



Attitude of Gratitude

How to Use the Attitude of Gratitude to
Attract More Good To You and
Transform your Life

Alicia Isaacs

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About the Author

From a young age Alicia decided that she wanted to be a teacher, work in an office and when she had children, work from home.

Alicia has accomplished all these goals and believes that, even as children, we already know what we desire to be and if harnessed can be realized as a life dream.

Alicia grew up with a very spiritual background and developed her unique way of connecting with her Source which enables her to live a very enriched life and communicate these experiences and truths in such simplistic but profound terms. As a teenage, Alicia has been a spiritual guide to the youth and peers, teaching Sunday School classes and sharing spiritual experiences.

Many of the steps, tips, inspiration and observations Alicia shares come from experiences in her personal life - relationship, family, work experience etc.

Alicia's professional background encompasses various fields - primarily the insurance industry where she worked as a claims assistant/adjuster. Alicia has also ventured into the Tax Industry having under her belt business and personal tax experience.

After the birth of her sixth child, Alicia resigned her position in the insurance industry to fulfill her dream by working at home where she shares her life-changing inspiration as a writer, life-coach and author of [Changing Inside Out Now! The Power of Unconditional Love](#) and [Changing Inside Out Now! Creating Unconditional Miracles](#).

You have the opportunity to share in these simple yet profound lessons and insights to turn your life around. When applied, these steps will elevate you to a higher level of inner connection, spiritual growth and ultimately outward manifestations of your desires.

You may want to check out these other resources:

[Overcome Inferiority Complex and Build Self-Confidence](#)

[The Life-Changing Map](#) – see a sample at the end of this report.

Introduction

Everything Has a Season

The time is now winding down for our garden as we come closer to the fall season. The cucumber vines and leaves are starting to turn yellow. Even though the season for growing our vegetables will soon end some plants are still awaiting their season. Poppies and marigolds bloom in the summer, however, daffodils bloom in later winter, early spring.

Everything has a season and so do we. When we look over our lives, we can see the changes we've gone through over the years. From kindergarten, to elementary school, to high school, to college, to university and out to the work force - all these changes and seasons occurring in our lives one after the other.

We see the different phases of our growth. But even though those times have come and gone, there are still so many phases for us to go and grow. One thing for sure, is that we need to enjoy those moments that we have - enjoy the now.

Many times we live our lives looking forward to the next thing and miss the gem in the present moment. We become so wrapped up in a future that's not here now, that once we get to the 'future' that we're anticipating, it's not as spectacular as we thought it would have been and then we regret the past and what we missed out on.

While we have our garden, we'll enjoy the work, the lessons, and the fruit. We'll use this time to live in the moment and enjoy this precious time. Not only do we enjoy growing the garden, but we also enjoy the time we spent together with our children, teaching them and sharing our joyful memories when we were kids and also learning with them as we observe nature in all of its changing splendour.

It's great to dream about the future and there's a time for that, as well. But more importantly, the present is all we have right now. Even when we've moved forward in time to what we call the future, which has now become our present, we must find the joy in the present, not at a future date because the future date is now - the present time and opportunity to choose whether we will make the most of it or keep dreaming about what will be.

The present is all we have to create the future through our thinking, so why not enjoy the present, see the joy in right now so that the future, which will become the present, will be filled with joy in the right-now.

We could do nothing in the future just as we could do nothing in the past. Our time and our season to make a difference in our lives and in the lives of others, is now - in the way we think, now, in the actions we do, now.

Once we do these things now, our future will be brighter because we will be filled with joy and appreciation no matter what. We have learned to accept now as now and live to the fullest. If now is the only season you have, which it is, how do you think you should spend it?

As the seasons of your life change and adversity presents conditions that prevent you from completing what you were doing or continuing to do what you were doing, let gratitude be your mindset. Use the positive memories to prepare and nourish the soil of your heart until the 'danger of frost' has passed and your season comes in again.

Be open for creative ideas. Never rest in the valley of despair but look at every changing of the season as an opportunity for new beginnings and greater opportunities.

Appreciate the Good You Already Have to Attract More Good

Many of us tend to look at the things we don't have in our lives and become entangled in frustration followed by depression. These negative emotions cloud our perception from seeing the abundance we already have and the blessings that already surround us. Even in its tiniest seed form, if we looked closely, we can see the potential abundance waiting to expand and grow in our lives.

How to appreciate the good in your life

Have an attitude of gratitude

When your mind is set in gratitude mode, you begin to see all the good that's around you and the more good you see you activate the attractor factor to bring more good for you to appreciate. You'd have started the gratitude snowball effect. When unfavourable circumstances present themselves, shift your mind to look for the good in them.

