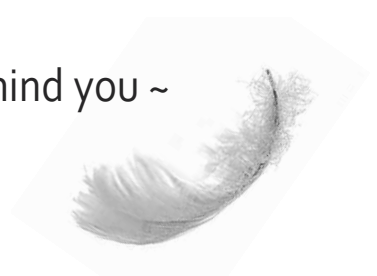


Create Your Dream

7 tips to help you transition
from where you are to where
you want to be.



- 1 Recognize that where you are has gifts for where you want to be.
- 2 Stop trying to change things "out there" and change the things inside.
- 3 Nurture yourself.
- 4 Create your day. Write down what an ideal day would look like.
- 5 Ask yourself ~ What can I do, right now?
- 6 Give yourself permission to do the things you love.
- 7 Create a symbol, that you can keep with you, to remind you ~
You're on the right path.



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