

Finding Yoyu & Taking Time

Celebrating the Micro-Moments

Have you ever noticed how easy it is to overlook all the small tasks you accomplish in a day because your focus is always on the big goals? This simple yet powerful exercise will help you reclaim your wins—no matter how small—and transform your perspective on what it means to be productive. By celebrating each micro-action, you'll rewire your mindset to see your continuous forward momentum. Grab a notebook or open a document, and let's get started!

1. I'm celebrating...

Use this space to write down the wins of the day (or yesterday, depending on when you like to write). What went well? Any proud moments, such as when a difficult conversation went better than expected? Any completed tasks that made you smile? Any steps forward that required a bit of courage? Every win is worthy, no matter how small or seemingly insignificant.

3. I'm intending...

Use this space to help yourself and all the supporting energies around you to understand your plan. What are you currently tending to in your life? In your business? What areas or issues are you focusing on today?

2. I'm giving thanks for...

Use this space to recognize prayers answered and all the ways the universe is supporting you. Were any questions answered through messages from your spirit guides? Any unexpected resolution to problematic situations? Any gifts from unexpected sources? Did you learn about someone's work in the world that is especially helpful to you?

4. I'm asking for help with...

Use this space to ask for help. If your spiritual understanding includes spirit guides, angels, ancestors, or other helpful beings, ask them, too. You're not alone. You're always supported. What are you open to receiving help with today?

I encourage you to follow this process daily or as often as possible. I usually write at least once a week but try for two to three times a week. Then, once a month, I look over the pages and am always surprised by how much I've moved forward.

Note: I practiced writing these prompts in a notebook for years, but sometimes I'd forget one or two of the steps. To keep myself on track and make the practice more intentional, I created a journal format. If you'd like a convenient way to follow this practice, you can find a hard copy on Amazon: *[Celebrating and Intending: A Daily Practice: A notebook for reflecting on daily wins & setting new intentions with your spirit guides](#)*

