



REAP Activity

I. **Topic** – Choose a Self-Discovery or Conflict Resolution topic for growth

II. **Intention** – Commit to your growth by creating an Affirmation or Mantra

III. **Roadmap** – Outline daily steps using these tools & track your progress made

R – Request Assistance: Surrender to your Higher Self via Prayer, Vision Board or Meditation

E – Express Commitment: Raise your Vibrational Energy via Gratitude, Mirrorwork or Diet/Exercise

A – Accept Guidance: ID receipt via Clairsentience, Clairaudience, Clairvoyance, Claircognizance

P – Progress is Tracked: (1) Vision Board, God Box, Journaling to Build Confidence in your Intuition

(2) Annual, Monthly & Daily Mind Mapping to Keep Track of your Goals

