

TRANSFORMATIONAL INSIGHTS

“30 Days to creating an easy, relaxed, happier, richer, healthier, & more fulfilled life.”

Day 13 & 14

Contemplate and Integrate

Now that we have finished reading and/or listening to Chapters 6-10, I would like you to contemplate on the main principles and information you have gotten so far.

Continue to listen and re-read chapters 6-10 so that you can integrate the principles into your being.

As a result of what you have learned so far write what you intend to do to begin to do things “in a certain way.”

Accountability: Write your favorite line from chapter below and then post on Facebook to share with group and do your daily journaling.

DAILY JOURNAL ENTRY

Gratitude:

Abundance:

Evidence:

DAILY JOURNAL ENTRY

Gratitude:

Abundance:

Evidence:
