

Click here to open a new window showing all your entries, and to open the print dialogue window.

My Experiments

[Print Experiments](#)

Date:

Click here to select date.

Select a Topic: [\(Helpful Hints\)](#)

Enter a topic or pick one from database.

[Pick one from database.](#)

Why I chose this topic:

Click on Helpful Hints for instructions on how to apply the different parts of My Experiments.

Select a Quote: [\(Helpful Hints\)](#)

Click here to type or paste in a quote, or pick a quote from database.

[Pick one from database.](#)

Click here to display quotes or affirmations under selected topic.
All database entries will display if topic wasn't selected from database.

Select/Write an Affirmation/Prayer: [\(Helpful Hints\)](#)

Click here to type or paste in an affirmation/prayer, or pick one from database.

[Pick one from database.](#)

Meditate, Affirm/Pray, and Study the quote. [\(Helpful Hints\)](#)

Apply in your life: [\(Helpful Hints\)](#)

I will apply the quote or topic today by:

Visualize yourself applying it in your life. [\(Helpful Hints\)](#)

Introspect: [\(Helpful Hints\)](#)

Record any thoughts or insights that came up when studying the quote:

What happened today in my spiritual efforts (just the facts)?

What judgments do I have about myself or others regarding what happened?

What emotions arise from the facts and/or judgments?

I acknowledge myself for:

Journal: [\(Helpful Hints\)](#)

- Last saved at: 2/18/2008

Experiments are saved automatically every 5 minutes.