



*Shift*  
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

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**WHAT IS WORKING?**

*Behaviors, thoughts, actions, relationships, habits, and practices that are working for you in connecting with your higher self.*

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**WHAT'S NOT WORKING?**

*Behaviors, thoughts, actions, relationships, habits, and practices that are working for you in connecting with your higher self.*

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**IN ALIGNMENT**

*What does it look like when I am aligned and connected to my higher self?*

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**COMMITMENT**

*What am I committed to right now?*

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**GRATITUDE**

*Right here, at this moment, I am grateful for...*

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