

**TRANSFORMATIONAL INSIGHTS**

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

**DAY 20 & 21**

*Contemplate and Integrate*

**Now that we have finished reading and/or listening to Chapters 11-15 , I would like you to contemplate on the main principles and information you have gotten so far.**

**Continue to listen and re-read chapters 11-15 so that you can integrate the principles into your being.**

**Take time the next 2 days to highlight and take notes before moving to Chapter16.**

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

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**DAILY JOURNAL ENTRY**

**Gratitude:**

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**Abundance:**

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**Evidence:**

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**DAILY JOURNAL ENTRY**

**Gratitude:**

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**Abundance:**

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**Evidence:**

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