

Gratitude Booklet

A 21 Day Workbook of Guidance to Help Take
Your Life From

Freaking Out to FREAKIN' AWESOME

By Linda Xochitl Avalos

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Congratulations!

Congratulations to your commitment and investment to yourself!

This Gratitude Booklet is one of the goodies that you receive as a BONUS to saying YES to yourself! These next 22 days will be a commitment of 10 minutes a day (approximately). A small doable investment.

When I first began my days of gratitude, I remember right away feeling a shift. I began to see things differently and realized how much I actually had in my life, not just materialistically, but on all levels. I welcome you, encourage you and support you along your growth! Even if you have a one degree shift, that means you will arrive at a completely different destination.

This workbook is used so you can use as a reference point. You can always go back to this and see how much you have grown.

Are You Ready?

1. We recommend at the beginning of your day you start your workbook. This will set the intention for the day and begin to train/rewire your brain for a strong, positive mindset.
2. Do your best to stay on track daily. Go easy on yourself if you did not state your gratitude in the morning. The point is to just do it! There is no one judging you. This is an investment for you!
3. Make sure you have liked my Facebook page for more support.
www.facebook.com/MsXochiPage

You Are Supported Now

SENDING ABUNDANCE ANGELS!

THE MORE YOU ARE GRATEFUL FOR, THE MORE BLESSINGS COME YOUR WAY. OPEN YOUR ARMS TO RECEIVE THE GREATNESS THAT IS YOUR BIRTHRIGHT! NOW!!





Instructions

1. Pre+Gratitude Inventory:

Start your workbook, on or before Day 1, going through some beliefs. These are simply a measuring scale so that at the end of the 22 days you can see how much your views have shifted.

2. 22 days

There are seven topics, which in 22 days; you will have three cycles of the same seven topics. Remember to post what you are grateful for, on Facebook Group Page: www.facebook.com/MsXochiPage.

3. Check In

You will find a “check in” after each cycle of seven days to evaluate how you are doing. Remembering to only observe your patterns, not judging! This is a time for growth and to see progress.

4. 22nd Day

Last DAY! You may continue on your own being grateful on a daily basis, weekly basis, etc. We encourage you to share your experience with friends, family and/or loved ones. Those people that support your growth!

5. Post + Gratitude Inventory

Same questions you did on day 1 or before. Now fill out according to how you feel after the 22 days! Measure your first day to last day and see how you did!

6. Evaluation

Remember you cannot fail at this. This is a commitment and an investment for YOU! Remember to be your own cheerleader! The more time you spend and invest in yourself, the more you grow! Share your experiences on Facebook Group page:

www.facebook.com/MsXochiPage





Pre+Gratitude Inventory

On a scale from 1 to 10, rate your life in the following areas.

Range: 1 = "100% disagree" and 10 = "100% agree"

1. _____ I love myself unconditionally
2. _____ I am connected to my higher purpose
3. _____ I have a job I love
4. _____ I have all the money I want or need
5. _____ My body is healthy and strong
6. _____ I help others and my community regularly
7. _____ I care for the earth by recycling & picking up litter etc.
8. _____ I have a good support system
9. _____ I ask for help when needed
10. _____ I take care of my body every day
11. _____ I exercise regularly
12. _____ I pray and/or meditate often
13. _____ My relationships are balanced and healthy
14. _____ I express myself clearly and effectively
15. _____ I have purpose and meaning in life
16. _____ I take time to have fun and do new things
17. _____ I have strong self-esteem
18. _____ I am truly grateful for what I have
19. _____ I like who I am
20. _____ I take care of my body
21. _____ I count my blessings all the time
22. _____ I donate time or resources to charities regularly
23. _____ I am an excellent money manager
24. _____ I am where I want to be in life
25. _____ I am happy, whole and content





Day 1: Gratitude for Self

Date: _____

1. Call on Your Angels: *I call on Archangel Jophiel to help me beautify my thoughts today and the rest of my journey in this life.*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly

Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 2: Gratitude for Spirituality

