



You and Yourself

1.no one will do it for you 2.gratitude 3.flowers 4.solitude 5.good books 6.pamper yourself 7.hair color
8.more color 9.go hermit 10.go wild 11.go big 12.be fabulous 13.be hot 14.painting 15.writing 16.make music
17.learn a language 18.good decisions 19.money 20.break negative habits 21.create positive habits
22.the fountain of youth 23.time well spent 24.better quality of life 25.freedom of choice 26.eat what you want
27.wear what you want 28.have style 29.accessorize with flair 30.have character 31.independence 32.individuation
33.attainment 34.spiritual growth 35.physical health 36.mental health 37.financial health 38.make better choices
39.think better thoughts 40.get over it 41.stand tall 42.containment 43.A-HA! moments

You and the World

44.happy pets 45.happy plants 46.happy partner 47.happy kids 48.happy friendships 49.love your work
50.improve your business 51.your education 52.finding nature 53.travel 54.adventure 55.idealism 56.take a stand
57.encouragement 58.spread the love 59.raising consciousness 60.accomplishment 61.support a cause
62.save the planet 63.donate your time 64.politics 65.compliments 66.the perfect date 67.gifting 68.boundaries
69.accept some pampering 70.sense of belonging 71. taking risks 72.never cry wolf 73.personal power

The Essential You

74.wisdom 75.joy 76.freedom 77.passion 78.love 79.compassion 80.happiness 81.bliss 82.possibility
83.miracles 84.enthusiasm 85.presence 86.self-confidence 87.self-worth 88.trust yourself 89.blossoming
90.curiosity 91.intrigue 92.imagination 93.motivation 94.creativity 95.be an original 96.determination
97.exhilaration 98.have faith 99.connection 100.self control 101.fulfillment

