



# DAILY TRANSCENDENCE JOURNAL

MASTER THE TRANSCENDENCE PROCESS  
AND CHANGE YOUR LIFE FOREVER

A 60 Day Guide for a More  
Transcendent Life

VICTORIA REYNOLDS

DAILY  
TRANSCENDENCE  
JOURNAL

*I Am Transcending*

I am

Rising above

Fear and

Falling in Love

with Life!

*This Journal*  
*belongs to the one and only*

---

---

*My purpose for this Journal is:*

---

---

---

---

*Happy Journaling!*

## WHAT IS TRANSCENDENCE?

Transcendence is rising above and beyond the present reality.  
Collectively, we have been living in a reality based in fear.  
The fear-based reality will continue until enough of us choose

for this to be a planet of peace and reality based in love.  
Transcending the collective fear-based reality is a process  
that begins with transcending it within each of us.

## THE TRANSCENDENCE PROCESS™

is a daily practice to help you rise above fear in your own life  
and to become a more loving and beneficial presence on the planet.  
This process assists you in being the change you want to see in the world  
and to be among the ones we have all been waiting for.

Who you are now and who you are becoming, radiates out into the world.  
As you work your process and awaken to your own loving essence,  
you become a magnifier of love and become a  
conscious co-creator of a whole new reality.

Imagine applying this process to the  
entire human story and what  
is possible for us all.

*Together we Rise & Shine!*

The  
*Daily Transcendence Journal*

is a daily application of the principles outlined in my book *Transcending Fear*, a life transforming process I've named **The Transcendence Process**

If you wish to dive deeper into the process, rise above fear and create a life you love, purchase a copy of *Transcending Fear* and participate in *The Transcendence Process Learning Lab*.

Look for these and other transformational products on my website at [www.VictoriaReynolds.com](http://www.VictoriaReynolds.com)

XO,

*Victoria Reynolds*

Spiritual Luminary, Oracle of Freedom & Host of Fearless and Free TV

# DAILY TRANSCENDENCE

Today's Date: \_\_\_\_\_

## Begin with Gratitude

Gratitude opens the gateway to receive. What gifts, miracles and lessons learned am I grateful for today?

---

---

---

---

---

## Practice Understanding

Everyone is doing the best they know how. What do I need to freely forgive myself and others for today?

---

---

---

---

---

## Listen Deep Within

My truth is in my core. What is my intuition telling me to let go of and what do I need to focus on today?

---

---

---

---

---

## Become Self Centered

Staying centered in my heart-space, how am I loving, honoring, respecting, caring for myself today?

---

---

---

---

---

## Be Empowered

My successes, strengths and gifts build self-confidence. How am I confiding and speaking my truth today?

---

---

---

---

---

## Embrace the Struggles

Every experience can be seen with new eyes. What mistakes, failures and choices am I revisioning today?

---

---

---

---

---

## Remember Love

I am Divine Love embodied as me. How am I being a loving and beneficial presence today?

---

---

---

---

---

## Love Notes:

---

---

---

---

---

*I am Transcending and Mastering my story!*