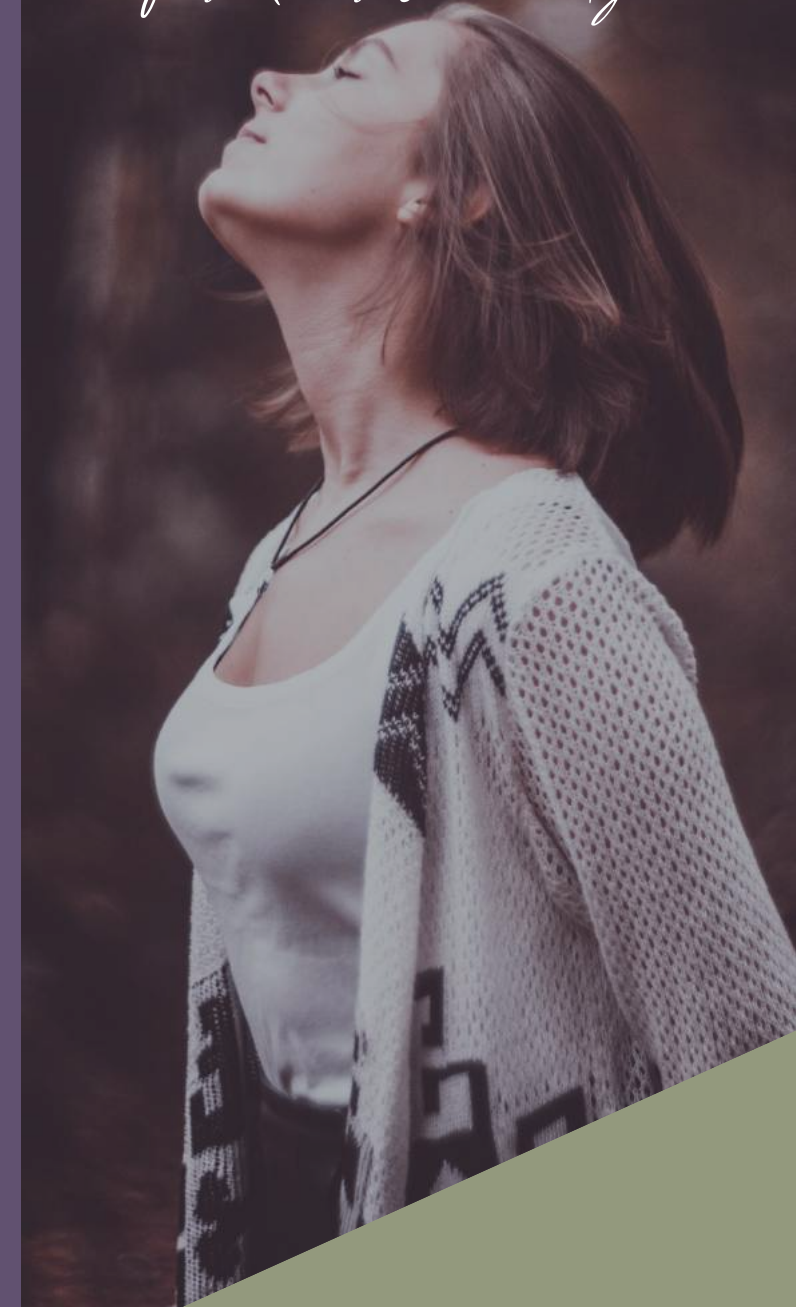




WORKBOOK

Life's Rails Community



**THE FIRST 4 PRACTICES,
BEFORE YOUR MINDSET
CAN HELP CREATE SUCCESS**

BOOK A SESSION TODAY

ONLINE COACHING BY DONATION
AVAILABLE THROUGH OUR WEBSITE!

www.lifesrails.com

EXPLORE NOW!

MINDFULNESS

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness...

SELF LOVE & SELF CARE

Having a high regard for your own well-being and happiness. It means to take care of your own needs and not sacrificing your well-being to please others. It means not settling for less than you deserve! Do you practice this? Let's see...

ADAPTING TO CHANGE

A **change** is to become something different, while **adapt** is to make suitable. Let's think about this more...

POWER OF POSITIVITY

Positive thinking is a mental and emotional attitude that focuses on optimistic and positive thoughts and expects positive results. **People with positive thinking mentality look at the bright side of life and anticipate happiness, health and success.** Let's explore the possibilities a bit!