Date: _____

1. Call on Your Angels: *I call on Archangel Michael to guide me, protect me and shield me from all lower energies. Please cut chords of fear to people and /or situations that do not serve me a purpose any longer. I give you permission to unhook/sever/cut/yank out all these chords. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 3: Gratitude for Health

Date: _____

1. Call on Your Angels: *I call on Archangel Raphael to surround me with your emerald healing light to heal me on all levels, whether physical, emotional or other. Thank you!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 4: Gratitude for Relationships & Family

Date: _____

1. Call on Your Angels: *I call on Archangel Raguel to bring harmony in all of my relationships. Please help me elevate my energy so that I may see the lesson in all disagreements, and move forward in peace. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 5: Gratitude for Money / Finances

Date: _____

1. Call on Your Angels: *I call on Archangel Ariel to assist me in my relationships with money, finances & security. Please give me the courage to take initiative in managing my cash & money in the highest form. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

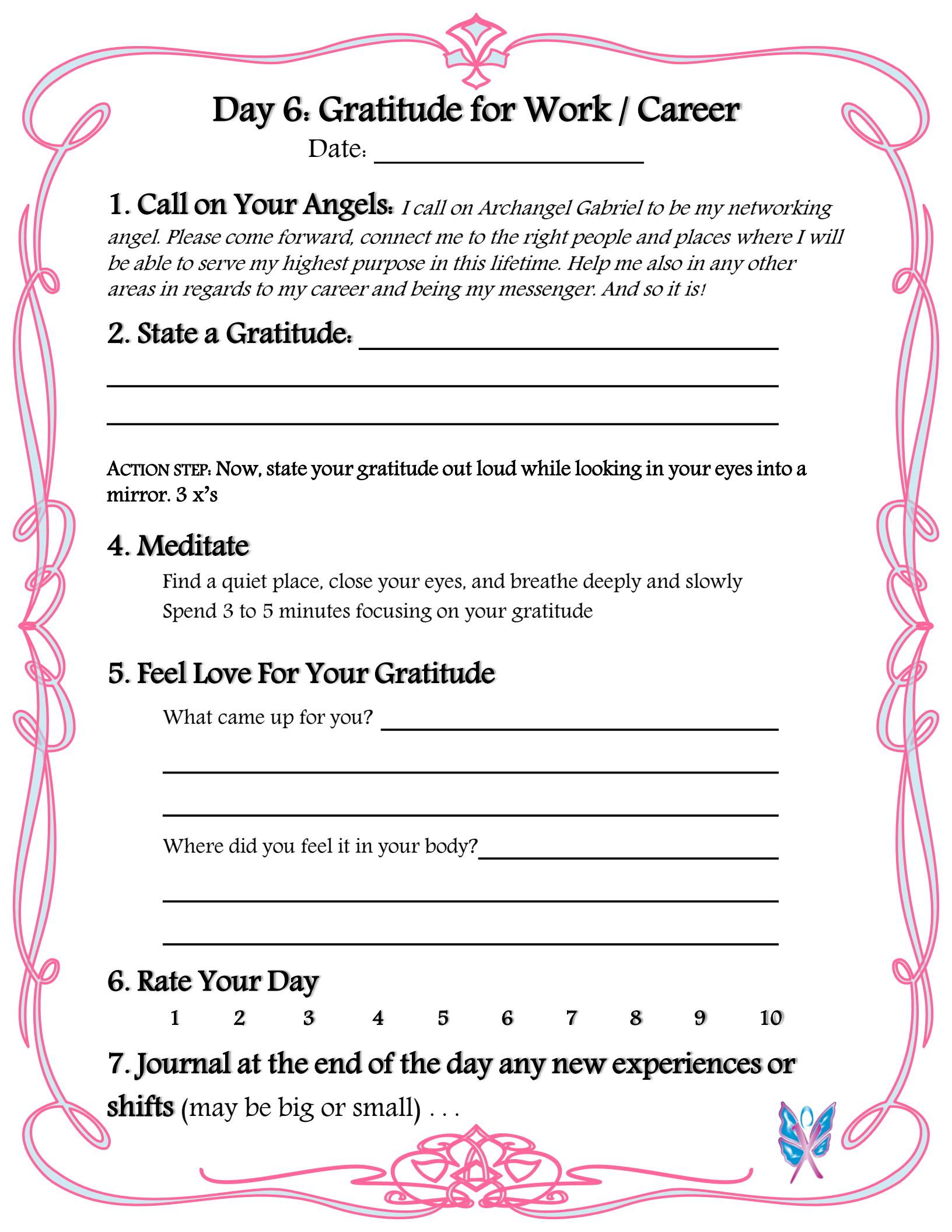
1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 6: Gratitude for Work / Career

