



The Alchemy of Awareness

A Tracker for Your Synchronicities, Downloads & Alignment

Date + Time: _____

What I Noticed (number, object, dream, animal, conversation, etc.) _____

Where It Happened (location or situation): _____

My Initial Feeling or Reaction: _____



Reflection/Insight Gained _____

What I Was Thinking or Praying About Before the Sign _____

Signs I Keep Seeing:? _____

Dream Message Log _____

Affirmation:

I am open to receive messages from Spirit. I notice. I trust. I align.