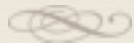


BRAIN DUMP



Savor Today:



3 FROGS



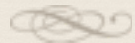
Write down 3 top things you would like to do to bring your life into balance. This concept is from Brian Tracy's *Eat That Frog*, and the idea is that if you know you have to

eat a frog, you will dread it and likely procrastinate. But, if you prioritize it and do it before you have the chance to procrastinate, your life will be easier knowing that you have accomplished the thing you set out to do. These tasks shouldn't be nearly as bad as eating a frog, but the procrastination factor might still apply!

1. _____

2. _____

3. _____



3 SHIPS



This concept is from Chellie Campbell's *The Wealthy Spirit*. The idea is that in old times, people would send out ships and wait for them to return. Some ships wouldn't come back, while others would come back bearing wealth or food or other good things. Sending out "ships" or feelers towards things you might want to accomplish or bring into your life increases your chances that something good will come back to you, or your "luck" quotient. These ships can be letters to people doing things you want to be doing, phone calls to volunteer organizations, applications to schools, and more...

1. _____

2. _____

3. _____



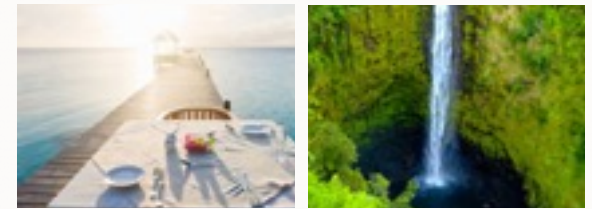
CREATING A VIBRATION BOARD

Choose images that you feel resonance with. If you look at an image and your heart feels filled with joy, excitement, or simply a feeling of resonance and familiarity, that image belongs on your vision & vibration board. You can use this handout to create a more structured vision board, or create your own creative vibration board. Use the space below to create a vibration board.

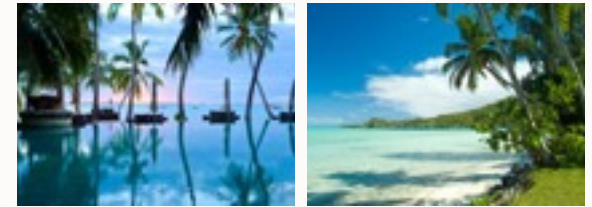


A week in my ideal life looks like....

BODY



MIND



SPIRIT

