



# REALIZING PERSONAL MASTERY

11 Day Immersion Series

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## DAY 7

**“Joy, compassion, imagination, fun... these are integral parts of living a life of mastery.”**

### TODAY'S JOURNAL PROMPT

Journal on whatever comes to mind. Doodle, draw, color, paint... whatever your heart and soul wish you to express. Have fun with it and just let it flow!

### LISTEN TO TODAY'S ACTIVATION

This is a compilation of 1 & 2, approximately 30 minutes long.

This is truly an integration day. Take time for yourself today and just relax, rejuvenate and enjoy!