

THE LIGHTWORKER LOG

- Define & Nurture Your Frequency -







Date:

Time:

Today's Moon Phase:

Card Of The Day:

(pull a tarot/ oracle card from your favorite deck)

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How am I doing at this moment?

(start with a self-check-in. let's get in touch with your current state of being)

My Mind is:

- Focused Serene Foggy Noisy Aloof
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My Body feels:

- Energetic Light Strong Sensual Tensed
 Congested Weak Bloating Tired Sore
-

My Emotions are:

- Happy Euphoric Excited Grateful Love
 Anxious Depressed Angry Sad Drained
 Frustration Guilt Hopelessness Grief / Loss Not Sure

Ascension Symptoms:

(other sensations or unease that you seem to be picking up out of the blue. such as peculiar pains, ears ringing, insomnia, etc)

Dream Notes:

(spirit messages received through dreams or other clairs)

*visit <http://lightworkerslifeline.com/home/glossary/> to learn about clairs, synchronicities, and more

Notable Astrological Transit:

(heaven knows! "look up" space weather & retrogrades.)

*click [here](#) to learn more about how space weather affects our life on Earth and ascension symptoms

Discoveries and Correlations:

(take a moment to connect with your inner guidance for any intuitive messages, predictions, or epiphanies that may be coming through you)

My Intentions For The Day:

(where are you directing your thoughts, emotions, & actions today? remember, what you focus on expands)

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Today's Affirmation:

(what is going to be your power mantra today?)

How am I celebrating/ honoring myself?

(set an intension to devote a few minutes to your self-care, creative or spiritual practice and feed your soul)

5 Things That I am Grateful For:

(gratitude is powerful! take your vibration up a notch by recounting a few things you are grateful for at this moment)

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Notes

To Self:

(closing thoughts or a review. you may choose to fill this space now or before your bedtime, whichever feels good to you today.)