consider your intention during an emotional event, positive or negative. Write the intention down in the first column. When completed, pause and sip the water.
5. **For Five minutes**—Ask your soul how you can change or honor the intention you had. Write this in the second column. When complete, pause and sip the water.
6. **For Two minutes**—Do—Write a power sentence in the third column that comes from a place of sovereignty and personal power where your intention is pure. When completed, finish the water.
7. Acknowledge the end of the practice. At the beginning and end of each day, refresh your memory on the writings you created for at least seven days.

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Pause—Intention	
Ask—Change intention or honor intention	
Do - Write a Power Sentence	

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Three Daily Practices: One Hour

The hour-long practices are designed to help you resolve more profound issues. You will want to try these when you have the time and ability to focus, and when you are alone and are willing to be honest and open with yourself.

A more extended practice requires more consideration and planning. You must find a space to focus entirely on your soul. This means planning to eliminate outside noises and influences, such as people talking or cars going by, which can bring you back into the awareness of the outside world. It is best if you have white noise, either using a headset or something else that can prevent you from hearing other noises. The mind has a habit of deciding that if it hears a noise, it will move its attention in that direction. The mind needs to be still, or it will interfere with the ability to go inside to your soul.

Practice One: One Hour (My Soul)

1. You might like to begin with some quiet meditation to allow your soul to start showing up, or just sit comfortably and focus on your breath.
 - Within a few minutes, imagery and words will likely flow in. Allow all the imagery to be present and invite it to show up.
 - It does not come with your goals; it comes with its own agenda and messages. Become part of the imagery and allow it to transform itself.
2. Recognize that this isn't from the outside world but the inside world. You are tuning out all external influences and focusing on hearing only the soul which is quiet, calm, and peaceful.

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- Do not allow your mind to determine what it is you hear. It may be simple things such as “I feel my breath expanding” or “I feel my entire body relaxing.”
- And as all that happens, imagine all the space between yourself and the outside world expands. As this expands, you will gain a sense of peace, of freedom from all that is outside.
- This space is your sacred space, your soul.

3. Keep releasing any thought that keeps entering your mind; let it flow away like passing clouds or a leaf floating down a stream.

4. Now go deeper. Imagine yourself in a glorious, crystal-clear body of water. Feel the ever-so-slight coolness of this water as it touches your skin. Imagine your entire body floating as the water wraps around every inch of your body.

This is your first practice of opening up to your soul. There is no requirement to write, sip water, or examine anything as this practice supports you to become attuned to your soul.

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Practice Two—One Hour (Current and Sovereignty)

The first step is to refresh your understanding of the four currents.

1. Find a quiet and private space to concentrate and have a journal, pen, or pencil available.
2. Think about your day and determine what current you were in during the morning, afternoon, and evening.
3. For each current, identify whether you were sovereign (the only current you can be sovereign in is that of love) and the impact you had on yourself and others. If you are sovereign, you likely have a positive impact. If you were not sovereign, you likely brought chaos into the situation. Become aware of your sovereignty, or lack thereof, and the impact of your actions.

This way, you can chart your experiences and start to manage your current and sovereignty to become more gracious.

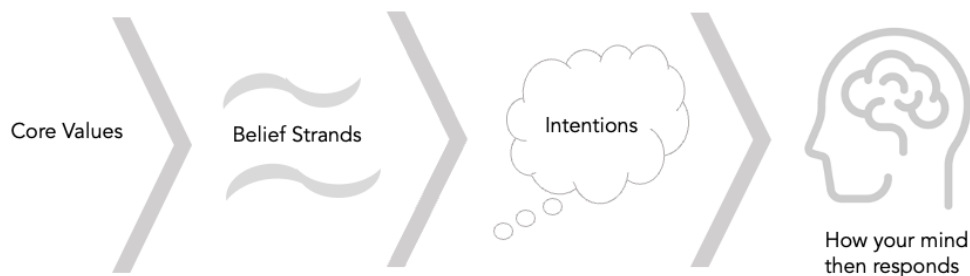
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Time of Day	Current (True Love, Love, Nebulous, Ill-Will)	Sovereign?	Impact

