

January 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--|
| | | | | 1 Nothing I see means anything. | 2 I have given everything I see all the meaning that it has for me. | 3 I do not understand anything I see. |
| 4 These thoughts do not mean anything. They are like the things I see. | 5 I am never upset for the reason I think. | 6 I am upset because I see something that is not there. | 7 I see only the past. | 8 My mind is preoccupied with past thoughts. | 9 I see nothing as it is now. | 10 My thoughts do not mean anything. |
| 11 My meaningless thoughts are showing me a meaningless world. | 12 I am upset because I see a meaningless world. | 13 A meaningless world engenders fear. | 14 God did not create a meaningless world. | 15 My thoughts are images that I have made. | 16 I have no neutral thoughts. | 17 I see no neutral things. |
| 18 I am not alone in experiencing the effects of my seeing. | 19 I am not alone in experiencing the effects of my thoughts. | 20 I am determined to see. | 21 I am determined to see things differently. | 22 What I see is a form of vengeance. | 23 I can escape from the world I see by giving up attack thoughts. | 24 I do not perceive my own best interests. |
| 25 I do not know what anything is for. | 26 My attack thoughts are attacking my invulnerability. | 27 Above all else I want to see. | 28 Above all else I want to see things differently. | 29 God is in everything I see. | 30 God is in everything I see because God is in my mind. | 31 I am not the victim of the world I see. |