

Your Best Decade Ever

3 Jars / Survival Instincts Checklist

HAVE I FELT LOVE AND APPROVAL IN THE LAST 24 HOURS?



HAVE I FELT SAFE IN THE LAST 24 HOURS?



HAVE I FELT CALM AND IN CONTROL IN THE LAST 24 HOURS?



As you journal about these moments,
feel the feeling of already having approval, control, and safety.
It's worth all the gold in the world as we attract more of what we feel.