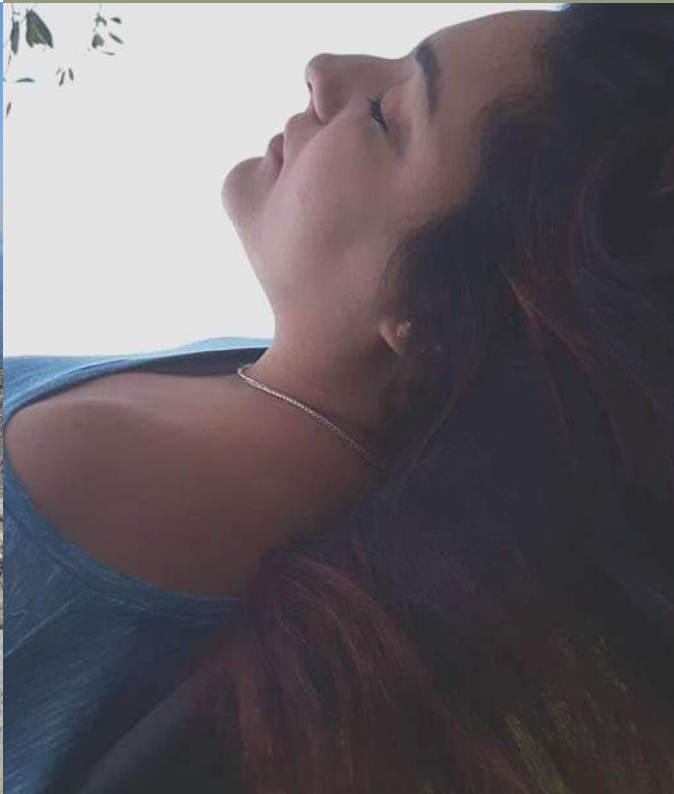


Use our workbook to build yourself the first foundations of a strong mindset ~

ABOUT

Start your journey with this first step into the right path work booklet - it will help you pin point exactly who you are and what areas in your life may need more development - to change your life and bring peace, happiness, health and success into it.

With the right mindset, your whole life changes. I've done it myself, so I know it to be possible. Now it's your turn.



Complete this work booklet to see where you stand in your mindset, mindfulness, perspective, positivity, & strength.

OUR PROMISE

SELF RECOGNITION

You will know yourself a little better - know exactly where you stand and what you've accomplished - you will have seen yourself within a bigger picture, and gain an appetite for personal development

TARGETING

This workbook will help you target some of the areas in which you might need more personal development practice and knowledge. Keep this workbook to look back into when you need motivation!

CREATING AH-HA MOMENTS

This workbook is thought creating - you might experience thoughts you've never thought of before when it comes to owning your life.

It will lead you to asking the right questions towards your life journey - to creating your new life.



Strive to create
your best life.

Visit Us

support@lifesrails.com

www.lifesrails.com

www.facebook.com/lifesrails

www.instagram.com/lifes.rails

twitter.com/LifesRails

Life's Rails Certified Life Coaches will get you into the direction you seek. Reach the wellness, direction and happiness you deserve.

*Life's Rails
Community*



www.lifesrails.com

WELCOME

We are The Life's Rails Community and we want the very best for your present-selves and your future-selves. Take a sneak peek below and use our activity worksheets to start your basic understanding of how to achieve a strong & grounded mindset. One that will set you up for success in many areas of your life.

**This work-booklet is a sneak-peek -
the extended version will soon be found on our website!**

We are people from all walks of life, in all industries, looking to create our best lives by exercising the amazing powers of our mindset and achieving all that we knew we could be capable of in the process. There are both FREE & paid workshops that you can sign up to participate in if you're looking to grow with our community of like-minded, inspirational people. We look forward to meeting you! Until then, have fun with our free activity booklet below.

KEEP IN MIND

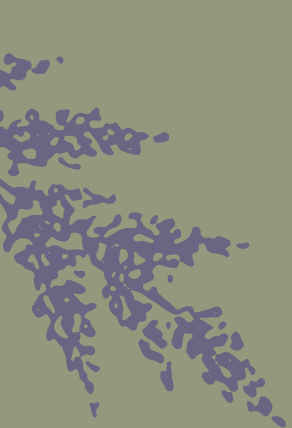
Disclaimer: This booklet encompasses some of the basic first practices for creating mindfulness & mindset foundations in your life. It will introduce much self-reflection and realization, which is a critical experience for all people interested in reaching new achievements in their lives.

Self-love & self-care, adapting to change and the power of positivity are only the beginning...

We will be offering a Masterclass in 2021 which will go more in-depth into the topics of this booklet and many other areas of personal development. This upcoming course will be targeting goal-getting, secure planning & accomplishment systems.

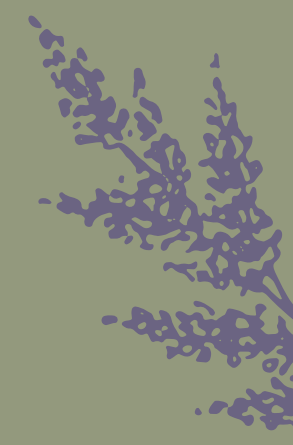
By implementing these systems, anyone that wants to - can create a life they want to be living. Accomplishing goals left and right, that they never believed they could accomplish before.

Stay tuned!



LET'S BEGIN!

