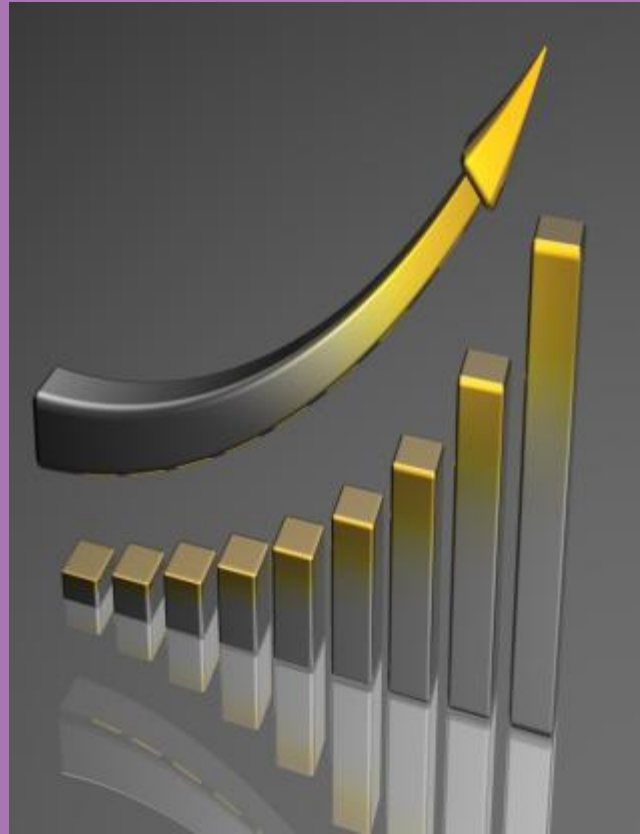


LICENCE TO LIVE

365 Days of
Inspiration,
Motivation
and
Dedication

by

Hyacinth Fraser M.A.



- ◎ Thank you to friends and family who have helped me through some really challenging times. You know who you are and it means more than you can ever know.

THANK
YOU


THANK YOU

Thanks

DISCLAIMER...

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HOW TO USE THIS BOOK

- ◉ Have a journal to hand (see the next page)
- ◉ Use it daily
- ◉ Tap into any part of the book as and when you might need some further insight
- ◉ Tell a friend about it
- ◉ Set up 'Licence to Live' groups and undertake some of the activities
- ◉ Keep in touch and I'll send you information about my workshops
- ◉ Like my facebook page
- ◉ Follow me on  @purplepurple777

YOUR LICENCE TO LIVE JOURNAL

- ◎ Before you start on this journey have in front of you
 - Your Licence to Live journal
 - Something to write with
 - An open mind and heart
 - Your commitment to yourself to go the extra mile in completing your daily practice of reading and completing the exercises
 - A belief that you will soar beyond where you are

DAY 1

- ◉ Choose what you will do today that will be the difference that will make the difference in your life.
- ◉ Take one action today that inspires and motivates you.



DAY 2

- ◎ Everyone has the ability to focus and can focus having made the choice to do so. Ultimately you are the one who will achieve your dreams through sustainable focus.



DAY 3

- ◉ Identifying powerful benefits for you to achieve that which you set out to can also be a great impetus for staying focused. If you garner reasons to do things that have a meaning beyond yourself, then it is much more likely that you will stay on focus.
- ◉ What will you focus on today?



DAY 4

- ◉ Focus on a vision, take action each and every day and watch your vision take shape.
- ◉ Do this consistently for 21 days and create a habit



DAY 5

- Positive self-talk will help to take you to the next level. Examples -
`yes I can', `I know exactly what I need to do right now to move me forward', `it will be and it's up to me', `I trust in me', `I am now ready to embrace my success' and `my abilities are endless'.
Now create some of your own.



DAY 6

- Success is contagious, find some successful people, read about success people and do as they do.



DAY 7

- ⦿ “What I must do, is all that concerns me, not what the people think.”
Ralph Waldo Emerson.
- ⦿ What must you do?



DAY 8

- ◉ Shape your destiny through taking that decision that will make a difference to your life. Maybe a decision is about giving up procrastination, another decision could be to create a wealth development plan, still another could be to develop a project plan for different areas of your life and stick to it.



DAY 9

- ◉ Be the inspiration you would have wanted to see when growing up. Step up to being an example to those significant others in your life.
- ◉ Make a note of those significant others in your life.



DAY 10

- ◉ Here's an opportunity to be an active participant in life. In this moment you can choose to be the best person you can be.

