



GRACIOUS QUOTIENT

JOURNAL

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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

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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JOURNALING NOTES:

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Thank you for exploring your personal journey with the Gracious Quotient Journal. This special space is here to help you unlock the hidden wisdom of your soul and celebrate the truth that your soul is always intact.

Within you lies something extraordinary—a knowing, an essence, a pulse—waiting to be acknowledged and expressed. Each page offers simple exercises that invite you to:

- ***Discover Your True Self:*** Uncover the essence that makes you free, empowered, and fully sovereign.
- ***Tune Into Your Inner Current:*** Pause and sense where graciousness is guiding you each day.
- ***Celebrate Your Unique Gifts:*** Trust that you already hold the answers and that your Gracious Quotient shifts as you grow.

✨ *What if your soul has been whispering to you all along?*

✨ *What if graciousness is the key to unlocking its wisdom?*

✨ *What if you could move through life with clarity and self-control?*

Thank you for taking the time to be gracious. If your heart feels stirred by this journey, consider exploring The Gracious Quotient for more insights and practices to help you elevate your everyday experience.

IF SOMETHING STIRS WITHIN, SHARE A WORD THAT REFLECTS
YOUR ESSENCE TODAY. LET'S EXPAND TOGETHER.

<https://bit.ly/3Xy6qKav>
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