Remember, every seed adversity has the life of good hidden within its hard shell. Take the seed and sink it in the soil of gratitude. The hard outer shell of adversity will begin to loosen its grip giving way to the life of good to manifest growth within you.

Practice the Habit of Gratitude

For a plant to grow it must continue to be nourished daily. A one-time attitude of gratitude is not enough to see a life overflowing with good. Practicing the habit of gratitude will create the snowball effect of good around until it begins to overflow into all areas of your life.

Become saturated in gratitude and you'll begin to find that adverse conditions cannot keep their grip on you. Every time something raises its head, your habit of gratitude will cause it to lose its power over you as you shift into gratitude mode.

How to Create the Habit of Gratitude to Attract More Good

Like any other habit the habit of gratitude needs to be practiced until it becomes a permanent part of your life, until it becomes a lifestyle. We've been encouraged as children to say thank you when someone gives us something. The feeling that goes with that is one of appreciation for you the receiver but the giver also appreciates your gratitude and wants to give you more.

Ever given something to someone who refused to say thank you? You don't feel very enthusiastic about giving anything else to that person anymore do you? As a matter of fact you may have regretted giving anything to that person in the first place.

Think about the universe. Giving and receiving is a law of nature. Gratitude is the physical expression or outward symbol or display to the universe that you are ready and open to receive the energy of goodness as it flows through the matrix of life. Water constantly flows through the open river bed, but if the river is blocked by debris it hinders the natural flow.

Similarly, the debris of ingratitude hinders the natural flow of blessings from coming into your life. It is the law of giving and receiving at work when we release our thankfulness.

So how do we create the habit of gratitude?

1) Decision

You must first make a firm decision that gratitude/thankfulness will be a part of your life, your lifestyle. Making the decision gets your mind in gear to look for all the good things in your life, even those hidden within the hard shell of adversity.

2) Become consciously aware

Look around you. Become aware of what you already have. Look for them diligently and look for other situations to be thankful for.

Okay, you woke up this morning and thought that you have nothing to be thankful for because your situation looks very bleak. What about the breath that you just took? What about the fact that you are even reading this right now. It may seem like a small thing but here you are breathing in life into your body. Here you are being encouraged to look at life from a different perspective. Start here with what you have.

3) Appreciate the small things

Remember, every oak tree was once a tiny seed. Don't underestimate the size of small things. They hold within them the potential to grow into large things. Start with the small things in your life. "I am thankful for my food. Thank you for providing for me every day. I am alive and well." Start from there and nurture it each day with your attitude of gratitude. Soon enough you'll begin to see all your good starting to expand and grow.

4) Set time aside

To help you remember, try to set aside a scheduled time to do this. Or implement it into something that you're already doing during the day - perhaps each time you sit to eat.

Make it your conscious effort. Then expand it into first thing as you open your eyes in the morning and last thing before you fall asleep. What about when you take a shower or bath? That can also be a gratitude shower or bath time.

Get creative and think of more ways you can make gratitude/thankfulness your daily habit. Don't forget to practice the mental shift when adverse situations come up. Shift your mind from focusing on the negative and speak your gratitude. It will lift you out of that place of hopelessness into a positive energy wave to turn your situation around.

3 Action Steps to a Life of Gratitude

Knowing about gratitude is great. But applying the knowledge is paramount. Let's look at some action steps you can take today for your particular situation. Take out your pen and paper and do the exercise.

Action Step #1 - What can I be grateful for today?

You may find that you start off with just one thing and then it begins to expand. Keep going. Don't hesitate to get more paper if you run out of space. That's a very good sign. Don't sweat it though if you only have a few to start with. That's okay too.

Action Step #2 - What troublesome situation are you facing?

Look at the troublesome situation right now and ask,

- 1) What's the good in this?
- 2) What can I be thankful for?

Action Step #3 - Be thankful all day

Focus on the one or more things that you can be thankful for all day today and continue to express your gratitude. You may say something like, "I may not have my dream car right now, but I am thankful that I can still get to my destination and remain warm in the car that I have now. All is well."

Gratitude - A Quote on Gratitude

"Let's choose today to quench our thirst for the 'good life' we think others lead by acknowledging the good that already exists in our lives. We can then offer the universe the gift of our grateful hearts." Sarah Ban Breathnach

We've been so programmed to look at the good that others are enjoying wishing that we can have the same and that's okay, to a point. But the problem begins when we start to diminish the value of what we already have in our own lives. When we engage in this type of behaviour we hinder the blessings of the universe from giving us more of what we desire.

