

4 Steps  
to Starting  
Your Day  
in the Light

*a 21-day journal*



orly's light

Know Yourself. Love Yourself. Trust Yourself.

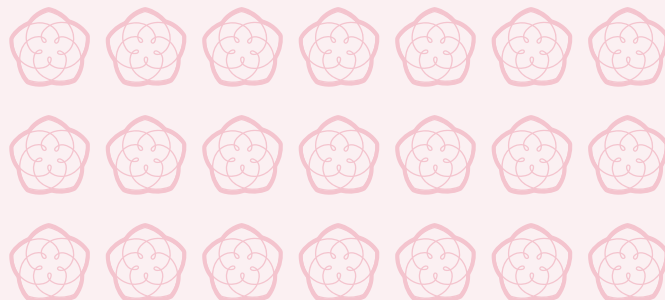


# 4 Steps to Starting Your Day in the Light

*a 21-day journal*



*track your progress*





*Hi and Welcome,  
I'm Orly Levy!*

That's Hebrew for My Light. I am a Certified Life Coach, writer & a sensitive intuitive. My specialties include managing stress, processing painful emotions, and rediscovering intuition in order to reconnect with our truest and happiest selves. My work centers on an inwards approach to personal development.

It is my mission to spread the light, offer guidance by intuitive listening, one on one connection and empowering YOU to connect with your TRUE self. If you are seeking more to life, want to develop a strong sense of self, heal, feel your purpose, connect to your intuition, release negative patterns or make real lasting change in your life you are in the RIGHT place!

Connect with me [www.OrlysLight.com](http://www.OrlysLight.com)

orly's light  
*Know Yourself. Love Yourself. Trust Yourself.*

*"In Orly's presence, I feel seen, heard,  
understood and unconditionally loved.*

My nervous system relaxes and I feel connected to my deepest truth. She is highly intuitive and able to access questions and feedback that will unlock my clarity and next life steps.

Coaching with Orly, means that you will experience self-forgiveness, letting go of control, trusting the process, and allowing your soul and heart to lead the way. She will share her Earth Angel medicine and magic with you and you will walk through the world in more peace, love, and clarity."

*-Cora Poage*

*Do you ever feel like you are not sure how to start your day?*

Like no matter what you try, your emotions seem to get the best of you? I used to feel like I had no idea how my day would turn out and just go in hoping for the best.

My metaphor for life used to be “life is like a rollercoaster.” There were ups and downs and I never knew how my day would turn out. I felt emotionally exhausted by all the “rides” I was going on until I realized that I could set the tone for my day before I even left the house. It wasn’t about what was going to happen or how much I had on my “to do” list; it was about how I was handling it.

And your reaction is dependent on the groundwork you lay in advance. Rather than being at the mercy of what surprises the day has in store, you can begin to take the reins back into your hands by creating a strong foundation.

I created my own 4 step process to start my day on the right foot and it takes less than 5 minutes to do. Through this daily routine I have had major shifts in my life including feeling more grounded, secure with myself and able to handle my day with ease. The key here is to practice this daily.

**This 4 step process is a recipe of self-love and stepping into your power by being the creator.**

*"Life is 10% what happens to you  
and 90% how you react to it."*

– Charles R. Swindoll

day 1

### **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

### **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 1



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 2

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 2



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 3

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 3



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 4

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 4



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 5

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 5



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 6

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 6



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 7

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 7



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 8

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 8



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 9

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 9



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 10

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 10



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 11

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 11



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 12

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 12



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 13

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 13



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 13

## 1. Set an intention for your day:

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## 2. List 3 things you are grateful for:

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 13



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 14

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 14



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 15

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 15



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 16

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 16



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 17

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 17



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 18

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 18



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 19

## 1. Set an intention for your day:

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## 2. List 3 things you are grateful for:

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 19



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 20

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.





day 20



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**

# day 21

## **1. Set an intention for your day:**

How do you want to feel today? What is your desired state? You are the captain of your ship and your intentions are your compass. They direct your day. Examples: focused, peaceful, open-hearted, active, honest, grateful, compassionate, curious, grounded, strong, capable.

## **2. List 3 things you are grateful for:**

Gratitude raises your vibrations and reminds you of how blessed you already are. Realizing it builds your confidence and appreciation.

1.

2.

3.



day 21



### **3. Give yourself 3 compliments.**

#### **Begin with "I am":**

Self-love is the cornerstone to living a happy life. It is the KEY ELEMENT to changing your life and discovering your purpose. Begin to give yourself the love you give out to others.

1.

2.

3.

### **4. Fill in the blank.**

Many times we are the ones that are holding ourselves back from having the day, week and life that we truly desire. Once you realize that you are in charge of your day, you can allow yourself to experience everything you desire.

**Today I give myself permission to...**