



COMPOSE YOURSELF FOR THE DAY

BE HAPPY NOW!

LIVE EVERY MOMENT IN THE NOW,
WITH MINDFUL AWARENESS

LIST ANY EXCUSES STOPPING YOU FROM ACHIEVING YOUR GOALS
& LOOK AT WAYS OF GETTING AROUND THEM

WRITE YOUR SPEECH

REVIEW YOUR CURRENT RELATIONSHIPS

HOW DO YOU RESPOND TO COMPLIMENTS?

HOW DO YOU RECEIVE

GIFTS FROM OTHERS?

REVIEW YOUR DREAM

STUDY YOU