

Sovereign Cells: Alignment with True Place!

Week 1 Day 1 Date_____

What brings you joy?_____

Empowered Decision(s)/Intention(s) — based on what brings you joy — there are no right and wrong answers. If your back is in pain — you probably choose to have a healthy, happy back! Anything goes as long as it is coming from you heart!) State in the present tense - (I am, I have, I choose)

1._____

2._____

3._____

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 1 Day 2 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Messages from your body: _____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 1 Day 3 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 1 Day 4 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 1 Day 5 Date_____

Today I choose to feel_____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Messages from your body:_____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 1 Day 6 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 1 Day 7 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 2 Day 1 Date_____

What brings you joy?_____

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1._____

2._____

3._____

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 2 Day 2 Date_____

Today I choose to feel_____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

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Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 2 Day 3 Date _____

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 2 Day 4 Date _____

Today I choose to feel _____.

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Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

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Week 2 Day 5 Date_____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Messages from your body:_____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 2 Day 6 Date _____

Today I choose to feel _____.

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Today's wins: _____

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Week 2 Day 7 Date _____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Shifts I notice in myself: _____

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Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 3 Day 1 Date_____

What brings you joy?_____

Empowered Decision(s)/Intention(s) — based on what brings you joy — there are no right and wrong answers. If your back is in pain — you probably choose to have a healthy, happy back! Anything goes as long as it is coming from you heart!) State in the present tense - (I am, I have, I choose)

1._____

2._____

3._____

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 3 Day 2 Date_____

Today I choose to feel_____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Messages from your body:_____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 3 Day 3 Date _____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 3 Day 4 Date _____

Today I choose to feel _____.

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Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 3 Day 5 Date_____

Today I choose to feel_____.

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Messages from your body:_____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

I am grateful for:_____

Today’s wins:_____

Sovereign Cells: Alignment with True Place!

Week 3 Day 6 Date _____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 3 Day 7 Date _____

Today I choose to feel _____.

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 4 Day 1 Date_____

What brings you joy?_____

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1._____

2._____

3._____

I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 4 Day 2 Date _____

Today I choose to feel _____.

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Empowered Decision(s)/Intention(s) — (in the present tense)

Say **“And all out of alignment with that I offer to the Quantum Field to be transmuted and replaced with Divine Love and Light.”** (or whatever you choose).

Messages from your body: _____

Say, **“If I knew what my body was communicating with me — what would I know?”** (wait and receive and answer)

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Sovereign Cells: Alignment with True Place!

Week 4 Day 3 Date _____

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 4 Day 4 Date _____

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Shifts I notice in myself: _____

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Sovereign Cells: Alignment with True Place!

Week 4 Day 5 Date_____

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Sovereign Cells: Alignment with True Place!

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

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Sovereign Cells: Alignment with True Place!

Week 4 Day 7 Date _____

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Shifts I notice in myself: _____

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Sovereign Cells: Alignment with True Place!

Week 5 Day 1 Date_____

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Signs from the Universe: _____

Triggers (buried stuff wanting healing) that took place: _____

I am grateful for: _____

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Sovereign Cells: Alignment with True Place!

Week 5 Day 4 Date _____

Today I choose to feel _____.

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Shifts I notice in myself: _____

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Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 5 Day 5 Date_____

Today I choose to feel_____.

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Messages from your body:_____

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Sovereign Cells: Alignment with True Place!

Week 5 Day 6 Date _____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Sovereign Cells: Alignment with True Place!

Week 5 Day 7 Date _____

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Empowered Decision(s)/Intention(s) — (in the present tense)

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Shifts I notice in myself: _____

I am grateful for: _____

Today's wins: _____

Sovereign Cells: Alignment with True Place!

Week 6 Day 1 Date_____

What brings you joy?_____

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I am grateful for:_____

Today's wins:_____

Sovereign Cells: Alignment with True Place!

Week 6 Day 2 Date _____

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Sovereign Cells: Alignment with True Place!

Week 6 Day 5 Date_____

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Sovereign Cells: Alignment with True Place!

Week 6 Day 6 Date _____

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Today's wins: _____

Congratulations to YOU for all the amazing steps you took to create Sovereign Cells! You ROCK!