Date: _____

1. Call on Your Angels: *I call on Archangel Gabriel to be my networking angel. Please come forward, connect me to the right people and places where I will be able to serve my highest purpose in this lifetime. Help me also in any other areas in regards to my career and being my messenger. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 7: Gratitude for Global Consciousness

Date: _____

1. Call on Your Angels: *I call on Archangel Chamuel to guide me with your light of truth so I can find my way and participate fully in the world, my community and where I can serve the most. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

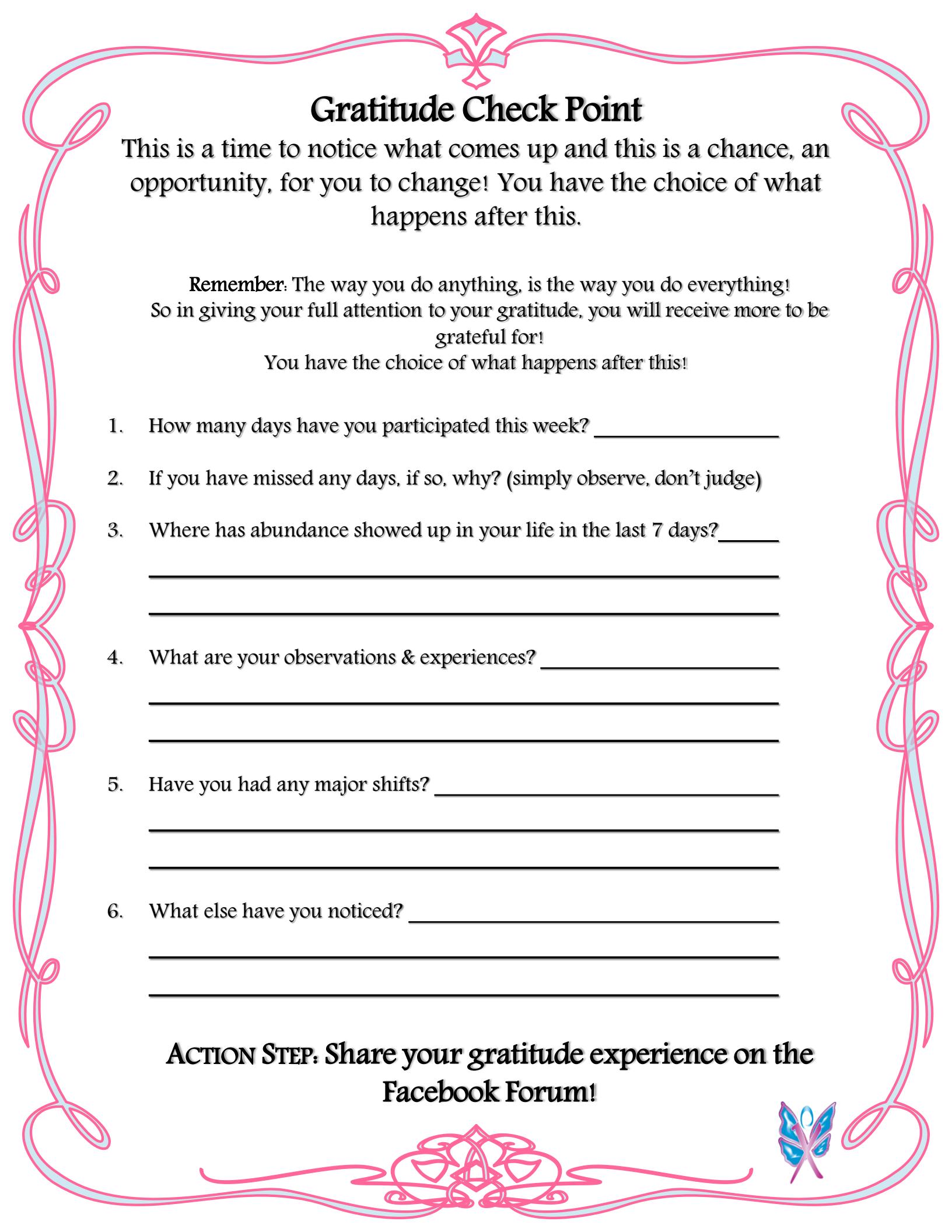
1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Gratitude Check Point