Please print this Workbooklet



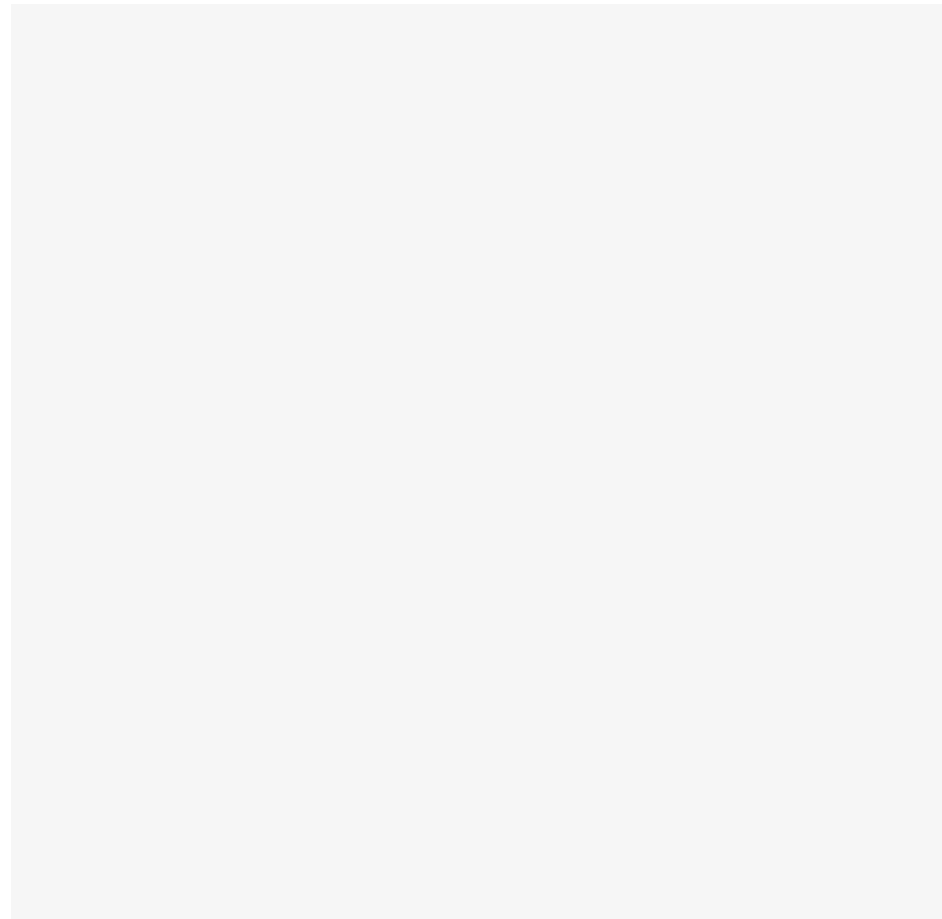
SOME PERSONAL BACKGROUND

Name:

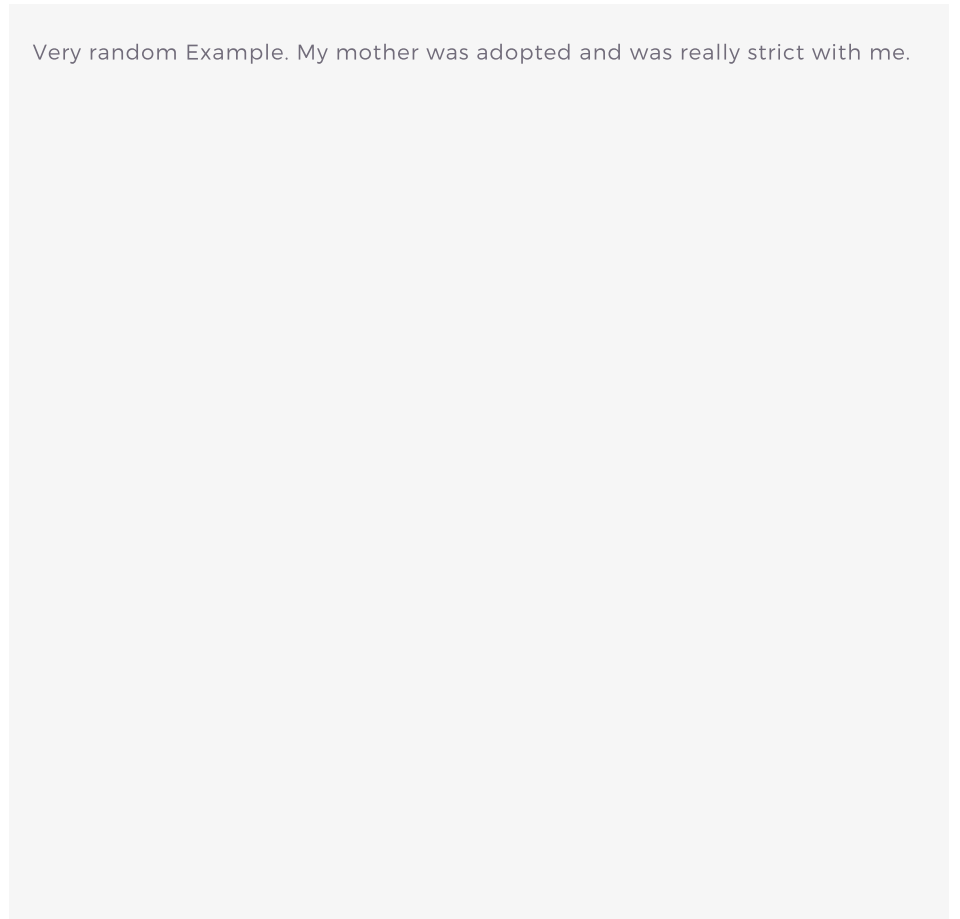
Date:

