



Presence
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

DATE: _____

TODAY I'M GRATEFUL FOR







INTENTION

MOOD | ENERGY

TODAY I'M LETTING GO OF

MIND

With non-judgment, notice the internal dialogue + thoughts of the mind

BODY

With awareness, Scan your body noticing any sensations

HEART

With compassion, notice any feelings and emotions

INSIGHTS

NOTE TO SELF FROM MY INNER WISDOM

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