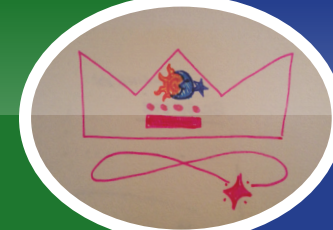


The Return Path to Joy Happiness & Bliss



Date: _____

Q: What am I thankful for?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Morning

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Mid-Day

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Moon Time

M _____ :
☆ ♥

M _____ :
☆ ♥

M _____ :
☆ ♥

Q: What positive progress did I make today?

21-Day Streak



Key Focus:

DIVINE NINE

* Meaning

Prayer. Inspiration. Spiritual. Gratitude. Love. Kindness. Forgive. Part of Whole.

* Movement

Active. Exercise. Sporting. Breathing. Flow. Exert.

* Mix

New. Unique. Vary. Experiment. Connect.

* Master(y)

Growth & Learning. Develop. Honor Yourself. Positive Habits.

* Mindfulness

Meditation. Reflection. Attention. Present. BE. Stillness. Affirm. Intentions.

* Mentor/Mentee

Volunteer. Teach. Serve. Give. Share. Receive Help.

* Multiply

Create. Produce. Plant. Proactive. Develop.

* Momentum

Positive Progress, Energy. Passion, Complete. Make Space.

* Magic!

Play. Sing. Laugh. FUN. Mystical. Intuition. Synchronicities. Inner Child. Surprise.

Full descriptions and worksheet instructions at YanikSilver.com/returnpath