Early Life - some background about myself

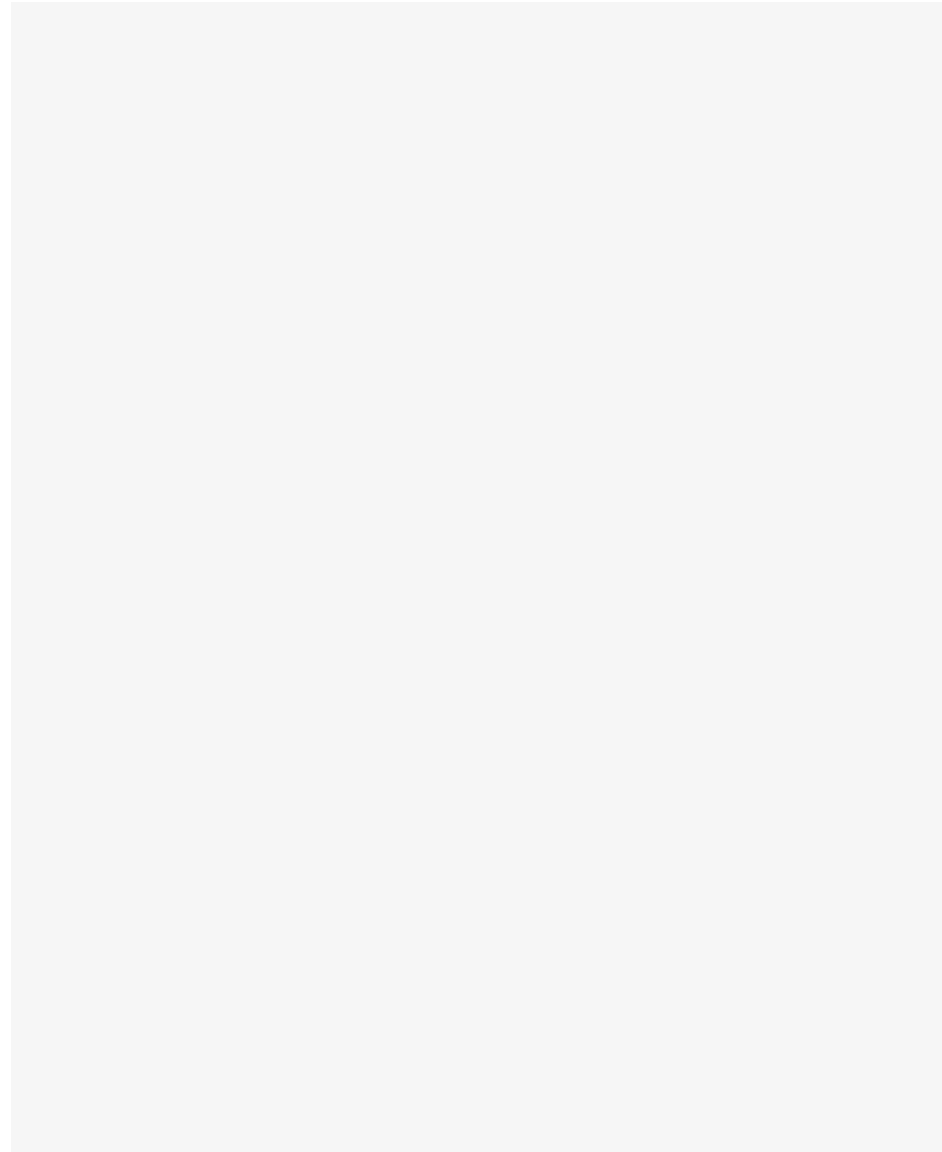
Family - any significant family facts



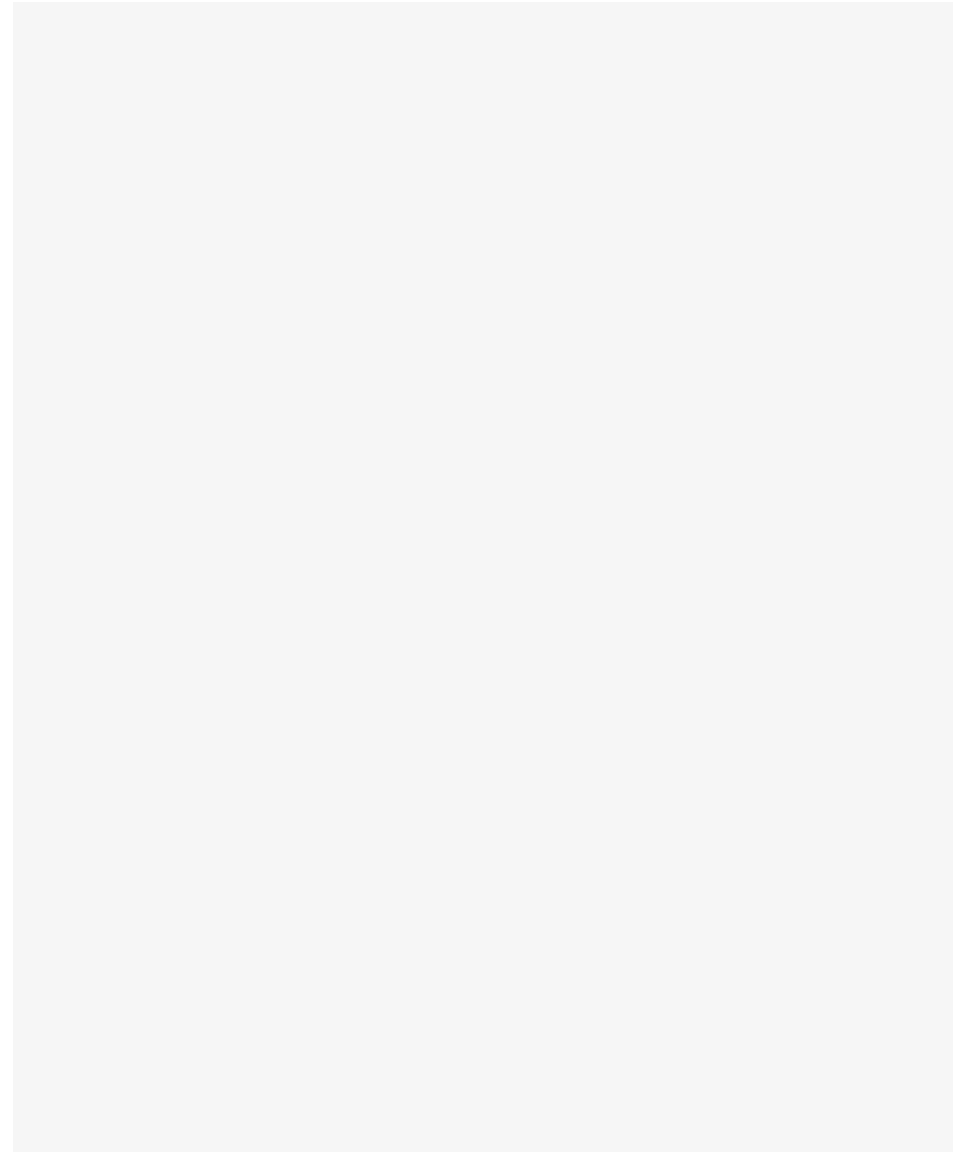
Very random Example. My mother was adopted and was really strict with me.