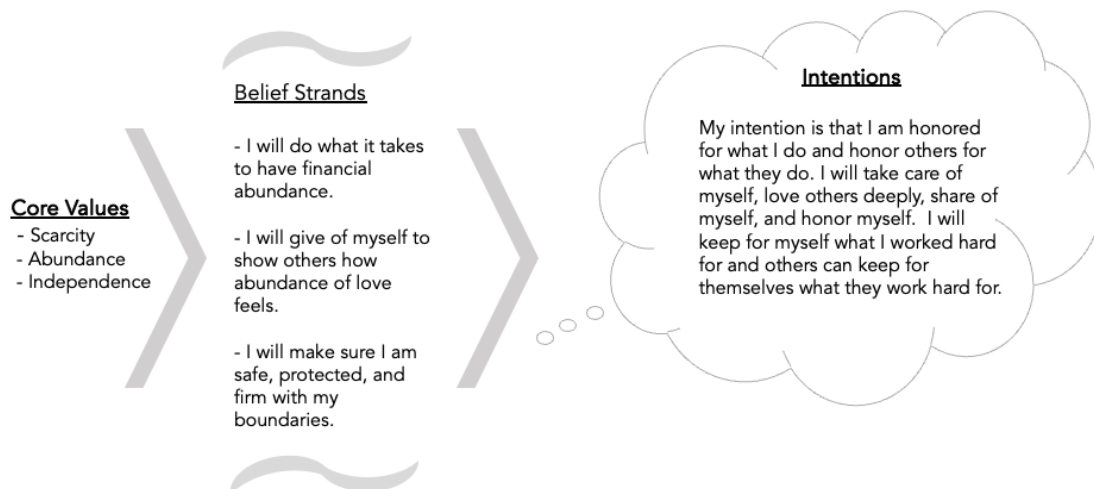
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Practice Three —One Hour (Belief Strands)

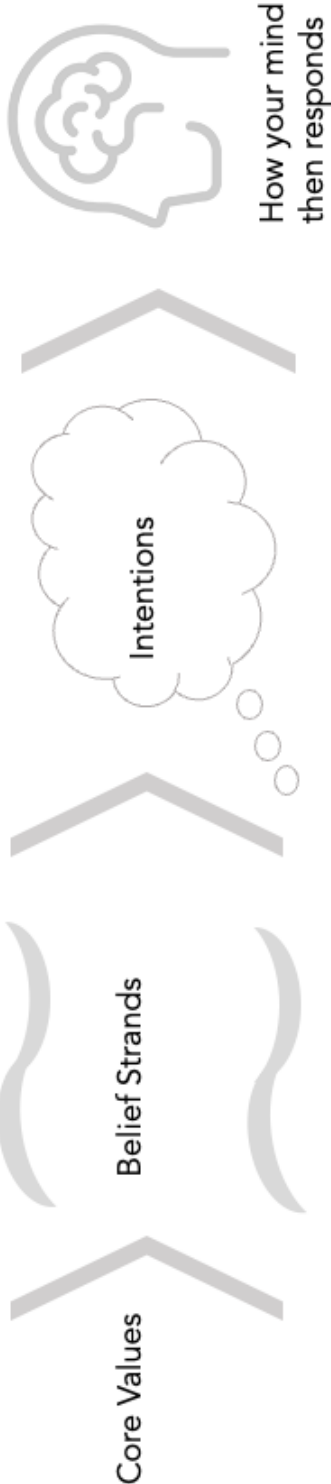
Belief strands are the key to understanding your emotional response to situations. Emotional responses don't represent who you are—they represent what you are attuned to, either by choice or training. When you understand your soul, become sovereign, and are in higher levels of graciousness, you can choose your true core values and belief strands. Below is a practice that will help you assess a situation and determine what is essential for you to acknowledge and possibly update.



When a situation arises, your mind may behave in a way you didn't expect, and the emotions become active. At this point, your mind takes over and responds based on your intentions. These intentions are years in the making and were formed by your belief strands. Each belief strand is based on one or more of your core values developed early in life.



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Discovery of why you respond the way you do

A - Acknowledge discomfort with your response and list the emotions.

B - Describe the situation you experienced.

C - Describe what your intentions were.

D - Identify what beliefs you have that caused the intention.

E - Identify what your core values are.

Revise how you respond

A - Look at the situation. Did you feel you need to change your response?

B - Identify what you would like your intention to be.

C - List out your belief strands as they are now.

D - Identify how you would like your belief strands to be.

E - Identify which core values may need to be revised and update them.

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Discover Step B: Define the situation. In *twenty minutes*, try to define the situation you identified above with as much detail as possible. In that time, focus only on the facts, with little emotion, response, or excuses. Leave judgment out of it. Think about the loop your thoughts are often in, and be as objective as possible. Choose only one situation, a moment in time, an event, and answer the following questions:

1. Who was involved, or what was involved?

2. Is there a history attached to it? If so, can you leave that behind, or is it truly relevant?

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4. What was your outward behavior? Your body language?

5. Were you able to hear the other(s) or listen? Were you seeking to be “right” or “win”?

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6. Were the emotions positive or negative?

