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THE GREAT WAY JOURNAL

The writing companion for
The Science of Being Great study experience
based on the public-domain classic by Wallace D. Wattles

I am present. I am listening. I am ready to become great in service.

Created by Michael Soaries

with AI-assisted editorial, design, and development support

Before You Begin

What "great" asks of you

This journal is a thirty-day practice companion for The Science of Being Great. It is not a test of whether you understood every sentence. It is a place to listen, notice, write, and translate the teaching into life.

Wattles presents greatness as an inherent spiritual possibility. The work is to clear the small viewpoint, identify with the Highest, hold the ideal steadily, and do the next thing in a great way.

Use these pages slowly. Read the thought. Answer honestly. Let the writing lines hold the unfinished truth as well as the polished insight.

PRACTICE MANTRA

I receive the truth. I notice what is forming. I write what wants to become life.

Suggested rhythm: read, reflect, write, choose one great action.

Opening Intention

START HERE

What do I hope will become greater, clearer, calmer, or more divinely expressed through this practice?

DAY 1

Any Person May Become Great

THOUGHT FOR THE DAY

Every person contains the Principle of Power and may awaken genius by becoming self-active rather than circumstance-driven.

MORNING REFLECTION

- 1 What does this teaching reveal about the greatness already forming in me?

NOTICE

- 2 Where does this truth challenge my old viewpoint, habit, fear, or hurry?

ONE GREAT ACTION

- 3 What small thing can I do today in a greater way?

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Greatness is not postponed. It is practiced in the next faithful action.

DAY 2

Heredity and Opportunity

THOUGHT FOR THE DAY

Heredity, environment, poverty, and circumstance do not finally limit greatness; habits and faculties can be trained.

MORNING REFLECTION

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NOTICE

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DAY 3

The Source of Power

THOUGHT FOR THE DAY

Wisdom is knowing right ends and right means; true greatness draws wisdom from a larger intelligence.

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DAY 4

The Mind of God

**THOUGHT FOR THE DAY**

Recognize and draw from Cosmic Intelligence, Universal Mind, as the source of truth and power.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 5

Preparation

THOUGHT FOR THE DAY

Fear, worry, greed, pride, envy, malice, appetite, and unworthy motives must be cleared for truth to be perceived.

MORNING REFLECTION

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ONE GREAT ACTION

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DAY 6

The Social Point of View

THOUGHT FOR THE DAY

The world is perfect in its stage and advancing toward completion; this viewpoint creates faith and constructive power.

MORNING REFLECTION

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NOTICE

- 2 Where does this truth challenge my old viewpoint, habit, fear, or hurry?

ONE GREAT ACTION

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DAY 7

The Individual Point of View

THOUGHT FOR THE DAY

Others and oneself are perfect beings advancing toward completion; condemnation creates a small mind.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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First Seven Days Review



Pause before moving on. Review what has been forming, not just what you have finished.

1. What belief about greatness has started to change?

2. Where am I still letting heredity, history, or circumstance define me?

3. What one practice will I carry into the next seven days?

DAY 8

Consecration

THOUGHT FOR THE DAY

Consecration is obedience to the soul and the highest inner principle; body, mind, and soul align under divine guidance.

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DAY 9

Identification

**THOUGHT FOR THE DAY**

Consciously identify with the Highest and recognize unity with divine substance and power.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 10

Idealization

**THOUGHT FOR THE DAY**

Form and hold a clear thought-form of the person you are called to become.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 11

Realization

**THOUGHT FOR THE DAY**

The ideal must be expressed through present action; begin by doing small things in a great way.

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DAY 12

Hurry and Habit

THOUGHT FOR THE DAY

Hurry is fear; poise and habitual great thought replace small self-concepts.

MORNING REFLECTION

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DAY 13

Thought

**THOUGHT FOR THE DAY**

Greatness is formed by sustained thinking about great truths until they become habitual thought.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 14

Action at Home

THOUGHT FOR THE DAY

Greatness begins in ordinary domestic life through kindness, dignity, justice, and non-interference.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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Second Seven Days Review



Pause before moving on. Review what has been forming, not just what you have finished.