This is a time to notice what comes up and this is a chance, an opportunity, for you to change! You have the choice of what happens after this.

Remember: The way you do anything, is the way you do everything!
So in giving your full attention to your gratitude, you will receive more to be grateful for!

You have the choice of what happens after this!

1. How many days have you participated this week? _____

2. If you have missed any days, if so, why? (simply observe, don't judge)

3. Where has abundance showed up in your life in the last 7 days? _____

4. What are your observations & experiences? _____

5. Have you had any major shifts? _____

6. What else have you noticed? _____

ACTION STEP: Share your gratitude experience on the Facebook Forum!



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 8: Gratitude for Self

Date: _____

1. Call on Your Angels: *I call on Archangel Jophiel to help me beautify my thoughts today and the rest of my journey in this life.*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly

Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

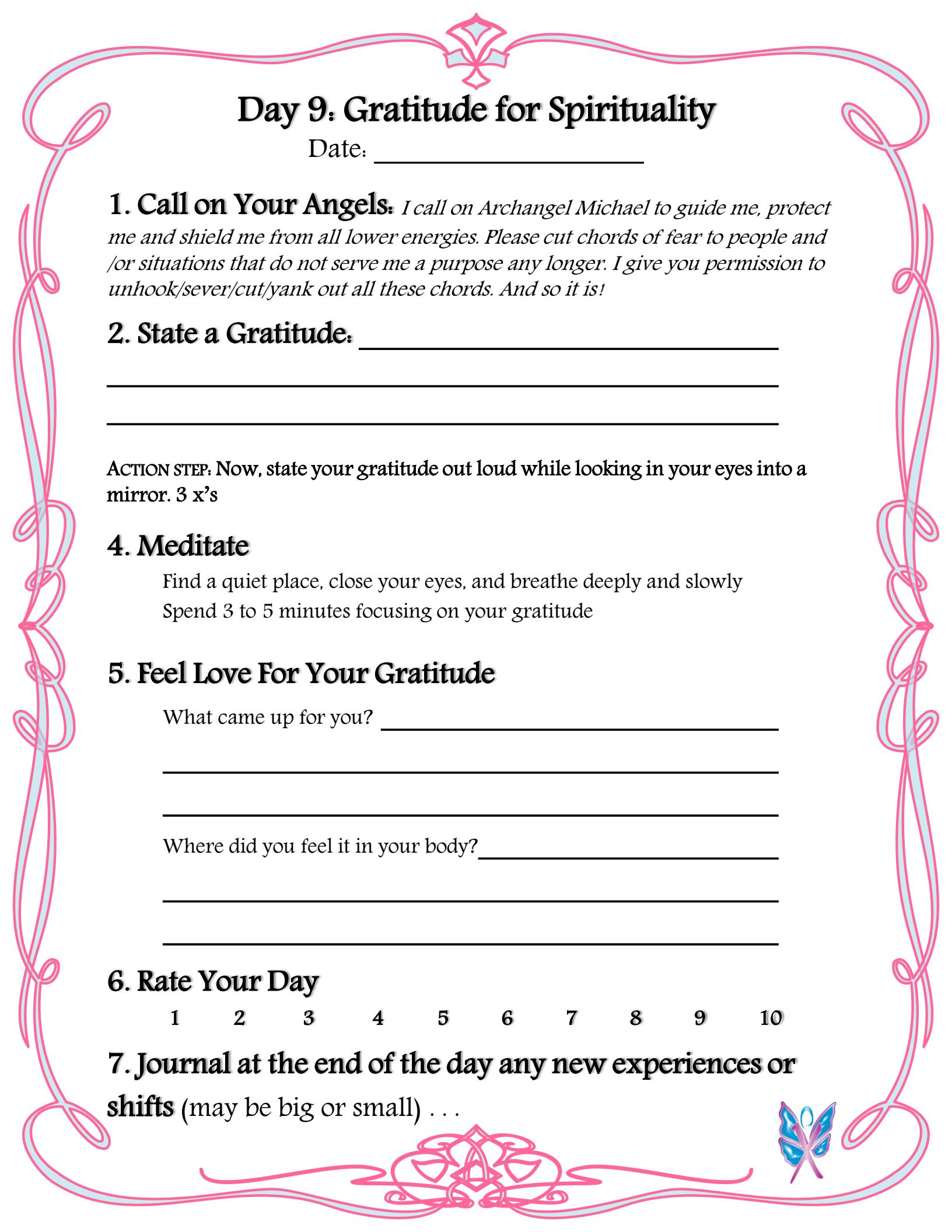
1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 9: Gratitude for Spirituality