In order to quench this thirst, acknowledge the good that already exists in your life. Be filled with thanksgiving even for the smallest thing you have, although it may not look like much when compared to others.

But that's the thing, it may not look like much but it is yours and the more you appreciate it, the more you'll see the greatness in the one seemingly small thing. Then you'll say, "You know what? It's not so bad after all. I have a really good life. Or, it could have been worse but it's not."

Go into your day today being thankful for everything you could think of and watch your energy level lift from a state of depression into joy.

Appreciate the People That Come Into Your Life

Each person that comes into your life plays an intricate part in your development and growth, whether they're there for a minute or for many years. Some to enhance you by teaching you, adding value to your life, some for support, others for friendship and love and some, even though they may seem to drag you down, are the sandpaper you need to smooth you out and prepare you for the next level.

Consider some of these areas where you may have received help in the past that proved beneficial for you.

Preparation

A person that comes into your life may prepare you for the future - mentally, emotionally, spiritually and physically and for your moment of greatness/glory.

Guides/Guidance

Others may come to show you the way you should go. They help you make decisions for your life.

Companion

A companion gives life-long support and friendship. It doesn't matter where you are in life; a companion is there to stand by you when you're at your lowest point.

Teachers

They provide valuable information, insights and expertise helping you to learn to choose the right life path and make appropriate choices.

Challengers

Challengers are individuals who build your strength of endurance, persistence, determination, character and integrity.

Encouragers

These are the empathizers who keep you going when you feel like giving up.

Comforters

They grieve with you in times of mourning.

Temptation helpers

When you're on the path to give into vices that take you down the wrong track, you have friends to put you back on the straight path.

Critics

Friends to give good, loving criticism and helps you reassess yourself and ensure you are on the right track.

Bad critics

They urge you to re-evaluate the worth of your goal and may even give you the 'umph' needed to persist on your course.

Some are only there to take you to the starting point of the next level while others are assigned to help you make the necessary adjustments. Some are assigned to take you through the process of the next level and others are assigned to take you to the finish line.

Appreciate the people that come into your life and be careful to treat everyone with respect as their role help to define the person you grow to be.

Praise - The Habit of Praise

With the same measure in which we have made criticizing a habit, we equally and with an even greater measure, need to make praise a habit and a lifestyle. As we honour those around us, not just our families but those within our communities and even the stranger, we are honouring ourselves. For whatever we put out will come back to us in the same measure.

How to make praise a habit

- 1) As with all things, make a conscious decision to let praise be a dominant part of your thoughts, words and action, and therefore, become a part of your lifestyle. "I make a conscious decision to praise."
- 2) Shift your mental thinking of the way you see others, change your perspective. Purposely look for the good and praise it.
- 3) Look for the good in every situation no matter how bad things may seem. Praise the good.
- 4) Repetition and practice. Retrain your subconscious mind to be in total agreement with your conscious decision and yield its power to aid you when you consciously praise.

When you make that decision to praise instead of criticize and you're in a situation in which you would normal go toward the negative, you'll remind yourself to find and praise the good.

Affirmation - I find and praise the good each day as I get closer to achieving my goal.

Praise Yourself

Everyone appreciates being praised by another and it is right to recognize other people's talents and successes. But many find it difficult to praise themselves; to find and recognize the goodness in their own talents, progresses and successes.

Genuine love for yourself begins by praising you. When you've become comfortable with praising yourself, appreciating you despite your imperfections, can you truly see the beauty in others and praise them too.

How do you begin to praise yourself?

Praise your mind for its creativity. "I appreciate the beauty of my creative ideas."

Praise your body for its beauty. "I love my body and appreciate my body for allowing me to express my creativity and enjoy the beauty of nature surrounding me."

Praise your soul for its divinity. "I appreciate my soul that keeps me connected to the Source of life and teach me how to live, love and be loved."

Find the good things in yourself and praise them; your beautiful eyes, your hair, your kindness, your inner strength, the way you articulate words, your organizational skills; appreciate you. And in so doing, it will be difficult for you to speak damaging words of yourself and insult the Creator who created you. You'll feel good about who you are in your uniqueness.

Affirmation - Body, you are so beautiful. You are wonderfully made. You are a fruitful vine. I thank you. I appreciate you.

Praise Your Loved Ones

Even though we love our family, at times we may tend to take them for granted ignoring the rich treasure we have. As we learn to appreciate our spouses, children, siblings, parents and other relatives, we begin to see the value in having them with us now and not when they've departed.

