



THE REALITY CODE

DIGITAL JOURNAL



JANUARY

TAKING RESPONSIBILITY FOR
YOUR OWN FATE IS NOT A BUR-
DEN, BUT AN ACT OF FREEDOM
THAT YOU MUST EXERCISE IF
YOU WISH TO MOVE FROM THE
TIMELINE, YOU'RE TO THE
TIMELINE YOU DESIRE

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BELIEVE THAT YOU CAN ACHIEVE WHAT
YOUR INNER INTENTION CONCEIVES

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HAVE A POSITIVE THINKING AND DIRECT YOUR
PERSONAL WILL TOWARDS ACHIEVING A HARMONIOUS
CONNECTION BETWEEN YOUR HEART AND MIND

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WHATEVER YOU CHOOSE IS
ALWAYS MANIFESTED

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YOU DON'T NEED TO TAKE PERMISSION TO
CHANGE THE COURSE OF YOUR LIFE

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GOALS FOR
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FEBRUARY

THE SECRET OF OWNING YOUR
FATE LIES IN AWARENESS TO
ACHIEVE A CLARITY OF MIND.
CHOOSING A SIMPLICITY OF
MIND CAN BE A WAY FOR YOU TO
SHIELD YOURSELF FROM
TOXICITY

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EMBRACING FAILURE WILL ALLOW YOU TO
KNOW YOUR LIMITATIONS AND GIVE
YOURSELF A CHANCE TO GROW

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CHOOSE THE DESTINY YOU DESIRE, AND
MANAGING YOUR DESTINY COMES DOWN
TO MAKING A CHOICE

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THE WAY YOU THINK WILL
INVARIABLY SHAPE YOUR ACTIONS

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A DREAM OR A WISH DOES NOT
QUALIFY AS A CHOICE

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GOALS FOR
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MARCH

TO MAINTAIN A BALANCE, YOU
HAVE TO LEARN TO WANT WITH-
OUT DESIRING, TO TAKE CARE
WITHOUT WORRYING, TO STRIVE
WITHOUT BEING DISTRACTED
AND TO ACT WITHOUT
DEMANDING

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OBSERVE CERTAIN CONDITIONS THAT WILL
HELP YOU ACHIEVE YOUR DREAM

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GET COMFORTABLE WITH THE FACT THAT YOU
DON'T KNOW WHAT THE FUTURE HOLDS

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THOUGHTS ARE MERE WISHES THAT WILL
BE LEFT UNFULFILLED UNLESS YOU ACT

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UNDERSTANDING YOUR SITUATION CAN
HELP YOU IDENTIFY WHERE YOU ARE AND
IF IT'S WHERE YOU REALLY WANT TO BE

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GOALS FOR
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TO ACHIEVE OUTER INTENTION,
YOU MUST UNITE YOUR HEART
AND MIND TO FOCUS ON THE
SAME THING

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CONSIDER EVERY SITUATION CAREFULLY
AND LET YOUR GUTS DO THE REST

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BE HONEST WITH YOURSELF AND
DON'T CUT CORNERS

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YOUR SUBCONSCIOUS IS LIMITLESS AND WHAT
GOES ON IN YOUR THOUGHTS WILL PLAY OUT
IN THE ALTERNATE REALITY

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WALK AWAY AND ENSURE IT DOESN'T GRAVITATE
YOU TOWARDS NEGATIVE AND TOXIC ENERGY

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GOALS FOR
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MAY

THE SCARIER AND MORE
DARING YOUR GOAL IS THE MORE
IMPACT IT WILL HAVE WHEN
YOU ACHIEVE IT

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LEARN TO OPEN YOUR HEART TO THE WORLD
AROUND YOU BECAUSE THE WORLD IS FILLED WITH
INFORMATION ON HOW TO GET WHAT YOU WANT

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ACCEPTANCE MEANS UNDERSTANDING AN
OBJECT’S RIGHT TO EXIST AND YOUR
RIGHT TO WALK AWAY INDIFFERENTLY

