



# THE 3 SECRETS TO A GREAT DAY EVERYDAY

Deliberately Choosing Joy & Abundance as a Daily Practice

## Topics

- The power of a daily practice
- Choosing to have a magical day
- Inviting your friends and family to support your process
  - Scarcity versus abundance mentality
  - Changing the lens on life events
- Moving from fear to compassion

## At this interactive and dynamic workshop participants will:

- Learn a process that can be applied daily
- Discover effective resources to support your practice
- Acquire tools to use immediately
- Experience a great day everyday