FREE PRINTABLE



Divine Harmony Daily Planner Pages

The daily practice from *The Divine Harmony Planner's Handbook*. Print one page per day.

"Your heart was not broken. It was opened." Date: _____

Morning Alignment

"Before you engage with the world, take five minutes in silence. Place your hand on your heart. Breathe. Ask: 'Heavenly Father/Holy Spirit, how may I serve your highest plan today? Let my life be a clear channel for your love and truth.'"

What I sensed I'm called to today

Integrity Check

Throughout the day, pause before speaking or acting and ask:

"Is this authentic? Is this transparent? Is this serving the highest good?"

A moment I paused today, and what I chose

One Conscious Action

"Every day, take one tangible action, however small, that moves the vision forward. Send one email, have one conversation, write one paragraph, plant one seed."

Evening Reflection

"At day's end, reflect without judgment."

Where did I lead from my golden heart today?

Where did my ego or fear take over?

What did I learn? What am I grateful for?

WEEKLY TOOL

The Thought Triage Journal

“Whenever you feel a surge of anxiety, sadness, or frustration, pause and record” these four things. Name the parasite, then put it on trial.

The Situation Just the facts	The Automatic Thought	The Feeling	The Cognitive Distortion

The common parasites

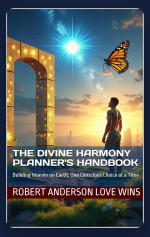
- **All-or-Nothing Thinking:** “If I’m not perfect, I’m a total failure.”
- **Catastrophizing:** “This one mistake is going to ruin everything.”
- **Emotional Reasoning:** “I feel afraid, so this must be a dangerous situation.”
- **Should Statements:** “I should be further along by now.”
- **Mind Reading:** “They probably think I’m incompetent.”
- **Labeling:** “I’m such an idiot.”

The Courtroom of Your Mind

- “What is the evidence that this thought is true? What is the evidence that it is not true?”
- “Is this thought helpful? Does it serve my peace and my purpose?”
- “Am I confusing a thought with a fact?”
- “What would I tell my best friend if they had this thought about themselves?”
- “What is a more balanced and truthful way to see this situation?”

My truth-aligned affirmation

Make it **believable**, **positive** (“I am calm and focused” instead of “I won’t be anxious”), and in the **first person, present tense** (“I am…” or “I choose…”).



Build Heaven on Earth, one conscious choice at a time.

The Divine Harmony Planner's Handbook by Robert Anderson Love Wins.
Read a free sample: robertandersonlovewins.com/books/divine-harmony-planners-handbook/

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