Accomplishments - A few highlights in my life



Some Interesting Facts about myself



MINDFUL-NESS

Take a peek below and use our activity worksheet to further your teaching of what it means to be mindful and how it benefits your life.

DEFINITION

Mindfulness

The quality or state of being conscious or aware of something.

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

DO YOU PRACTICE MINDFULNESS?

NAME: _____

DATE: _____

According to the Mayo Clinic - these are a few mindful practices - which do you practice?

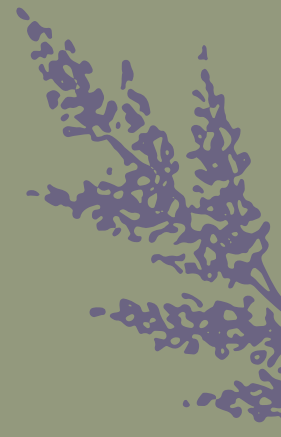
- I pay attention to the world around me
- I make sure to live in the moment.
- I accept myself
- I focus on my breathing regularly
- I meditate once a week
- I meditate every day
- I lay on my bed and focus on unwinding
- I find quiet places to enjoy alone
- I like to take long walks and to watch the world around me



The Benefits

Mindfulness & Meditation

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- High blood pressure (hypertension)
- Asthma
- Fibromyalgia
- Improves attention
- Decreases job burnout
- Improves sleep
- Improves diabetes control
- Improves Chronic pain
- Promotes emotional health
- Enhances self-awareness
- Helps with battling addiction



SELF LOVE & SELF CARE

Take a peek below and use our activity worksheet to further your teaching of what it means to explore self-love & self-care and how it benefits your life; start creating your best life today!

SELF-LOVE & SELF-CARE CHECKLIST

NAME: _____

DATE: _____

***Tik-off the following with total truth to yourself. Check-out what you might be missing for now!**

- | | |
|---|---|
| <input type="checkbox"/> I love & accept myself | <input type="checkbox"/> I have released the negative relationships in my life |
| <input type="checkbox"/> I am at peace with my past | <input type="checkbox"/> I practice deep breathing every day |
| <input type="checkbox"/> I am living peacefully in the present | <input type="checkbox"/> I take time for myself |
| <input type="checkbox"/> I know I am beautiful inside & out | <input type="checkbox"/> I know how to adapt to change |
| <input type="checkbox"/> I am successful in all that I do | <input type="checkbox"/> I know I am worthy of all that life offers |
| <input type="checkbox"/> I create daily realistic goals & crush them | <input type="checkbox"/> I understand emotional intelligence & practice it daily |
| <input type="checkbox"/> I always speak up with courage | <input type="checkbox"/> I take care of my mental health |
| <input type="checkbox"/> I always speak my truth | <input type="checkbox"/> I surround myself with good people in all areas of my life |
| <input type="checkbox"/> I inspire those around me | |
| <input type="checkbox"/> I have positive and trustworthy friend circles | |



JOURNAL ACTIVITIES

Self Love & Self Care



Get yourself a cozy drink,
find a quiet spot and
explore your answers to
these next questions.

Take your time.

This is for you - no one else.

But this is an important
exercise - write down your
thoughts and later review
them after finishing the end
of the self love & self care
section.

Date:

3 THINGS YOU LIKE ABOUT YOURSELF

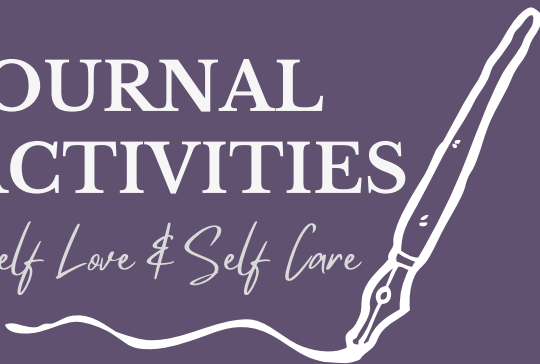
A large, empty white rectangular box intended for the user to write their answers to the question '3 THINGS YOU LIKE ABOUT YOURSELF'.

