



A series of horizontal dotted lines for writing.

Write a list of the things you want to attract into your life, the things you want to be yours. Keep this list somewhere safe, like your gratitude journal. This list can be used to help create your *My Life Map* or vision board.



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Write a list of the things you want gone from your life, then scrunch it up and throw it away in the rubbish. Do not think of those things again.