Date: _____

1. Call on Your Angels: *I call on Archangel Michael to guide me, protect me and shield me from all lower energies. Please cut chords of fear to people and /or situations that do not serve me a purpose any longer. I give you permission to unhook/sever/cut/yank out all these chords. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 10: Gratitude for Health

Date: _____

1. Call on Your Angels: *I call on Archangel Raphael to surround me with your emerald healing light to heal me on all levels, whether physical, emotional or other. Thank you!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 11: Gratitude for Relationships & Family

Date: _____

1. Call on Your Angels: *I call on Archangel Raguel to bring harmony in all of my relationships. Please help me elevate my energy so that I may see the lesson in all disagreements, and move forward in peace. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 12: Gratitude for Money / Finances

Date: _____

1. Call on Your Angels: *I call on Archangel Ariel to assist me in my relationships with money, finances & security. Please give me the courage to take initiative in managing my cash & money in the highest form. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 13: Gratitude for Work / Career

Date: _____

1. Call on Your Angels: *I call on Archangel Gabriel to be my networking angel. Please come forward, connect me to the right people and places where I will be able to serve my highest purpose in this lifetime. Help me also in any other areas in regards to my career and being my messenger. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 14: Gratitude for Global Consciousness

Date: _____

1. Call on Your Angels: *I call on Archangel Chamuel to guide me with your light of truth so I can find my way and participate fully in the world, my community and where I can serve the most. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Gratitude Check Point

This is a time to notice what comes up and this is a chance, an opportunity, for you to change! You have the choice of what happens after this.

Remember: "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." (Ralph Waldo Emerson)

Give your full attention to your gratitude, for you will receive more to be grateful!

1. How many days have you participated this week? _____
2. If you have missed any days, if so, why? (simply observe, don't judge)
3. Where has abundance showed up in your life in the last 7 days? _____

4. What are your observations & experiences? _____

5. Have you had any major shifts? _____

6. What else have you noticed? _____

ACTION STEP: Share your gratitude experience on the Facebook Forum!



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 15: Gratitude for Self

Date: _____

1. Call on Your Angels: *I call on Archangel Jophiel to help me beautify my thoughts today and the rest of my journey in this life.*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly

Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 16: Gratitude for Spirituality

Date: _____

1. Call on Your Angels: *I call on Archangel Michael to guide me, protect me and shield me from all lower energies. Please cut chords of fear to people and /or situations that do not serve me a purpose any longer. I give you permission to unhook/sever/cut/yank out all these chords. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 17: Gratitude for Health

Date: _____

1. Call on Your Angels: *I call on Archangel Raphael to surround me with your emerald healing light to heal me on all levels, whether physical, emotional or other. Thank you!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 18: Gratitude for Relationships & Family

Date: _____

1. Call on Your Angels: *I call on Archangel Raguel to bring harmony in all of my relationships. Please help me elevate my energy so that I may see the lesson in all disagreements, and move forward in peace. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 19: Gratitude for Money / Finances

