



DAY 19

ENGAGEMENT

BEING CHILD LIKE – FULLY PRESENT

IN CONVERSATION TODAY TALK ABOUT WHAT IS HAPPENING
IN THE MOMENT AS IF YOU ARE A CHILD –
- BEING INNOCENT AND PRESENT

PRACTICE BEING BRIGHT, ALIVE, HAPPY AND JOY FILLED AS
YOU TALK AND ENGAGE

WRITE YOUR EXPERIENCE OF TODAY HERE!

JOURNAL ABOUT YOUR DAY

A series of 32 horizontal lines, providing a ruled writing area.
