

CONTENTS

INTRODUCTION ... 1

Alignment First

Chapter 1: Conquer Your Fears ... 4

Chapter 2: Let Go Of / Release Your Obstacles ... 10

Chapter 3: Celebrate Success ... 16

Journal Writing 1-2-3

Chapter 4: Connect to Your Soul – Where to Start ... 21

Chapter 5: Now You're Having Fun – Question Time ... 40

Chapter 6: Your Work Here is Done – Daily Practise ... 51

Following Through

Chapter 7: Compassions Counts Too ... 58

Chapter 8: United We Stand, Divided We Fall ... 61

Chapter 9: The Power of Positive Energy ... 66

SUMMARY ... 69