1. What has preparation, consecration, or identification revealed in me?

2. Where have I practiced poise instead of hurry?

3. What small action did I do in a greater way?

DAY 15

Action Abroad

THOUGHT FOR THE DAY

Greatness extends into work, public, and community life through embodiment rather than preaching or meddling.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 16

Some Further Explanations

THOUGHT FOR THE DAY

The world is not wrecked; it is advancing. This viewpoint expands the mind and strengthens faith.

MORNING REFLECTION

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DAY 17

More About Thought

THOUGHT FOR THE DAY

Sincere thought about truth and human worth transforms perception, will, and relationship.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 18

Jesus' Idea of Greatness

THOUGHT FOR THE DAY

True greatness is service, not domination, high place, control, or unhealthy self-erasure.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 19

A View of Evolution

THOUGHT FOR THE DAY

Humanity is evolving as God seeks fuller expression through people and conditions move toward completion.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 20

Serving God

THOUGHT FOR THE DAY

The highest service to God is to make the most of oneself so divine life may be fully expressed through the person.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 21

A Mental Exercise

THOUGHT FOR THE DAY

Mental exercise forms habitual thought through relaxation, health, viewpoint, consecration, identification, idealization, and realization.

MORNING REFLECTION

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Third Seven Days Review



Pause before moving on. Review what has been forming, not just what you have finished.

1. How is my view of service changing?

2. Where do I now see life as advancing rather than broken?

3. What mental exercise is becoming a real habit?

DAY 22

Summary of the Science of Being Great

THOUGHT FOR THE DAY

Greatness is inherent in all and is realized through viewpoint, consecration, identification, idealization, thought, and great action.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 23

Integration - Returning to the Principle of Power

THOUGHT FOR THE DAY

Return to the power already within you and notice where it feels most alive now.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 24

Integration - Practicing the Advancing Viewpoint

THOUGHT FOR THE DAY

Practice seeing one unfinished situation as incomplete but advancing.

MORNING REFLECTION

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NOTICE

- 2 Where does this truth challenge my old viewpoint, habit, fear, or hurry?

ONE GREAT ACTION

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DAY 25

Integration - Consecration in Ordinary Life

THOUGHT FOR THE DAY

Bring the highest self into ordinary responsibilities, conversations, and choices.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 26

Integration - Idealization Practice

THOUGHT FOR THE DAY

Hold a clear image of the person you are willing to become and let action confirm it.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 27

Integration - Doing Small Things Greatly

THOUGHT FOR THE DAY

Choose one small task and make it sacred practice through attention, dignity, and care.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 28

Integration - Service Without Self-Erasure

THOUGHT FOR THE DAY

Serve from fullness rather than fear, control, approval-seeking, or depletion.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 29

Integration - Poise Instead of Hurry

THOUGHT FOR THE DAY

Slow down enough to recover power, clarity, and the quiet certainty of right action.

MORNING REFLECTION

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NOTICE

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ONE GREAT ACTION

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DAY 30

Integration - My Greatness Covenant

THOUGHT FOR THE DAY

Name the covenant you are ready to make with your own soul and live it today.

MORNING REFLECTION

- 1 *What does this teaching reveal about the greatness already forming in me?*

NOTICE

- 2 *Where does this truth challenge my old viewpoint, habit, fear, or hurry?*

ONE GREAT ACTION

- 3 *What small thing can I do today in a greater way?*

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Thirty-Day Integration



Pause before moving on. Review what has been forming, not just what you have finished.

1. What is clearer, calmer, stronger, or more divinely expressed in me now?

2. What practice must continue for the next thirty days?

3. What is the next great action that belongs to me?

My Greatness Covenant



In one clear statement, name the way of being and the daily practice you are willing to keep.

I AM BECOMING

The qualities, character, and presence I am willing to embody:

I WILL PRACTICE

The one daily action or rhythm I will continue:

Signature

Date

Closing Reflection



After completing this journal, I now understand greatness as:

The practice I will continue for the next 30 days is:

My closing affirmation:

