

# Inner Partner Morning Session Template

1. **State intention or write intention** to have an Inner Partner coaching session that you open up to higher guidance and only the highest guidance can come through.

2. **List all the things** you are worried about in your life or business.

3. **After you list each one** - write that you are grateful in advance for solutions and turn around each listed issue.

**Example:**

\* I want to surrender my worries about attracting clients and being able to pay my bills this month.

\* I am grateful in advance that I feel more peace and that divine clients find me in planned and unplanned ways! Thank you!

4. **Now get on a PER** Positive Energy Roll!

**Example:**

\* I am so grateful my mammogram came back fine. So grateful that I am feeling more energized today. So grateful for my health.

*Keep on listing things you are grateful for at least a minute to activate higher vibrational output.*

5. **Pick one belief** from your energy blueprint to focus this higher vibrational energy on.

\* List the belief not serving you.

\* Now write you are grateful in advance to shift this.

**Example :**

\* *Belief not serving me about attracting soul clients.*

\* I am not good at languaging what I do so folks will want to hire me.

\* I am grateful in advance for Divine Solutions for me to feel more confident to feel more trust that God is my supply and I can do this!

\* If you feel guided, open up and allow your Inner Partner to share any ideas, insights, encouragement...just open the door and see what comes through. Inner guidance will always be supportive, loving and encouraging.

\* If you can take 5 minutes to clear your mind and allow divine energy to be received.