

My Daily CSO Meeting

Date: _____

The CSO and I attended our meeting this morning...

Step 1: Today, to be spiritually uplifted and receptive, I read: _____

Step 2: I have written gratitude statements in a letter to the CSO. I've include everything for which I am grateful and everything I want, as though those things are already manifest in my life.

Step 3: I have read today's letter out loud with emotion.

Step 4: I am imagining, thinking about, and feeling grateful for all the blessings and desires I've listed, knowing I already have them all. I am experiencing how it feels to have them now. I am aware of how my life looks having all these things or experiences.

This is the guidance I have heard or felt from the CSO as a direction to know or do something:

If I do not hear or feel any guidance about what steps I should take next, that's OK.

If I do, I will follow that guidance or ask for another lead.

My next two steps take place throughout my day.

Step 5: I watch every moment of my day for a sign or some intuitive awareness for the next step to take toward my desired good. Instead of simply hoping, I expect that these signs will show up; and when they do, I won't overanalyze what I receive.

These are the intuitive leads, flashes and hunches that I received today:

Step 6: I celebrate and joyfully express gratitude when something good happens that is related to what I want by calling a friend or texting a relative to celebrate.

Today I celebrated the good of _____ with _____

Note any demonstrations as signs that your good is showing up. Nothing is too small.

I experienced the following demonstration today: _____

My final step happens at night, just before I go to sleep.

Step 7: As I prepare to settle into bed tonight, I state my gratitude out loud for anything that I remember happening today. (I may use my notes to be more specific with my statements.)

After thanking the CSO for these things, I commit to forgive anyone, including myself, for anything from the past or in the present that needs to be cleared out of my life. (See pages 79-80 for a sample forgiveness mantra.)