

DAILY JOURNAL

ON STAGE TODAY

PART II



Worksheet 8

For the next week, keep this daily journal: you may be surprised by how much insight each day's encounters can reveal about yourself and the direction of your life. Before you begin, pause for a moment to center yourself. Use a method you know—or the Introspection Gateway—to calm the mind, uplift your awareness, and enter a receptive, reflective mood before answering the questions.

- **Who touched my life in a meaningful way today—face-to-face, online, through something I read or listened to, or during inner reflection?**

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- **What stayed with me from those encounters—words spoken, something we shared, or an insight that arose within me?**

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- **Did I interact with someone I don't usually meet or hear from? Did it feel significant in some way?**

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- *Did an insight or discovery arise today from an unexpected source?*

- *Were any of my interactions today disharmonious? What might I have done differently to ease the situation?*

- *Did I feel disappointed by someone today, or sense that I may have disappointed someone else? What does it reveal about my expectations?*

- *What heroic or selfless actions did I observe in others today?*

● *Whom did I help today, and in what ways?*

● *What was the highlight of my day?*



Watch for unexpected messengers tomorrow. The universe may have a message for you.