Date: _____

1. Call on Your Angels: *I call on Archangel Ariel to assist me in my relationships with money, finances & security. Please give me the courage to take initiative in managing my cash & money in the highest form. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 20: Gratitude for Work / Career

Date: _____

1. Call on Your Angels: *I call on Archangel Gabriel to be my networking angel. Please come forward, connect me to the right people and places where I will be able to serve my highest purpose in this lifetime. Help me also in any other areas in regards to my career and being my messenger. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly

Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Day 21: Gratitude for Global Consciousness

Date: _____

1. Call on Your Angels: *I call on Archangel Chamuel to guide me with your light of truth so I can find my way and participate fully in the world, my community and where I can serve the most. And so it is!*

2. State a Gratitude: _____

ACTION STEP: Now, state your gratitude out loud while looking in your eyes into a mirror. 3 x's

4. Meditate

Find a quiet place, close your eyes, and breathe deeply and slowly
Spend 3 to 5 minutes focusing on your gratitude

5. Feel Love For Your Gratitude

What came up for you? _____

Where did you feel it in your body? _____

6. Rate Your Day

1 2 3 4 5 6 7 8 9 10

7. Journal at the end of the day any new experiences or shifts (may be big or small) . . .



ACTION STEP: Share your gratitude experience on the Facebook Forum!





Gratitude Check Point

This is a time to notice what comes up and this is a chance, an opportunity, for you to change! You have the choice of what happens after this.

Remember: "When we give cheerfully and accept gratefully, everyone is blessed." (Maya Angelou)

Give your full attention to your gratitude, for you will receive more to be grateful!

1. How many days have you participated this week? _____

2. If you have missed any days, if so, why? (simply observe, don't judge)

3. Where has abundance showed up in your life in the last 7 days? _____

4. What are your observations & experiences? _____

5. Have you had any major shifts? _____

6. What else have you noticed? _____

ACTION STEP: Share your gratitude experience on the Facebook Forum!



ACTION STEP: Share your gratitude experience on the Facebook Forum!



Day 22: Celebration & Decision Day

CONGRATULATIONS! YOU MADE IT!
CELEBRATE TODAY! & SHARE YOUR EXPERIENCE(S) IN
YOUR JOURNEY THESE PAST 22 DAYS!

Now that you are choosing your thoughts, you have the ability to co+create your life and bring more goodness in your life. As you are grateful, more abundance will come to you!

You can choose to continue this new habit and train your subconscious even deeper.

My gift to you is a Free Consultation. This is a 30 minute clarity session to help you find the root of a reoccurring lesson(s) that shows up in your life. To schedule a time, please email me: MsXochi@lxavalos.com

Finish with your Post+Gratitude Inventory.

Sending Angels, Linda Xochitl Avalos

ACTION STEP: Share your gratitude experience on the Facebook Forum!





Post+Gratitude Inventory

On a scale from 1 to 10, rate your life in the following areas.

Range: 1 = "100% disagree" and 10 = "100% agree"

1. _____ I love myself unconditionally
2. _____ I am connected to my higher purpose
3. _____ I have a job I love
4. _____ I have all the money I want or need
5. _____ My body is healthy and strong
6. _____ I help others and my community regularly
7. _____ I care for the earth by recycling & picking up litter etc.
8. _____ I have a good support system
9. _____ I ask for help when needed
10. _____ I take care of my body every day
11. _____ I exercise regularly
12. _____ I pray and/or meditate often
13. _____ My relationships are balanced and healthy
14. _____ I express myself clearly and effectively
15. _____ I have purpose and meaning in life
16. _____ I take time to have fun and do new things
17. _____ I have strong self-esteem
18. _____ I am truly grateful for what I have
19. _____ I like who I am
20. _____ I take care of my body
21. _____ I count my blessings all the time
22. _____ I donate time or resources to charities regularly
23. _____ I am an excellent money manager
24. _____ I am where I want to be in life
25. _____ I am happy, whole and content



I Fully Support You on Your Earthly Sojourn



And Remember...

If Opportunity Doesn't Knock,

Create a Door,

Open it,

and

Walk Through It!

