

Living Life  
with  
Joy & Confidence!



Now is the time to  
JOURNAL  
your thoughts and  
feelings for each of  
these areas.

There are no  
Right or Wrongs!

ENJOY!





# Finding Harmony

How would one achieve such a feeling as **HARMONY**?

**Quiet, Listening** to our inner being will lead us to **HARMONY!**

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**“Out of clutter, find simplicity.”  
— Albert Einstein**



When you follow  
your **DREAMS**,  
be **COURAGEOUS**,  
find **INSPIRATION**  
you will be  
**Living Your Life In**  
**HARMONY!**



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