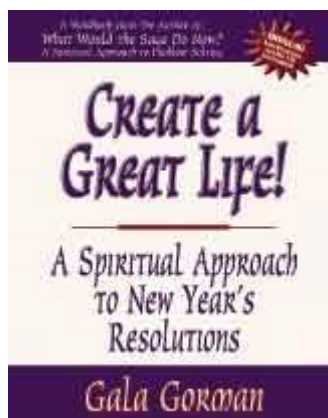


Create A Great Life!

A Spiritual Approach to New Year's Resolutions

By Gala Gorman CPA CFP

"Any day can be New Year's Day - All you need is a starting point to begin creating a great life."



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As the pace of change and turbulence increases in the world, more and more of us are looking for 'something more' to give meaning to our existence. Today, wholistic, ecological, and spiritual values are coming to the forefront. We search for balance in our lives and ways to live in harmony with others and the universe as a whole. But where do we begin our path to self-knowledge and improvement?

With this workbook, you'll significantly decrease your learning curve when it comes to incorporating a metaphysical perspective into your daily life. You'll learn how to incorporate ancient wisdom in a way that makes sense in today's world. With its easy-to-use exercises, you'll quickly learn how to use a spiritual perspective to create a plan for manifesting the life you've always dreamed of. When you have completed the process, you'll realize your ideal life is well within the realm of possibility...and you'll be well on your way to creating it!

Following the guidance offered, you'll have your own Spiritual Tool Chest™ put together in no time. Why not begin creating a magickal life for yourself today?

This workbook includes:

- A series of guided meditations on CD that will help you tune into your higher guidance
- Writing and journaling exercises focused on:
 - Building your primary relationship with yourself
 - Developing affirmations to support desired changes
 - Putting together annual goals that help create balance in your life
 - Creating a step-by-step action plan for achieving your goals
 - Following up on progress toward your goals
- A skill-building activity to learn those things needed to manifest your desired changes
- Collage-making and visualization exercises to help imprint the vision of your ideal life on your subconscious