SHAMBHALA

Free Gifts of Light

GOLDEN DAY PLANNER

Four printable days, the Shambhala way

Begin each day with a decree, name your three lights,
give the day one clear plan, and close with gratitude.
Print the four day pages again and again - a gift of Shambhala.

DAY 1 - GOLDEN DAY PLANNER

Decree: "I AM the Light of this new day."

MY THREE LIGHTS FOR TODAY

MY CLEAR PLAN

KIND WORDS I WILL GIVE

EVENING GRATITUDE

DAY 2 - GOLDEN DAY PLANNER

Decree: "I AM Peace, and my day flows in peace."

MY THREE LIGHTS FOR TODAY

MY CLEAR PLAN

KIND WORDS I WILL GIVE

EVENING GRATITUDE

DAY 3 - GOLDEN DAY PLANNER

Decree: "I AM Gratitude, and today is full of gifts."

MY THREE LIGHTS FOR TODAY

MY CLEAR PLAN

KIND WORDS I WILL GIVE

EVENING GRATITUDE

DAY 4 - GOLDEN DAY PLANNER

Decree: "I AM Courage, and I take one brave step."

MY THREE LIGHTS FOR TODAY

MY CLEAR PLAN

KIND WORDS I WILL GIVE

EVENING GRATITUDE