3 THINGS YOU LIKE ABOUT YOUR APPEARANCE

A large, empty white rectangular box intended for the user to write their answers to the question '3 THINGS YOU LIKE ABOUT YOUR APPEARANCE'.

JOURNAL ACTIVITIES

Self Love & Self Care



WHEN WERE YOU THE HAPPIEST & WHY

A large, empty white rectangular box for writing the answer to the question above.

WHEN WERE YOU THE MOST CONFIDENT

A large, empty white rectangular box for writing the answer to the question above.

Date:

JOURNAL ACTIVITIES

Self Love & Self Care



WHAT IS YOUR GREATEST WEAKNESS

A large, empty white rectangular box for writing the answer to the question above.

HOW COULD YOU IMPROVE THIS WEAKNESS

A large, empty white rectangular box for writing the answer to the question above.

Date:

JOURNAL ACTIVITIES

Self Love & Self Care



WHAT ARE YOU GRATEFUL FOR IN YOUR LIFE?

A large, empty white rectangular box for writing answers to the question above.

WHO DO YOU ADMIRE AND WHY?

A large, empty white rectangular box for writing answers to the question above.

Date:

JOURNAL ACTIVITIES

Self Love & Self Care



WHAT ARE SOME BAD HABITS SHOULD YOU BREAK ONE DAY/SOON?

Blank white space for writing answers to the question: "WHAT ARE SOME BAD HABITS SHOULD YOU BREAK ONE DAY/SOON?"

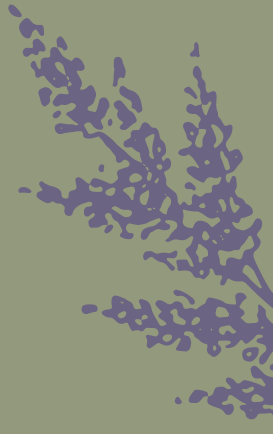
IF THERE WAS SOMETHING YOU KNEW WOULD MAKE YOU VERY HAPPY IF IT WERE TO OCCUR - HOW WOULD YOU APPROACH ACHIEVING THAT HAPPINESS? WHAT STEPS WOULD YOU TAKE?

Blank white space for writing answers to the question: "IF THERE WAS SOMETHING YOU KNEW WOULD MAKE YOU VERY HAPPY IF IT WERE TO OCCUR - HOW WOULD YOU APPROACH ACHIEVING THAT HAPPINESS? WHAT STEPS WOULD YOU TAKE?"

Date:

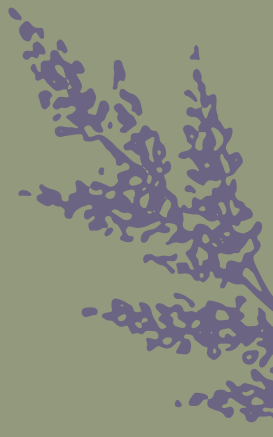
Daily Reminders

- I put my health first
- I release myself from negative self-talk
- I promise to work on my personal development more
- I promise to love the person I am becoming as I work on my personal development
- I believe in myself and my abilities
- I choose to stop apologizing for being myself
- I am reminded that I am enough
- I must acknowledge my self worth
- I remind myself to stay creative
- I remind myself to keep creating possibilities
- I deserve all the good things coming my way



Daily Reminders

- Trust in the timing of your life.
- There's no failure, only feedback
- Be yourself. Everyone else is taken.
- Aspire to inspire
- Have love for all, yourself included and hatred for none.
- Practice forgiveness
- Remember - It's hard to beat a person that never gives up
- Turn your if into when; your want into need; your maybe into absolutely; your later into now.
- You are powerful & radiant
- You love the person you are becoming
- You should be kinder to yourself
- Remember - where there's a will, there's a way!



Adapting to Change

Hi friend! Take a peek below and use our activity worksheet to further your teaching of what it means to adapt to change and how it benefits your life; start creating your best life today!

ADAPTING TO CHANGE

NAME: _____

DATE: _____

*Tik-off the following with total truth to yourself. Check-out what you might be missing!

- | | |
|--|---|
| <input type="checkbox"/> I remain calm when sudden changes occur | <input type="checkbox"/> I walk away from general life negativity |
| <input type="checkbox"/> I try to find the silver lining | <input type="checkbox"/> I walk away from negative people |
| <input type="checkbox"/> I am generally a positive thinker | <input type="checkbox"/> I want to create the best possible life for myself |
| <input type="checkbox"/> I am open to new and fun experiences | <input type="checkbox"/> I truly wish the best for others |
| <input type="checkbox"/> I make the best of a situation | <input type="checkbox"/> I accept new opportunities with open arms |
| <input type="checkbox"/> I rarely let limiting beliefs trap me | <input type="checkbox"/> I enjoy making changes in my life |



THE WELCOMING CHANGE ACTIVITY

When change happens abruptly in life...

STEP 1 - Pause, take a moment.

Think about staying calm and do the following.

STEP 2 - Take a few deep breaths. Focus on yourself right now.

These moments are yours and only yours.

3. Let go of the burden of stress & tension,

Think and then Do:

I let go of all tension in my body.

I let go of all tension in my jaw & forehead,

I let go of all tension in the rest of my face,

I am relaxed.

I let go of all tension in my shoulders,

I let go of the tension in my hands,

I relax my whole body.

Flip to next page,

THE WELCOMING CHANGE ACTIVITY

STEP 4 - I am letting go of worry & unnecessary fears towards these changes.

