

# Vision Quest Journal

## Day 5 Synchronicities Practice

Synchronicities practice is a fun way to get signs that your higher self, your soul-self is listening and guiding you along the way. These signs that you ask for should be undeniably from God and your higher self and you will know with every fiber of your being that they were meant for you to see.

These moments are incredible and when you ask for them you will be delighted when you begin to notice them everywhere. Don't underestimate the power of your soul-self to put these in your life to build your trust in this process.

Today I want you to ask for signs from your higher self and write down any signs that you get.