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TO ELIMINATE SOMETHING THAT YOU DO
IS TO IGNORE IT, NOT AVOID IT

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HUMOR WILL HELP YOU TO STEER AWAY FROM
THE GRAVITATIONAL PULL’S NEGATIVE ENERGY

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GOALS FOR
THIS WEEK

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JUNE

THE FEELING OF CLARITY
WITHOUT WORDS, KNOWLEDGE
WITHOUT FAITH, CONFIDENCE
WITHOUT HESITATION COMES
FROM THE UNITY THAT EXISTS
BETWEEN HEART AND MIND

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HAVING FACED THE GRAVITATIONAL PULL AND
COME OUT ON TOP, YOU WILL BECOME STRONGER
AND A BETTER VERSION OF YOURSELF

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GOALS FOR
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WHEN YOU REGULATE WHAT GOES THROUGH
YOUR MIND, YOU CAN SHAPE YOUR
REALITY IN THE WAY YOU DESIRE

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FREE YOURSELF OF MANIPULATORS WHO WILL TRY
TO USE YOUR EMOTIONS TO CONTROL YOUR LIFE

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FIND THE THINGS YOU LOVE TO DO OR YOU'RE
GOOD AT AND DEDICATE YOUR TIME TO IT

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GOALS FOR
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FOR YOUR DREAMS TO BECOME
REALITY, YOU MUST NOT SIMPLY
DREAM, YOU MUST HAVE THE
INTENT TO HAVE AND ACT

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BELIEVE YOU'RE WORTHY OF
HAPPINESS TO ATTRACT WEALTH

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APPRECIATING WHAT YOU HAVE WILL GIVE
YOU A POSITIVE MIND-SET TO BE ABLE TO
ACHIEVE WHAT YOU DON'T HAVE

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GOALS FOR
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THURSDAY ____

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FREE YOURSELF OF THE VICTIM
MENTALITY AND SELF-DOUBT

FRIDAY ____

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SATURDAY ____

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SUNDAY ____

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GOALS FOR
THIS WEEK

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JULY

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WEDNESDAY ____

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THURSDAY ____

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FOCUS ON YOURSELF, AND DON'T BE
CARRIED AWAY BY WHAT OTHERS HAVE

FRIDAY ____

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SATURDAY ____

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SUNDAY ____

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GOALS FOR
THIS WEEK

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AUGUST

WHAT MOVES YOU TOWARDS THE
GOAL IS TO VISUALIZE THE PRO-
CESS OF MOVING TOWARDS THE
GOAL RATHER THAN TO CON-
TEMPLATE THE GOAL ITSELF

AUGUST

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AUGUST

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THURSDAY ____

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MAKE A CONSCIOUS EFFORT TO EXAMINE THE LIFE
OF PEOPLE WHO HAVE AMASSED WEALTH AND
LEARNING THEIR PRACTICES, HABITS, AND TRICKS

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GOALS FOR
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ACCEPT THE CURRENT SITUATION AND LET GO OF
FEELINGS OF DISSATISFACTION AND RESENTMENT

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GOALS FOR
THIS WEEK

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OBSERVE MORE AND DO NOT BE
IN A HURRY TO CONTROL THINGS

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GOALS FOR
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THE TYPE OF ENERGY YOU PUT OUT
WILL SHAPE YOUR REALITY

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GOALS FOR
THIS WEEK

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SEPTEMBER

ARRIVING AT THE LIFELINE YOU
DESIRE REQUIRES THAT YOU
CONTINUE ON A CERTAIN OATH
AND MAINTAIN CONSISTENCY
UNTIL YOU ARRIVE AT YOUR
DESIRED DESTINATION

SEPTEMBER

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SEPTEMBER

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OUR GREATEST ERROR IS THAT WE ALWAYS TRY TO
CONTROL THE SITUATION WILL FIND OURSELVES
INSTEAD OF OUR REACTION TO THE SITUATION