Now is the time to praise your spouse for just being there with you. Praise him or her for their contribution to your life. Praise him or her for their uniqueness. Yes, your spouse may say or do things that you may not approve of but consider yourself, as well. You are not always perfect in what you say. Look for the good and praise him or her for it.

Appreciate your children. You may feel like they're giving you gray hairs, but they are precious irreplaceable gems. Praise them for the good they do, show them and encourage them to see the good in themselves. In so doing, you'll be building their self-esteem and help them be confident.

Praising your loved ones brings a positive energy into your relationship with them and strengthens your family bond. When praise replaces criticism, the flames of your love for them are rekindled.

Affirmation - The healing energy of my praise empowers me to keep moving towards my goal.

Praise Your Community and World

When you appreciate and praise the community you live in, you open yourself to see the beauty that's hidden within it. There's ugly in many cities. So much that it's become a part of the daily news, whether on print, television or the internet.

The more you look at the ugly the more your eyes see ugly. What you focus on expands like yeast in dough. With the added ingredient of our focus, you begin to see more and more of unpleasant events.

However, if you seek to find the good within the community, good will surface and more will emerge as you give your attention to it.

Again, due to the information brought to us by the media, more ugliness is uncovered to the point it seems as if misfortune is more glorified than good events. When you become inundated with the daily negativity, feelings of fear and despair are heightened causing a tailspin of emotions within our globe. These negative feelings are recycled over and over again forming more negative events in our reality.

Let's make a conscious decision to look for the good, praise the good and create feelings of appreciation and gratitude, as we recycle those feelings to change our communities and our world.

Affirmation - I look for and praise the good in myself, my family, my community and the world.

Expressing Gratitude to Enhance Weight Loss and Improve Health

Being grateful and expressing that gratitude can add tremendous value to one's health and well-being putting you in a positive vibration to attract more healing energy into your life. Stress and frustration deteriorates the body. So when you're in the positive vibration of gratitude you're able to draw in the flow of life energy into your body.

We all know how awful it feels when you're not feeling well, when you're not at your peak and more so a prolonged illness can strengthen that feeling. But as you begin to shift your mindset into an attitude of gratitude, you immediately open the flow for life-giving healing energy to begin to regenerate the cells within your body.

What about weight issues?

When you look for the good things about your body and your life and start expressing gratitude for those things you already have, that feeling of feeling bad about your weight starts to loosen its grip on you. It's like turning on the light in a dark room. That negativity has to fall off.

What happens in that state of gratitude?

You become energized to continue on with your workout routine. You look at yourself in the mirror and say, "I may not be at my ideal weight yet but I feel good about me. I'm alive and well." What you're doing is reducing the resistance inside of you so your body receives the message of feeling good from you.

Many of the commercials send the message that something is wrong with us when we're not at a particular weight and as we accept this into our internal programming we begin to feel that way. And so begins the struggle of wanting to lose weight now and a long journey of frustration. The sad part about that is that we find it difficult to accept ourselves and even love ourselves because we don't measure up to the 'status quo'.

Feel good about where you are now. It does you no good to be caught up in a vortex of inferior feelings because you are not at the ideal weight. I know what this feels like. But until I came to the point of looking at myself in the mirror and appreciating my body and being thankful for my health and being a fertile woman, I could not appreciate what I already have.

What can you start to feel thankful about today?

When we withhold our thankfulness, we are closed to receiving the blessings. Even though the blessing is flowing - which it constantly is, it never stops - you are not open to receive it and therefore you cannot have it.

When we stay in constant gratitude, we make allowance for the constant flow of the universal blessings that belong to us and as we physically express our gratitude, we are opening the doors of opportunities for other blessings to come to us.

In the feeling of gratitude, our hearts are open in thankfulness and when we are open we are in alignment to receiving all that God, the Universe has to offer us. Our thoughts, our inner feelings and therefore our bodies are all on the same wave length of the Spirit and in that moment miracles happen.

Thank your way through disappointments

No matter what disappointing situations we may go through we can still be thankful. We could continue to focus on our disappointment, but what good would that do? We can't change the past; it's already done and over with.

We learn from our errors and keep moving on. When we find ourselves dwelling on our disappointment, we shift our conversation and thinking and begin to be thankful for what we have now.

When we put ourselves in the mind frame of thankfulness, we are sending out positive energy to the Universe and we begin to attract that positive energy back to ourselves that opens the door for the flow of the goodness of God's Spirit energy to move into and through our lives.

Thanking our way through disappointments causes us to see the good in the adversity and focus on the good that we still have in our lives despite the setbacks.

Feeling stressed?

