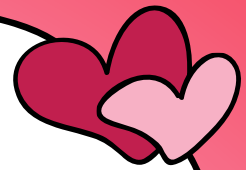


Creating & Growing My Happier, Healthier Me!



On a scale of 1 heart to 10, I am as happy as I want to be.



1 - 3 things I can focus on and do to help me be the happiness
I want to be.



On a scale of 1 heart to 10, I am as healthy as I want to be.



1 - 3 things I can focus on and do to help me be the healthiness
I want to be.





On a scale of 1 heart to 10, the relationships in my life are as positive and functional as I want and need them to be.



1 - 3 things I can focus on and do to help me have or create the positive and functional relationships I want and need.




Of these 3 - 9 goals, the 3 I am most ready to create and grow for my happiness and healthiness are:



Of these 3, the number one goal I am most ready to create and grow for my happiness and healthiness is:





Steps to Activate, Empower, and Realize My Number One Goal!

Everything I will do to turn this goal into more happiness and healthiness in me and my life!



I am WORTHY
of my love, kindness & patience

For more loving & supportive goodness like this, brighten your day with a delightful deck of POSitude cards! Learn more in my Etsy shop: MKsLoveAndBigHugs!



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