



Now is the time to JOURNAL your thoughts and feelings for each of these areas. There are no **Right or Wrongs!**

ENJOY!

Following Dreams

What would it feel like to follow **YOUR DREAMS?**

Now is the time to

Find, Follow and Embrace your DREAM!

"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt

Being Courageous

We must pull from within to find the strength to be **COURAGEOUS!**

No more talking yourself out of what it is you choose to do, be **COURAGEOUS!**



Finding Harmony

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

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

"Out of clutter, find simplicity." - Albert Finstein

Finding Inspiration What **INSPIRES** you?

A smile, food, story, movie, family, friends, nature, we all have our perfect guide, who or what is your INSPIRATION?



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

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