Calm washes over me with every breath I take. I am calm & centered, ready to take on any change. I push my anxiety away, it is not necessary here.

STEP 5 - I welcome change with open arms. Open to its new opportunities & endless possibilities.

I am looking for to the new changes. as new changes can mean new beginnings, experiences and opportunities.

New changes can also mean, new perspectives, new people, new moments & memories.

STEP 6 - I challenge myself

I do not run from change. I explore and I grow with change.

I challenge myself to find the best parts of the new changes in my life, and I challenge myself to live with them to the fullest.

If I don't like the new change at all, I don't let it overwhelm or defeat me. I stay calm and plan instead. I plan to better my circumstances, so I can thrive. I make sure to find happiness in change, especially when it could lead to a great new life journey.

JOURNAL ACTIVITIES

Adapting to Change



Get yourself a cozy drink, find a quiet spot and explore your answers to these next questions.

Take your time.

This is for you - no one else.

But this is an important exercise - write down your thoughts and later review them after finishing the end of the adapting to change section.

Date:

LIST 1 CHALLENGE YOU FACED TODAY

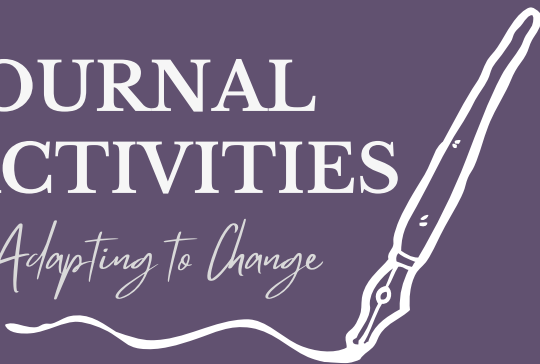
A large, empty white rectangular box intended for writing the response to the first challenge.

LIST 3 CHALLENGES YOU FACED THIS MONTH

A large, empty white rectangular box intended for writing the responses to the three challenges.

JOURNAL ACTIVITIES

Adapting to Change



WHAT ARE YOUR TOP 3 STRENGTHS?

A large, empty white rectangular box intended for writing the user's top 3 strengths.

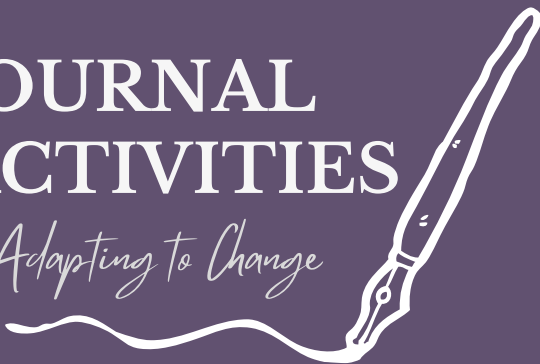
WHAT ARE 3 WEAKNESSES OF YOURS?

A large, empty white rectangular box intended for writing the user's 3 weaknesses.

Date:

JOURNAL ACTIVITIES

Adapting to Change



WRITE DOWN A MOMENT WHEN YOU WERE BRAVE & JUST WENT FOR IT.

A large, empty white rectangular box for writing a response to the prompt above.

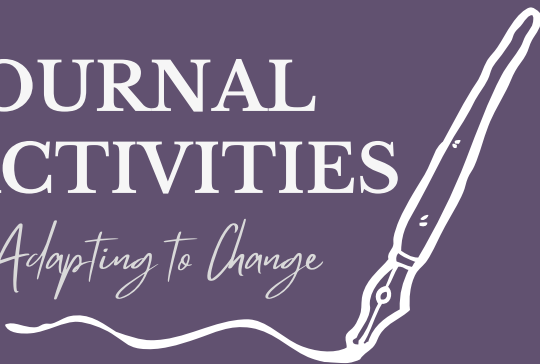
WHO INSPIRES YOU AND WHY?

A large, empty white rectangular box for writing a response to the prompt above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



WHAT WOULD MAKE TOMORROW AMAZING FOR YOU?

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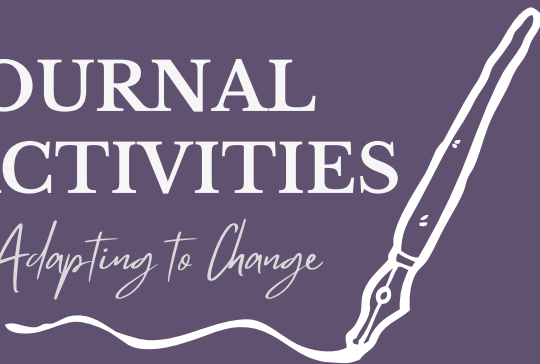
WHAT CHANGE DID YOU NOT ACCEPT RECENTLY? HOW DO YOU FEEL ABOUT IT?

A large, empty white rectangular box for writing the answer to the question above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



WHAT CHANGE DID YOU HAPPILY ACCEPT RECENTLY?

Blank space for writing the answer to the question: "WHAT CHANGE DID YOU HAPPILY ACCEPT RECENTLY?"

