

FREE REFLECTION JOURNAL

Quantum Consciousness Reflection Journal

Seven days of reflection built on the ideas in *Quantum Consciousness: The Alchemist Handbook* and *The Quantum Wheel of Life*.

The Alchemist Handbook explores "the hidden dimensions of thought, energy, and manifestation," with practical tools "for reprogramming your beliefs, focusing your intentions, and transforming negative patterns into positive energy," and invites you to "reframe challenges as opportunities for growth." Use 10 minutes a day with these prompts.

Day 1: Notice your thoughts

What three thoughts did I think most today? What reality are they helping to create?

Day 2: Examine a belief

What is one belief about myself that may be limiting me? Where did it come from?

Day 3: Set an intention

What do I intend to create this week? How do I want to feel when it arrives?

Day 4: Reframe a challenge

What challenge am I facing? How could it be an opportunity for growth?

Day 5: Walk the wheel of life

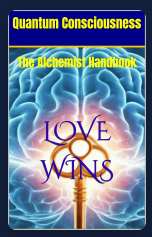
The Quantum Wheel of Life covers every area, “from relationships and health to wealth and purpose.” Rate each from 1 to 10. Which one needs my attention first?

Day 6: Align thought, emotion and action

Where are my thoughts, emotions and actions pulling in different directions? One step to bring them into line:

Day 7: Look back

What shifted for me this week? What will I keep practicing?



Go deeper into where science meets spirit.

Quantum Consciousness by Robert Anderson Love Wins.
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