7. Did it throw you off center?

8. Did you have the impulse to act?

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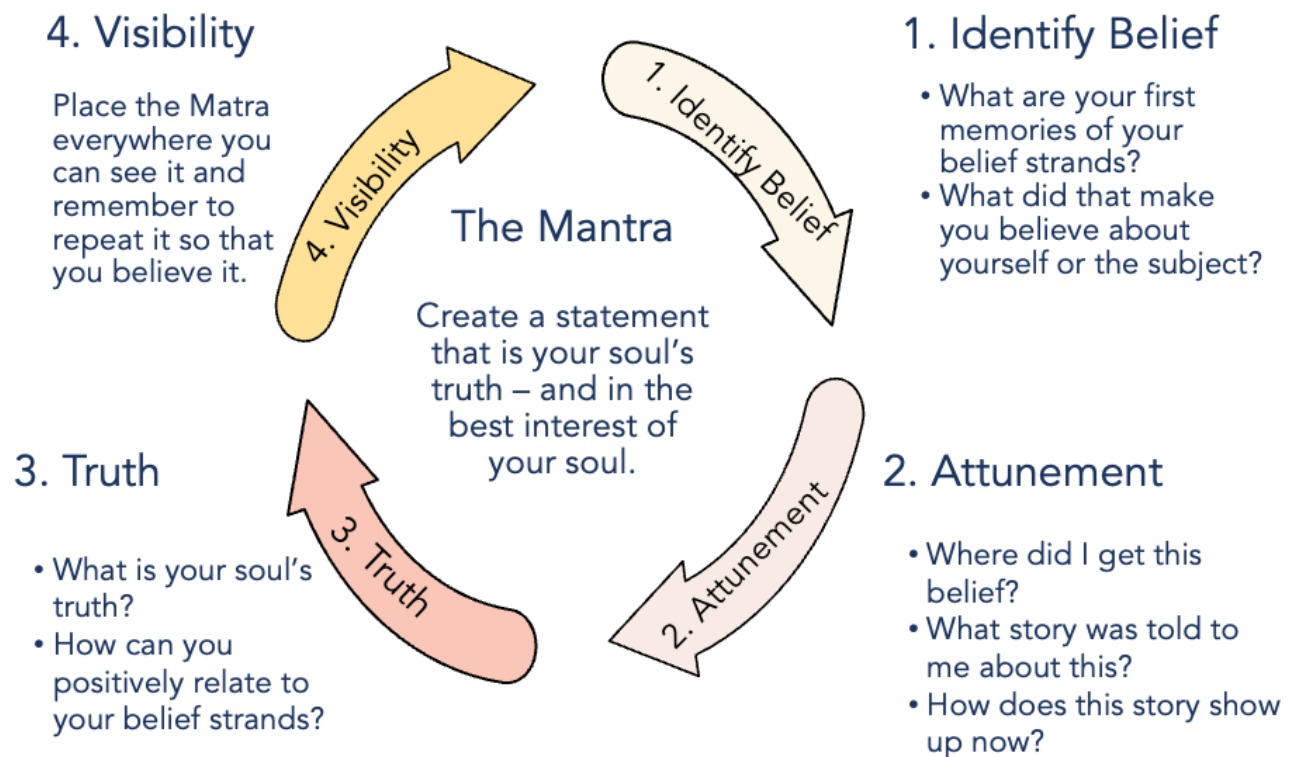
Discover Step E: Spend **two to three minutes** answering the question, what is the core value that this belief strand stems from? It may be “Equality” or “We all matter.”

Then begin revising. **Decide if you wish to change a core value.** Decide if your belief strand is essential to keep or it needs to be updated. Then re-write your intention so that it can be met in most situations. Then try it out! If it works—great! When trying it out, keep reminding yourself of your new way of being. If it does not work, rework the steps above until you find the core values, beliefs, and intentions that bring peace to you.

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Creating a Mantra

A mantra can be a reminder to strengthen whatever you are already doing, what you may need to change, or what to appreciate more. The key is creating a mantra in your soul's best interest.



How can you know what is in your soul's best interest if you are just beginning? First, do the soul practice, and secondly, complete the belief strands practice.

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There can be hundreds of belief strands, and it can feel overwhelming to decide where to start. To make this all manageable, focus on three belief strands at a time. Then, try filling out the following grid, or create your own list of needs using the grid for reference. For each of the three statements, start to identify the following: your belief, how you got this belief, and your soul's truth. Then write this down and place it where it best serves you as a reminder.

For example, in the grid to the left, under "What needs to change?" Jason wrote the following: "Looking for the other shoe to drop." Based on Jason's belief strands, it meant that things didn't typically go well most of the time, and feelings got hurt. This was learned in childhood from school. It may stay with Jason all the time and in every situation. The belief has been that "no matter what, something will go wrong." The change in belief here could be more aligned with the idea that there is a balance between what goes right and wrong, and the focus can be on the balance. Next, write the mantra on a colorful sticky note and place them somewhere visible that you will see them every day, such as on the bathroom mirror, by the coffee pot, or on your computer. The end mantra is "Listen with an open heart and without judgment."

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What would you like to strengthen?	What needs to change?	Create a Mantra
Allow the truth of the situation to present itself, uninhibited by a story I created	A belief strand I have is that the other shoe will always drop/something bad always happens.	Listen with an open heart and without judgment.
(1)	(2)	(3)

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