



GLOWY DAILY REFLECTION PRACTICE

GLOWY is an original acronym I developed that you can use in your daily practice.

G stands for “grateful.” You can identify things that are a blessing.

L is for “lift up,” for the things that need attention/prayer.

O is for “observe,” to remind you to pay attention to what you notice in your mind, body and soul.

W stands for “wholesome intention,” what you intend for yourself and your day.

Y is for “you are,” the beginning of positive statements about yourself.

The **GLOWY** Daily Reflection Practice

Take three deep breaths in and out. Then connect with yourself by reflecting on the following:

I am **G**rateful for _____.

I **L**ift up _____.

I **O**bserve _____.

My **W**holesome intention is _____.

You are _____.

Take three deep breaths in and out.



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