



Creating Positive Pathways for Life

HOW TO BEGIN DESIGNING YOUR NEW LIFE

In Nine days you can design and begin the life of your dreams! Your wisest and most inspiring life comes from the wisdom within your heart. Know what this is unplugged.

- 1. Know that away from the noise and clutter of your mind (silence) is a vast and wise body of information.*
- 2. Know that your desires are what make you come alive inside and out. Get what you are passionate about on the soul level.*
- 3. Be willing to step outside all you know/think you know and explore the opportunities beyond your familiar world. Look for unique answers from powerful sources.*
- 4. Be willing to let go and not know. Be powerfully aware of what you need to let go of, commit to or resolve, and do it.*
- 5. Build your character by raising the bar on your self-esteem.*
- 6. Treat your health like it is the only thing that matters.*
- 7. Create powerful relationships by beginning with the relationship with yourself.*

8. *Keep stopped thoughts, habits, behaviors, and unresolved past issues from running your life and be willing to claim your wildest dreams, your truest passions, and your strongest purpose.*

9. *Create your life plan and take responsibility for its arrival. Feed it, grow it, and nourish it. Create Powerful Pathways to the Best of Life.*

*Learn more about claiming your greatest dreams by ordering Dr. Melaney Sreenan's book, *Spirit Dances*, endorsed by Debbie Ford (author on the New York Times Bestseller List).*

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