SHAMBHALA - FREE GIFTS OF LIGHT

Golden Week Planner

Four printable weeks of the Light: one decree, seven days, three lights to aim at

Print these four weekly pages and plan your weeks the Shambhala way: begin with a decree, name the three lights you aim at, and give each day one clear line. A week planned in the Light is a week that arrives already blessed.

I AM Harmony in my home and in my world.

GOLDEN WEEK PLANNER

Week 1 From: _____ To: _____

I AM the Light that shines in me and through me.

The three lights of this week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GOLDEN WEEK PLANNER

Week 2 From: _____ To: _____

I AM Gratitude, and my heart is full.

The three lights of this week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GOLDEN WEEK PLANNER

Week 3 From: _____ To: _____

I AM the Peace that stills every storm.

The three lights of this week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

GOLDEN WEEK PLANNER

Week 4 From: _____ To: _____

I AM Joy, rising like the morning sun.

The three lights of this week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday