

Find Your Bootstraps... Then Tug!

365 Happiness Vibes



Written by Thea Westra



Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Created & Published By

Thea Westra

<http://www.forwardsteps.com.au>

Copyright © 2011 – Thea Westra. All rights reserved.

DISCLAIMER AND TERMS OF USE AGREEMENT

Every effort has been made to make this publication as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this publication contains information that is the view and opinion of the author. Therefore, this publication should be used as a guide and not as the ultimate source on the subject matter. Every effort has been made to accurately represent this product and its potential. However, there is no guarantee that you will improve in any way using the techniques and ideas in these materials. Examples in these materials are not to be interpreted as a promise or guarantee of anything. Self-help and improvement potential is entirely dependent on the person using our product, ideas and techniques. Your level of improvement in attaining the results claimed in our materials depend on the time you devote to the program, ideas and techniques mentioned, knowledge and various skills. Since these factors differ according to individuals, Thea Westra at Forward Steps cannot guarantee your success or improvement level. Nor is Thea Westra at Forward Steps responsible for any of your actions. Many factors will be important in determining your actual results and no guarantees are made that you will achieve results similar to ours or anybody else's, in fact, no guarantees are made that you will achieve any results from our ideas and techniques in our material. The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose. NOTE: This product contains hyper-links to external websites, resources and other useful products. In order for these hyper-links to work properly you must first be connected to the Internet. The author, publishers and promoters of this eBook are not responsible for the content of websites linked here. If you make a purchase on a website we recommend Thea Westra at Forward Steps may stand to earn a commission.

If you have any questions about what you can or can not do with this product please contact:

<http://forwardsteps.com.au/contact.htm>





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Table Of Contents

Click on the page number to go to the corresponding chapter.

About The Author	page 3
365 Happiness Vibes 1 - 41	page 4
365 Happiness Vibes 42 - 82	page 6
365 Happiness Vibes 83 - 123	page 8
365 Happiness Vibes 124 - 164	page 10
365 Happiness Vibes 165 - 205	page 12
365 Happiness Vibes 206 - 246	page 14
365 Happiness Vibes 247 - 287	page 16
365 Happiness Vibes 288 - 328	page 18
365 Happiness Vibes 329 - 366	page 20
How To Share This Book	page 22



Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

About The Author



Thea Westra lives with Greg in Perth, West Australia and publishes lots of positive, upbeat content, online.

Thea doesn't see people as broken and her job is not to fix anyone, she's simply adding positive energy to the world - *adding wings to our unique life journey!*

Each of us has a responsibility to follow our heart and to be the best person we can be. There really is no one person who can give all your answers. No matter who you are or what you do in life, you are the answer you have been looking for.

Originally Dutch, Thea is now an Australian citizen, and was born the Caribbean island of Curaao, spending her childhood in Holland. She came to Australia at age 8 and returned for two years aged around 16, plus again for a holiday during 2006. Thea still speaks, writes and reads Dutch. She has also traveled to other places overseas and lived in a few different locations in Australia, as well as touring around.

In a nutshell, Thea has seen a lot of other parts of the world and done some really cool things including scuba diving, yachting, advanced driving, climbing, paragliding, camping, target shooting, archery, dirt bike riding, ice skating, horse riding, skiing.

Thea has also completed many years of personal development training and read hundreds of books and papers on many self growth topics.

The hub of her online publication is at [Forward Steps](#)

You can do a Google search for "*Thea Westra Forward Steps*" where you'll find many of her various sites and creations. Also, look out for her book titled *Time For My Life: 365 Stepping Stones*. It is available as a download version or as a paperback copy.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 1

365 Happiness Vibes 1 - 41

- Be generous, kind and forgiving to others and yourself.
- After work today, do something different from what you do all day at work.
- Allow everyone to go ahead of you, into lifts and through doors, for a whole day.
- Allow someone ahead of you in a shopping queue, or parking space.
- Arrange an unexpected visit with a friend.
- Balance two-way information exchange. Practise listening more than you speak.
- Be a good listener and see the good qualities in others.
- Be a part of your community by offering yourself as a volunteer.
- Be close to the natural world on a daily basis.
- Be extra sensitive to everyone else's needs for today.
- Be more generous and give others more chances to prove themselves than you might otherwise.
- Be more interested in your fellow human beings for all of the day.
- Be publicly happy, and often.
- Be your own very best friend for the day.
- Brainstorm 10 ways that you can give more to your job, family and community.
- Bring a friend some cuttings from your garden.
- Burn an incense stick, or two!
- Buy a beautiful journal and add an entry each day.
- Buy a bunch of flowers for yourself.
- Buy a lottery ticket and photocopy it to share with some friends.
- Buy a small tree at the nursery and plant it.
- Buy Christmas and birthday gifts so you have them at home, in advance.
- Buy some of your favourite foods and savour them.
- Buy yourself the flowers you might have wanted to receive from another.
- By the end of today, know that one person's life has breathed easier because of you.
- Call your best friend to say hello.
- Catch yourself in moments of simple enjoyment, today.
- Change your pace. If you're usually fast, slow down, and vice versa.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

- Clean out closets and donate toys, clothes, and anything else that is a dust collector.
- Comment on a blog that you really like.
- Connect with somebody online and say hello, just because.
- Consciously let your muscles relax each time you feel them tighten.
- Cook dinner for your parents, or your neighbours.
- Create a detailed, peaceful retreat in your mind and go there often.
- Create a logo for yourself and get personal paper printed.
- Create a new account, and each month blow all that account's money in a way that makes you feel rich.
- Create a personal piece of art work to hang on your home or office wall.
- Create an online photo site for your family.
- Create something hand-made and give it to a friend.
- Create your own annual holiday and celebrate that each year.
- Decide what thought you will use to replace worry or concern, and use the replacement often.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 2

365 Happiness Vibes 42 - 82

- Decide what you most enjoy doing, and then look around for opportunities to do more of that.
- Declare one thing you will achieve today, and do that.
- Design a lovely piece of art, regardless of what others think.
- Develop and follow healthy eating habits.
- Develop and nurture an optimistic mindset to have better things show up in your life.
- Do a drawing or painting to print and share with friends, as a framed gift from you.
- Do less and do everything more slowly.
- Do not think about anything else except what you are doing, at the time you're doing it.
- Do something childish today, like jump into a puddle or play hopscotch.
- Do something (healthy) that will improve your personal appearance.
- Do you know what??s right for you? Make that your only business.
- Donate blankets and food to a local animal shelter.
- Donate blood to the local Red Cross.
- Donate to your favourite cause.
- Drink eight glasses of water today.
- Drink more water and find out about electrolytes at a health shop.
- Drive or walk a different route to work.
- Drop in and visit a friend, unannounced.
- Eat breakfast each day. It is better for your health to start your days with breakfast.
- Eliminate some things that are not necessary to a contented life.
- Eliminate worry. Be concerned only with those things that you can impact.
- Embrace who you are by being happy and comfortable with yourself.
- Enjoy an extra few minutes in the shower and enjoy the feeling.
- Enjoy yourself today because it is not coming back.
- Establish a consistent program to reduce your anxieties in life.
- Exaggerate your 'complaints' to such an extent that you end up laughing.
- Feel good about yourself just the way you are.
- Figure out what you need to do, to keep a holiday spirit.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

- Find a joke on the internet and memorize it and tell your family later.
- Find and connect with, or arrange to meet with, a brand new friend today.
- Find out the names and needs of every plant under your care, in your garden.
- Find several ways of sharing your knowledge and skills with other people.
- Find something funny to laugh at.
- Find something funny to laugh at. Share it with someone.
- Free up 30 minutes to do something you'd like.
- Get a bird feeder or water bath for your garden.
- Get a clear visual picture in your mind of your ideal body weight.
- Get a full health check with your doctor.
- Get a good tan this summer without damaging your skin even once.
- Get a new plant for the home or office, or someone else's home or office.
- Get a packet of flower seeds and sprinkle in your gardens.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 3

365 Happiness Vibes 83 - 123

- Get in the habit of pausing and breathing deeply and slowly.
- Get some soapy water and blow bubbles.
- Get up a little earlier to give yourself time to savour a cup of tea in the garden.
- Get yourself a piggy bank and start saving for something special.
- Give a 3 minute hug to a loved one.
- Give others the benefit of the doubt more often.
- Give people more than they expect and do it cheerfully.
- Give yourself plenty of time for everything today.
- Go camping for a night.
- Go for a drive without a specific destination, only to explore.
- Go for a season using natural remedies only (unless otherwise prescribed by a doctor).
- Go for a walk, bike ride or a drive with no predetermined destination.
- Go one day without buying or drinking from, a plastic water bottle.
- Go outside at night and look at the stars and moon.
- Go to a coffee shop you've never been to, with yourself.
- Go to a free Summer concert, or any free event you'd like to attend.
- Go to a park with a friend, and fly your home-made kites, or paper planes.
- Go to an open house inspection at your dream house.
- Go to see a real live play.
- Go to the store and pick out a food you've never eaten before, and try it.
- Go to your favourite restaurant for dinner with a friend.
- Go window shopping at your favourite store.
- Grant the possibility that the other person may be right, even if you don't believe it.
- Have a coffee in the nicest hotel in your city.
- Have a romantic candlelit dinner at home, even if it is with yourself.
- Have a slumber party with your favourite friends.
- Have an imaginary friend for a day and converse with them through your day.
- Have breakfast in bed.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Have someone play with your hair or brush it.

Hold an optimistic view of the world, all day.

Hug a huge teddy bear.

If you have no savings, begin the habit of adding to such a fund for yourself.

Imagine if compassion and generosity were the measure of success, not money and assets.

In conversations, notice if you're being interesting. Stop if you're not.

Include the discipline of some physical exercise in each day, to create positive momentum.

Incorporate mini-retreats for yourself each day.

Increase endorphins to help strengthen your immune system.

Increase your level of eye contact with the people you speak.

Keep someone talking about themselves without them being conscious of it.

Laugh so hard that your face hurts.

Learn a new joke and share it with friends or colleagues.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 4

365 Happiness Vibes 124 - 164

- Learn something new. Perhaps Google something you've wondered about.
- Learn to play chess, or any other game that you'd enjoy.
- Leave a \$20 note for someone to find, in a public place.
- Leave one of your good books as a gift, on a table or bench in a public place.
- Lie in bed and listen to the rain.
- Light a candle and enjoy its glow in a dark room.
- Light a candle at the dinner table.
- List 5 people who have positively influenced you and write each a letter.
- List five movies that you've been meaning to watch and rent them to view.
- Listen to a beautiful piece of music, or the whole selection by the artist.
- Listen to a beautiful piece of music.
- Listen to an empowering, inspiring audio.
- Listen to some music that is a genre you have never listened to before
- Look for good stories and share them around.
- Look through some photographs of places you have enjoyed
- Look up at the stars if you have a clear sky tonight. Share it with someone.
- Make a conscious decision to take some time out.
- Make a decision to actively listen to people today. Look beyond their words.
- Make a determined effort to please someone.
- Make a jigsaw from a photo of you and a friend, and give the jigsaw to that friend.
- Make a tasty and nutritious lunch for yourself today.
- Make a web cam video for your family and/or friends.
- Make an appointment to have a massage.
- Make certain that your friends and family know how much they mean to you.
- Make eye contact with strangers and extend a smile.
- Make others feel good, and you??ll feel better in return.
- Make yourself a 'real' coffee in the morning.
- Never give up - you never just know how close you are to a big breakthrough!





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

- Notice at least 5 things, today, for which you can be very grateful.
- Notice often, your total relationship with the world.
- Notice someone else's hard work and compliment them.
- Notice the colour purple everywhere you go today.
- Order a book you've been wanting to read.
- Organize a weekend away with friends, sharing the costs of a cottage.
- Participate in a community project.
- Pat a cute kitten or puppy in a pet store.
- Pay for someone's time at a parking meter.
- Pay more attention to when your energy is best. Recreate those situations often.
- Pet an animal or look at some lovely images of animals.
- Call one member of your family, just because?
- Pick a flower to put in a vase on your desk, or someone else's.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 5

365 Happiness Vibes 165 - 205

- Pinpoint the commonality in your happiest moments so you can recreate them.
- Plan what you'll be doing with your next day off.
- Plant a herb garden outside your kitchen door.
- Plant some seeds for vegetables and nurture them.
- Play a musical instrument, regardless of knowing how.
- Practise relaxation techniques to help calm your days.
- Practise skills that put people at ease and help them to get to know more about you.
- Put on your best guided meditation audio and savour the time with yourself.
- Read a children's book to someone before bedtime.
- Read a poem. Just one!
- Realise that not all of your friends will stay with you, they will come and go through your life.
- Realize that you make mistakes just as others do, and you will make more in the future.
- Rearrange your furniture to better suit you, or for a change.
- Reduce the amount of caffeine you take today.
- Reflect about some things that can improve your feelings.
- Register yourself as an organ donor and inform your family.
- Remember the enormous effect that your thoughts have on your well being.
- Remember the mantra, "This too shall pass". Use it when you need it.
- Rent a couple of favourite DVD??s and make gourmet popcorn for yourself tonight.
- Replace the terms 'children' and 'kids' with 'young people'. Notice the shift in relating.
- Revamp your food presentation. Get out your best crockery for dinner tonight.
- Rise earlier than usual and savour the morning.
- Rise early and find a great vantage point, to watch the sunrise.
- Say goodmorning to someone on your morning commute to work.
- Schedule time for reading each day.
- See a movie at the cinema.
- See the best in others, look for the gold. It will automatically make you feel better about yourself.
- Select a cause and donate some time, resources or funds.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

- Send a card to a family member
- Send a card to a friend
- Send a few thank-you notes or cards.
- Send a friendly message to someone in an online community of yours.
- Send a surprise gift to a friend or family member.
- Send postcards to a few friends or family.
- Send someone a bunch of flowers, anonymously.
- Separate work and play more distinctly, so that you can 'be' fully focused with the one or other.
- Set a date and invite some friends home for dinner, just for no reason!
- Set aside a few moments today to get more clear about what you really want from life.
- Set up a coffee meet with friends
- Set up a regular meditation time each day, and do that every day.
- Set your alarm earlier and enjoy some quiet morning time.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 6

365 Happiness Vibes 206 - 246

- Set yourself an early morning adventure for tomorrow.
- Show genuine interest in other people's feelings, ideas, opinions, plans and circumstances.
- Sing a favourite song, at the top of your lungs, even if you don't know the words to it.
- Sit by a pond and watch the goldfish or ducks.
- Sit quietly with your own thoughts for 30 minutes.
- Sit under a large, leafy tree and daydream.
- Slow down and move with an easy, relaxed manner.
- Smile and say good morning to a stranger in the street.
- Solve a puzzle or start a jigsaw.
- Spend 15 minutes daydreaming about your ideal day.
- Spend 30 minutes reading your favourite book.
- Spend a day walking and taking photos in the city.
- Spend a little time each day to concentrate on the contribution you're making to the rest of the world.
- Spend a whole day reading a favourite, or a new book.
- Spend at least 20 minutes a day outdoors during daylight hours.
- Spend more time doing what you love to do, not as a cliché, really start doing it.
- Spend more time outdoors than usual. Give yourself some space to breathe.
- Spend some extra time with your children, or someone else's.
- Spend some time with a child to get a look at their unique perspective on life.
- Spend twice as much and buy half as much. Allow yourself only great quality in your life.
- Stand in the sunshine or daylight for 15 minutes today.
- Start a journal. Include images, poems, fond memories.
- Start a new daily habit, even if only a small one.
- Stop trying to be interesting, and become interested.
- Surprise someone with a candlelit dinner or a picnic lunch.
- Surrender some valuable seconds to study what the wind feels like against your skin.
- Take 10 long and deep breaths while thinking of a favourite place.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Take a bike ride.

Take a bus in the city, without concern for destination. Enjoy the scenery.

Take a drive, or walk, along a pretty road.

Take a few moments today to go to a park and connect with nature and people.

Take a long, luxuriating bath.

Take a moment at the start and end of the day to send love out to the whole, global family.

Take a moment to fill your heart with love.

Take a walk by the water. A river, lake or sea.

Take a walk in the rain without an umbrella.

Take a kung fu or belly dancing class.

Take on board a brand new rule for yourself that will help you to be a better friend.

Take some tasty treats to share at work.

Take someone's dog for a walk.

Teach someone (who would like it), something in which you are an expert.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 7

365 Happiness Vibes 247 - 287

- Tell a joke to a stranger you meet somewhere.
- Tell someone that you love them.
- Test drive the car of your dreams.
- Thank someone for something they did.
- Think about some favourite past events and enjoy your memories.
- Think of a small way in which you could deliberately celebrate your life, today.
- Today, live in the belief that simply who you are, is enough.
- Touch a tree and really feel its bark and leaves.
- Treat others the way you would like to be treated.
- Treat yourself at your favourite caf.
- Treat yourself the way you would like others to treat you.
- Try a stretch or exercise that's not in your usual routine.
- Try out a brand new coffee shop or restaurant each month.
- Try relaxing and rethinking a whole situation, this may result in a positive turn.
- Avoid talking about bad news whenever possible.
- Turn your favourite song up loud.
- Unplug your phone for a few hours, or all day!
- Use your best crockery for setting a dinner table for tonight's meal.
- Value yourself and others as individuals who have much to offer.
- Visit a library or gallery.
- Visit a lovely nearby town and mail yourself a postcard from this scenic place.
- Visit an aged care facility and ask if anyone needs a visitor today, then visit them.
- Visit the seaside and watch the ocean waves, no matter the weather.
- Visualize and use your imagination in different ways to help syphon tensions.
- Visualize your way out of tension by picturing yourself in a very calm setting.
- Walk a little faster than usual and put a spring in your step.
- Walk along a beach and hunt for sea shells.
- Walk barefoot in sand.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Walk barefoot on grass.

Walk through a city garden or local nature spot.

Watch an uplifting, inspiring movie.

Watch some children playing in a playground.

Watch the sunrise or sunset with a friend.

Wear your best or favourite clothing today.

Wear your favourite clothes to work today.

What could you be doing that you are blaming on another for not doing for you?

When was the last time you walked in the rain? If it's raining, do that today.

Whistle while you take a walk down the street.

Write a letter with your latest news, to copy and send to friends and family.

Write a love letter to yourself.

Write an appreciation note to someone you really admire.





Thea

Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 8

365 Happiness Vibes 288 - 328

- Write an encouraging letter to yourself and mail it to yourself.
- Write to the editor of a paper to express an opinion about any issue.
- You are only sure of today; do not let yourself be cheated of it.
- You are wise. Talk to yourself and listen!
- Leave the change from your coffee purchase in a donations box.
- Share your favorite inspirational quote with three friends.
- Really mean it and listen for the answer, when asking people how they are doing.
- Take a moment to reflect on, and remember someone from your past.
- Send a handwritten greeting card or note to a friend.
- Book a dental appointment, within the next three weeks.
- Book a hairdresser appointment, within the next three weeks.
- Put on your favorite CD or audio and listen to it, without multi-tasking.
- Go to a global action site and sign a petition or click on an action link.
- Prepare a pleasant surprise for someone in your workplace, or at home.
- Spend 30 minutes on your favorite hobby or past time.
- Begin creating a vision board or personal inspiration notice board.
- When shopping, be on the lookout for personal birthday and gift items to have ready for the year.
- Take a 30 minute break to do some exercise, or get sunshine and fresh air.
- Get out of your comfort zone and take a break from work to spike creativity.
- Sleep well, it helps clear the mind for a rush of new ideas to come in.
- Take a mini holiday today, it can be an hour or several hours.
- Break a pattern in your mind and do something very different today.
- Decide on which people you want to be like, hang out with them more often.
- Think of someone who wants an apology from you, then go and apologize to them.
- All day, act and truly feel like you deserve the very best.
- Invest time each day to remind yourself what you are grateful for.
- Ask a friend for their thoughts and ideas even when you already have the answer.
- If doing a favor for a friend, give much more than what they asked for.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Show the world, your best "you"!

Your attention is your most precious asset. Give more of it away, to those close to you.

Decide to live your life "your way" from today, and each day from now on.

Surround yourself with people who trust each other.

Never put your dreams on the back burner, and remind your friends of theirs.

Become a better listener for what is not being said.

Some days you need not look any further than the person you see in the mirror.

Replace the word "they" with the word "we".

Constantly increase your focus on proving to others, how much they can trust you.

Invest time to really define the difference you would like to make, then take a first step.

Ask a trusted friend on how you could improve yourself.

Get clarity on your passion, then start building your life around that.

Rather than direct support, look for where you can help someone to help themself.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 9

365 Happiness Vibes 329 - 366

Keep your energy high by eating right and getting the right rest and relaxation.
When with other people, make a decision to listen.
Always look inside yourself first for any solutions you want.
Be more keen on recognizing other people's interests.
Let it go, you will never change another person, only your response to them.
Create the room for taking action on what you really want.
Turn a difficult situation into something easier to handle.
Show someone your appreciation for what they do and what they accomplish.
See the potential and opportunity in very one of today's circumstances.
Really enjoy seeing your friends, colleagues and family succeeding.
Be more quick to acknowledge what others do and say, including yourself.
Visualize successes in detail. Win everything in your mind, first.
Solve problems in the place you find them, do not carry them around with you to other locations.
Do what you say you will do.
Be results driven and people focused.
Much comes down to how well you can get along with others.
Consciously appreciate the little, basic things that you often take for granted.
Help others build relationships, and encourage them to do the same for you.
Adopt behaviours and habits that will create your desired reputation.
Always share the rewards and the benefits that have come from your successes.
Forgive others, and clear your mind for your future.
Before stepping out your front door, choose how you will treat the world today.
Give up spending any energy on things you can not, and will not, influence.
Know who you are, and what you are, and live your life by staying true to those.
Look for ways to serve people around you, and for ways to help all of us grow.
Keep perspective, every now and again take your mind away by doing something else.
Make sure that you are always practicing what you are preaching.
Do something for another without expecting something in return.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Surround yourself with people who possess traits that you would like to develop in you.
Decide on the way you will see yourself, the way you will see your life, and the way you will see the world.
If you are not making choices in your life, then someone else is probably making them for you.
Define the potential learning you will decide to extract from today.
Let your actions do more of the talking for you.
Have the confidence to admit when you have made a mistake.
Work with what you have, while you build what you need and want.
It is always what you do, or do not do, on a daily basis that creates success.
Be more sure that all your conversations are two-way conversations.
To get more out of life, you need to put more into life.





Forward Steps 365 Happiness Vibes

Adding wings to our unique life journey!

Chapter 10

How To Share This Book

I hope you enjoyed the book and will make good use of its many empowering life tips. The 179 Forward Steps book is a free book, yet you may not alter the contents.

This free sample book is one that you may distribute freely. Use there-branding tool, about which you can learn more, at...

www.timeformylife.com/affiliate.html

If you enjoy self-improvement material, then you will love the many other resources at...

www.forwardsteps.com.au

If you used these 179 life power tips, then can you even begin to imagine, how 2,843 actions, options, inspirations, tasks, and thoughts could transform your life if you took up each of them, over the course of a full year? Find out more at...

www.timeformylife.com

Namaste,
Thea





Forward Steps 365 Happiness Vibes



Adding wings to our unique life journey!

GET PAID TO
SHARE
THIS eBOOK





Forward Steps 365 Happiness Vibes



Thea

Adding wings to our unique life journey!

Resources



What we feed our mind changes our energy! What if you could get a bundle of positive tools that will energize and boost you today ...AND that will take you all the way through your year?

[Click Here](#)



You've heard it said, "You are what you read"! Stimulate your mind with tips and resources to maximize your rise to success, with every one of these 365 Forward Steps Notes. All at the one handy place to access anytime.

[Click Here](#)



Experience the life changing results that can happen when you apply the 50 Life Power Questions Exercise to your life. It's an excellent tool for getting "clear of trees", giving a magnificent view of the "woods"!

[Click Here](#)