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GOALS FOR
THIS WEEK

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LEARN TO ACTIVATE YOUR INNER GUARDIAN,
SO YOU CAN LISTEN MORE TO YOUR HEART

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GOALS FOR
THIS WEEK

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OPEN YOURSELF UP TO LEARNING NEW THINGS
AND THINK ABOUT HOW TO DO THINGS IN
FAMILIAR TASKS IN A MORE EFFECTIVE WAY

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GOALS FOR
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USE THE FLOW IN PUSHING YOURSELF
INSTEAD OF FIGHTING IT

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GOALS FOR
THIS WEEK

NOTES



OCTOBER

YOUR DREAMS MIGHT SEEM OUT OF
THIS WORLD AND IT MIGHT SEEM
DARING AND UNIMAGINABLE, BUT
AT THE SAME TIME, YOU MUST BE
ABLE INSPIRE A CERTAIN LEVEL OF
BELIEVE IN OTHERS

OCTOBER

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GIVE UP THE IDEA THAT YOU CAN CONTROL
THE EXTERNAL WORLD

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GOALS FOR
THIS WEEK

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SHAKE OFF YOUR DEPENDENCY ON SOME THINGS AND SITUATIONS AND LEARN TO TRANSMIT POSITIVE ENERGY

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GOALS FOR THIS WEEK

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ASKING FOR FORGIVENESS AND ADMITTING YOUR
MISTAKES ARE WAYS TO RID YOURSELF OF GUILT

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GOALS FOR
THIS WEEK

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OCTOBER

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THURSDAY ____

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WHEN YOU LISTEN TO THE DICTATES OF THE
HEART, YOU WILL BE ABLE TO ACT MORE
PRECISELY AND AVOID OVERTHINKING

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GOALS FOR
THIS WEEK

NOTES

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NOVEMBER

DON'T JUST SIT BACK AND WISH
THAT YOUR DREAM LIFE WILL
APPEAR IN FRONT OF YOU.
BE BOLD TO GO FOR WHAT YOU
WANT

NOVEMBER

MON

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NOVEMBER

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THURSDAY ____

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REEVALUATE THE THING THAT IS VALUABLE TO
YOU TO AVOID CREATING EXCESS POTENTIAL
THAT WILL SET OFF THE BALANCE

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GOALS FOR
THIS WEEK

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NOVEMBER

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LEARN TO DETACH YOURSELF WHEN YOU'RE
BECOMING OVERLY DRAWN TO THE THINGS YOU VALUE

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GOALS FOR
THIS WEEK

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GOALS FOR
THIS WEEK

NOTES

WE ARE ALL GUESTS IN THIS WORLD, NO ONE HAS
A RIGHT TO JUDGE WHAT THEY DID NOT CREATE

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WHEN YOU SURRENDER TO LIFE,
EVERYTHING WILL WORK OUT IN THE END

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GOALS FOR
THIS WEEK

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DECEMBER

TO BE ABLE TURN WHAT IS IN
YOUR HEART INTO ACTIONS,
YOU HAVE TO STRIVE TOWARDS
THE UNITY OF YOUR HEART AND
MIND

DECEMBER

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DECEMBER

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APPRECIATE YOUR EFFORT AND
ACKNOWLEDGE YOUR LIMITATIONS

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GOALS FOR
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GOALS FOR
THIS WEEK

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YOU CAN PRACTICE MINDFULNESS THROUGH YOGA,
MEDITATION. BREATH EXERCISES, OR GOING FOR A
WALK IN A NATURAL HABITAT

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DETERMINE WHAT IMPORTANCE SOMETHING HAS
FOR YOU, AND IF IT DOESN'T HOLD MUCH
IMPORTANCE, YOU SHOULD LET IT GO

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GOALS FOR
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LIFE TIMELINES HAVE ALL KINDS OF
POSSIBILITIES AND EVERYTHING FOR EVERYBODY

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GOALS FOR
THIS WEEK

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