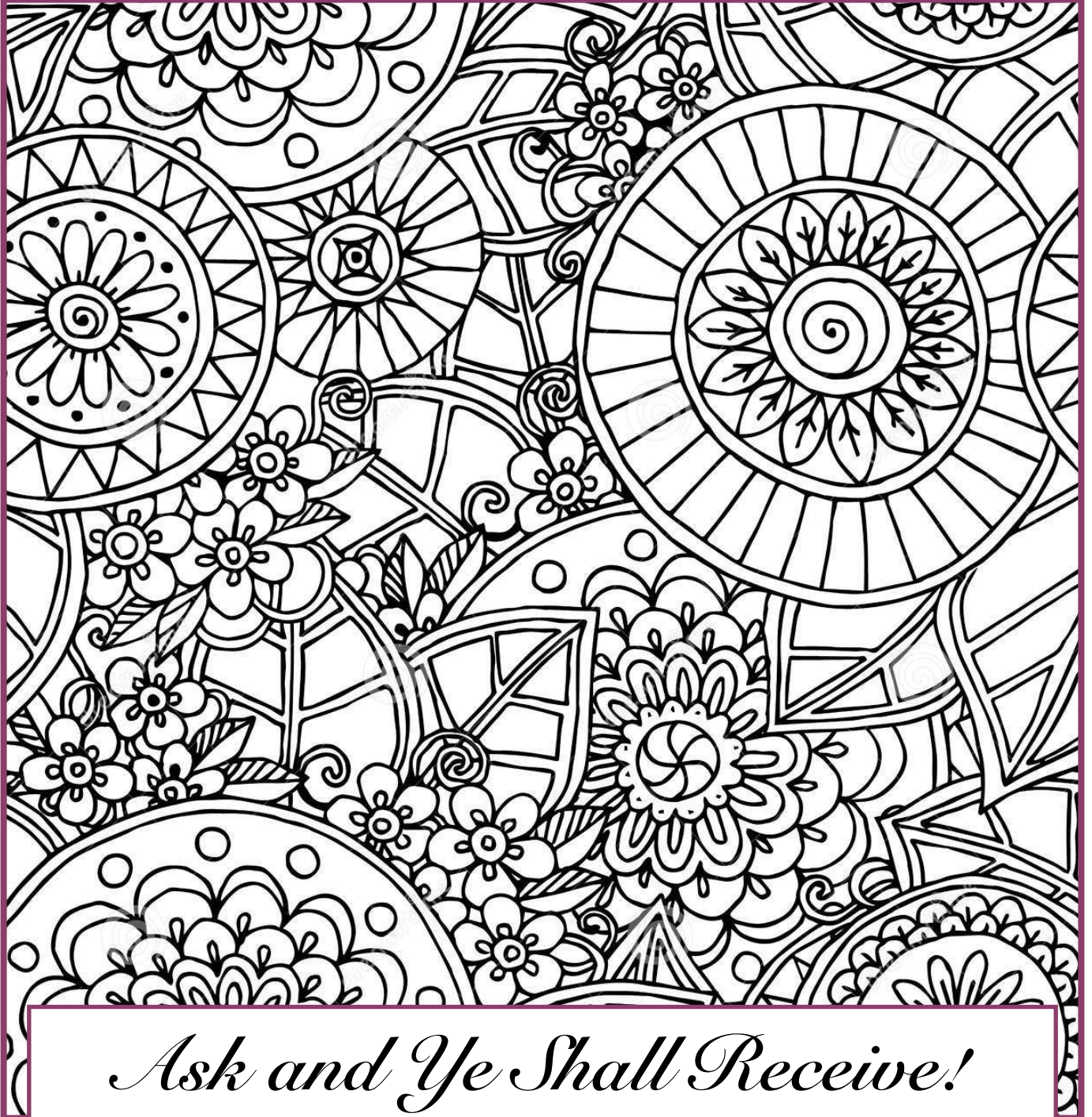


*CT Part 2 How to create the
life we want to live*



*Ask and Ye Shall Receive!
Don't forget to ask!*



Body

1

Getting clear on what I want

2

What comes up? Thoughts and emotions.

What would it be like to...



A decorative border featuring intricate black and white mandala patterns, including floral motifs, geometric shapes, and swirling lines, framing the top and bottom of the page.

Home

1

Getting clear on what I want

2

What comes up? Thoughts and emotions.

What would it be like to...



Relationships

1

Getting clear on what I want

2

What comes up? Thoughts and emotions.

What would it be like to...

A decorative border featuring intricate black and white mandala patterns, including floral motifs, geometric shapes, and sunburst designs, framing the top and bottom of the page.

Work

1

Getting clear on what I want

2

What comes up? Thoughts and emotions.

What would it be like to...



1

Getting clear on what I want

2

What comes up? Thoughts and emotions.

What would it be like to...



Daily Ritual

What will it be?

What will I need?

It goes where it goes.

Time of day?

Where will I do it?





Daily Routine

*Where there is no vision, my people perish.
Proverbs 29:18*



Resources

Here are some books I Recommend!

I don't read books I listen to them.

If you are not a reader, do what I do...listen :)

The Big Leap by Gay Hendricks

Breaking the Habit of Being Yourself
by Dr Joe Dispenza

The Miracle Morning by Hal Elrod

The Confidence Gap by Russ harris

10% Happier by Dan Harris

I can do it by Louise Hay

Outrageous Openness by Tosha Silver

(This book may seem really out there, but I got a lot out of it.)