During your daily activities, you may face many stressful situations. You may never be able to control what comes your way or how people may react to you, but you do have full control over how you respond to a stressful event which could make a difference in the outcome.

Feeling stressed? Here are a few things you could do to counteract this feeling.

- 1) Stop – instead of continuing on with the activity that's causing you to become frustrated and stressed out, stop and walk away. Get your attention off of it.
- 2) Take a deep breath – taking a deep breath relaxes the body sending oxygen to different parts of your body, including your mind, and releases tension.
- 3) Refocus your mind – get your mind off the negative aspect of the event. Look at the situation from a positive view point.
- 4) Gratitude – think of something you're grateful for, e.g. I'm thankful that I'm healthy or I'm thankful that I'm able to go for a walk today. Expressing thankfulness for what you already have allows you to return to a place of peace.

5) Think clearly – if the situation warrants your immediate attention, think of ways to simple, peaceful resolution.

Stress is unhealthy for our bodies and it shuts out the free flow of creativity. Thank your way through your stressful situations and feel the negative energy leave your mind and body. Just that shift in your mind begins to untangle the mental knots.

Strive to handle stressful situations differently, today!

Make everyday thanksgiving

As we make a conscious decision to look at life from a positive angle, we influence and recreate our future by the positive emotions we emit which draw back to us a mirrored reflection of our hearts. The emotion of thankfulness and gratitude puts us into a state of positive vibes, in turn, attracting more positive experiences into our lives.

When we set our minds on looking for the positive in every situation our stress level lessens tremendously. No longer are we struggling to turn things around or are fighting an uphill battle which attracts more negativity into our energy vibration but we now align ourselves with positive vibrations that begin to turn our external experiences around.

In an attitude of thanksgiving, life is full of fresh adventure no matter where we may be at this point.

Note from the author:

I hope you enjoyed this report and will begin to apply the information to your life right away.

I used to get so flustered when I looked at myself in the mirror. No matter what I tried on – nothing seemed to look good. No matter how I did my hair, it never looked right. I'd get really frustrated and that frustration led to feeling depressed.

Then one day – I learned a little secret – just stop and ask the Spirit for help. You see, I come from a very spiritual background but I neglected one important thing when dealing with my personal issues – and that was simply to ask for help.

I discovered by asking, simple ideas came to me and I know exactly what to do – what to wear and how to do my hair. Other people commented on how good I looked. I began to make this a habit to ask the Spirit for help.

I had gone through some things in my first relationship and when the relationship had ended I was left feeling hurt and lonely. I never gave up on love because I had a lot of love in me to give and besides I believe in family.

I looked in my own heart, got clear about what I wanted for my life – have a happy relationship, someone who would truly love me and I could share my life and grow a family, start my own business and find a new home. Again, I asked the Spirit to help me and I expressed my gratitude knowing that my answer would show up. “Thank you, thank you, thank you.”

I discovered something – a friend once said to me, “You always get what you pray for.” I didn’t realize it at the time – I was using the principles to attract what I wanted.

I learned how to attract my spiritual mate into my life, and now together we have built a strong relationship and have grown a family of 8 children, I attracted jobs that I wanted, started and grew two businesses, attracted money into my life, built my self-esteem and self-confidence and experienced a painless childbirth.

Now, I’ve put together these simple steps you can use right now to develop the attitude of gratitude so you can appreciate where you are now, attract the things and experiences you want, transform your life and experience more happiness and personal freedom.

And now, if you’d like to have a simplified step-by-step process to help you get unstuck, remove mental confusion and get you back on the path towards achieving your desires, I’d like you to check out the [Life-Changing Map](#) – see the Map below.

And if you’d like to know how to use the map and how to apply it to your life...

Get the full details here =><http://www.changinginsideoutnow.com/Lifechangingmap/>

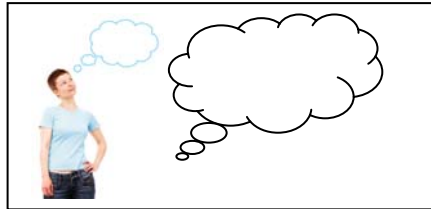
Enlightened in Love,

Alicia Isaacs
Changing Inside Out Now!

Life-Changing Map Sample

Life-Changing Map

Thoughts
Imagination
Inner Vision



Perspective
Shape/Mold



Experience
Inner Transformation





Internalized Action

Physical Action



Outward Manifestation

Tangible Results



Would you like to know how to use this map and apply it to achieve your goals and change your life?

Go here => <http://www.changinginsideoutnow.com/Lifechangingmap/>

Acknowledgements

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