

Higher Service Log

Before we can be of service to others, we must be in the highest service to ourselves. There are many facets to being of higher service to oneself. From practicing good self-care to nurturing our spiritual needs. The purpose of the journal is for you to record those things you are doing in higher service to self. The following are only suggestions and meant to guide you toward thinking about what you are doing during your day to serve you. Be descriptive as you can.

Time and Date	
What did you do for self-care today?	
How did you express love for yourself today?	
What healthy habits did you practice today?	
How did you seek joy in your day?	
What did you do today to give to others?	
Did you spend time in reflection or meditation?	

DISCLAIMER: This is not a substitute for professional medical advice, diagnosis, or treatment.

Did you journal about your thoughts, feelings, and observations today?	
What did you do to learn something new today?	
How did you spend time with others today?	
What did you do today that brought you joy?	
In my reality, what can I do or how can I be of service to others?	

There is no split between you and your higher self. You are one and the same, always connected. Recognizing this and nurturing yourself can lead to many external benefits, but it's the internal journey that rewards us the most. Being of service to others at a higher level comes easier now.

What that might look like for you:

- Do no harm - verbally, emotionally, or physically to others
- Giving - Volunteering time or making a donation to a cause you are passionate about
- Pay It Forward - Random acts of kindness where others benefit
- Express Love - for all things in all situations

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