

SPIRITUAL IDEALS

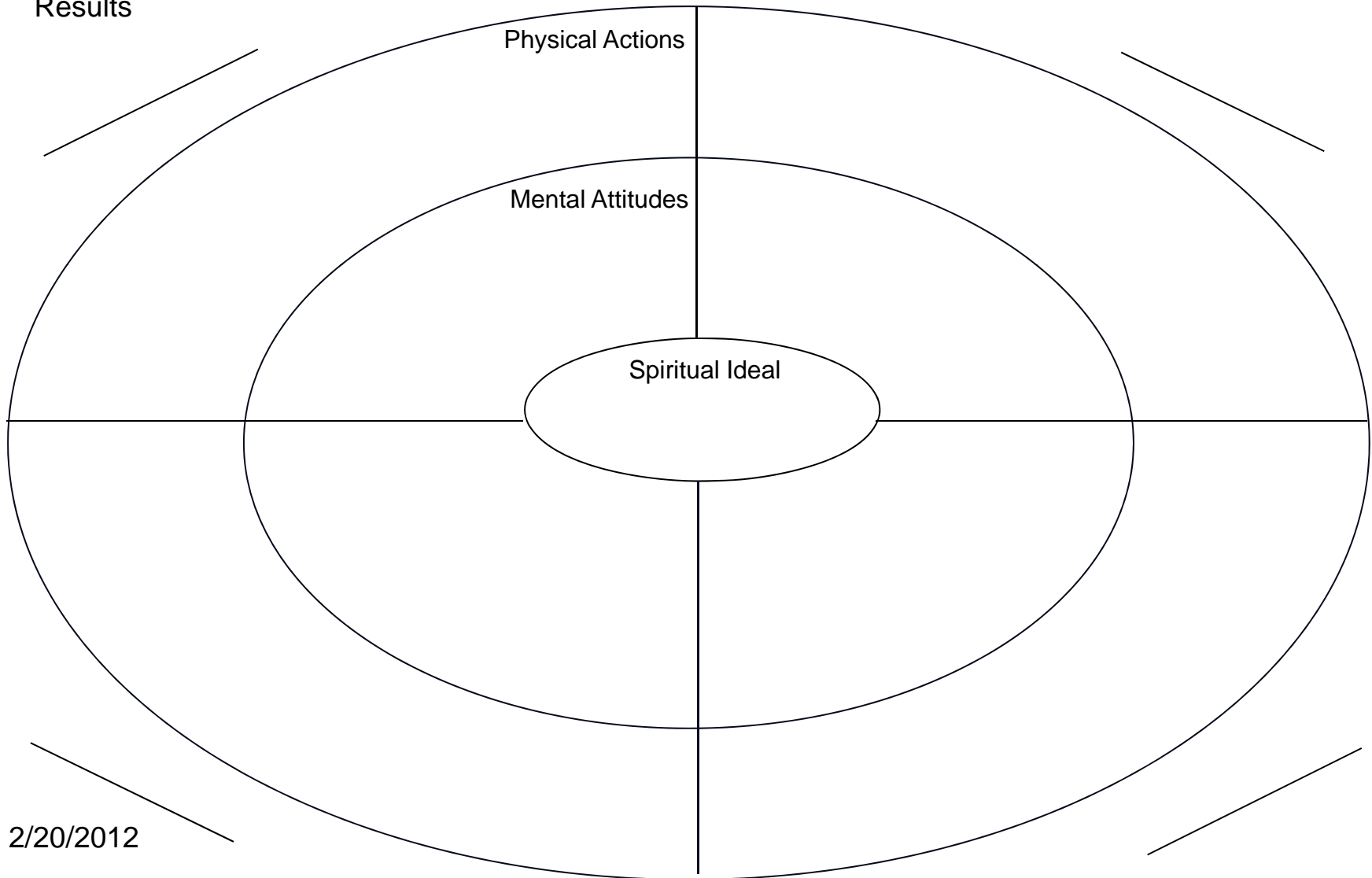
- Compassionate
- Joyful
- Peaceful

- Courageous
- Letting Go, Letting God
- Playful

- Forgiving
- Loving Unconditionally
- Prosperous

- Grateful
- Patient
- Trusting

Results



2/20/2012

Spiritual Ideal

(Results)
Loving, Trusting Relationships

- (Physical Actions)
- Listen attentively; be lovingly supportive & empathetic
 - Focus on self – being own best friend
 - I let go and let God

(Mental Attitude)

- A happy outcome is sure
- I am faith-filled; others reflect me
- I trust All is Well

(Spiritual Ideal)

Faith-Filled

- I am healthy and whole
- I listen to my body's messages
- I bless and appreciate my body

Overflowing Abundance

- Visualize and affirm being debt-free – a result of my being free of judgment of self & others
- Tithe 10% of Time, Talent & Treasure
- When unexpected happens, I pray, give gratitude; look for the gifts
- God loves and cares for me
- God is my Source; I am abundantly blessed
- I release worry @ my finances

- I positively impact people's lives
- I use the gifts I have received
- Anything is possible!

- Envision and create Vision Board of joy & success
- Share what I have to offer and leave the outcomes to God
- Follow my inner guidance and know that where God guides, God provides

Vibrant Health

- Have fun and move with confidence doing Yoga and Tai Chi 3x/week
- Meditate for guidance and calmness 20 min./day
- Use "Miracles Worksheet" to release doubt, self-criticism and fear

Fulfilling Vocation

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