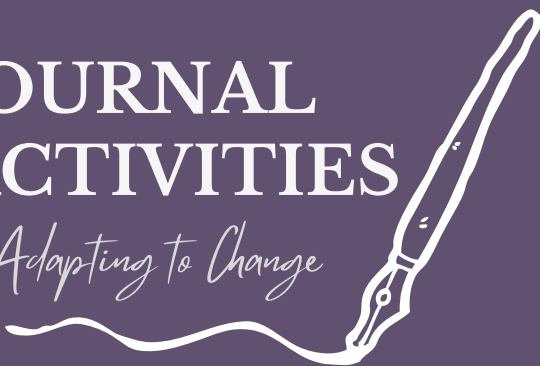
WHY MAKES YOU HAPPY ABOUT THIS CHANGE IN PARTICULAR?

Blank space for writing the answer to the question: "WHY MAKES YOU HAPPY ABOUT THIS CHANGE IN PARTICULAR?"

Date:

JOURNAL ACTIVITIES

Adapting to Change



WHAT IS A CHANGE THAT YOU HAVEN'T TAKEN TO WELL LATELY?

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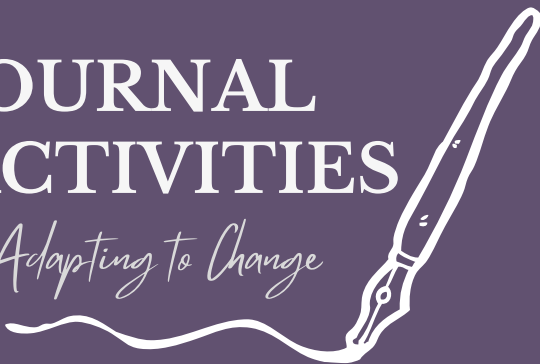
WHAT ARE 2 THINGS YOU CAN DO TO ADAPT TO THIS SUDDEN CHANGE?

A large, empty white rectangular box intended for the user to write their response to the question above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



WHAT IS AN ATTAINABLE GOAL ON YOUR MIND IN 2021?

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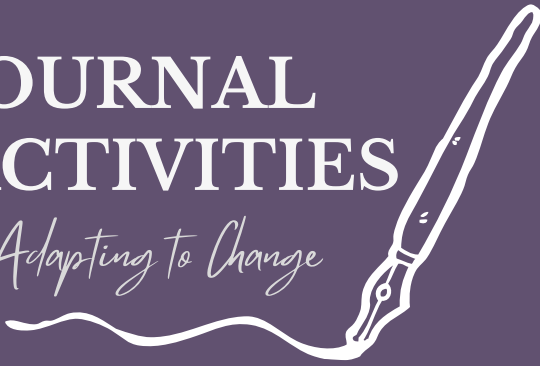
WHAT IS AN ATTAINABLE GOAL BEFORE THE NEW YEAR?

A large, empty white rectangular box for writing an answer to the question above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



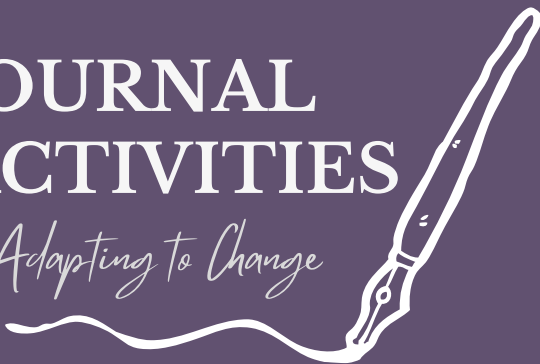
WHAT ARE 5 CHANGES YOU COULD MAKE TO IMPROVE YOUR LIFE ROUTINE?

A large, empty white rectangular area intended for writing the answer to the question above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



WHAT DOES YOUR DREAM LIFE LOOK LIKE IF YOU WERE TO DESCRIBE IT?

What would bring more peace and happiness to your life?

Date:

JOURNAL ACTIVITIES

Adapting to Change



DO YOU HAVE A PLAN FOR MAKING THAT HAPPEN? WRITE DOWN SOME THOUGHTS.

A large, empty white rectangular box intended for writing a response to the prompt above.

Date:

JOURNAL ACTIVITIES

Adapting to Change



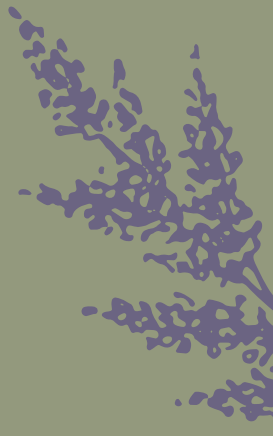
DOES YOUR DAILY ROUTINE SUPPORT YOUR DREAM LIFE? IF NOT, WHY?

A large, empty white rectangular box intended for journaling or writing a response to the question above.

Date:

Daily Reminders

- Life is all about change, beautiful and painful. It's what we make of it, we can't make the changes in life our enemy.
- Adapting to change will never become easier if we focus on what we have to give up, rather than what we will gain. Focus on the gain in order to thrive.
- Those who adapt to change will remain unstoppable. It's the moments that challenge us that will determine who we are.
- No amount of guilt can change the past & no amount of anxiety can change the future, so live life with no regrets, only experiences.
- There is no failure, only feedback.
- What consumes your mind, controls your life.



Daily Reminders

Whatever has to get done in your life, you can do it!
Explore self-motivation tactics and find the right one for you.

*In our extended version of this work-booklet you can see our suggestions for what we call Self-Motivation Tactics.



POWER OF POSITIVITY

Hi friend! Take a peek below and use our activity worksheet to further your teaching of the power of a positive mindset and to start creating your best life!

POWER OF POSITIVITY

NAME: _____

DATE: _____

This is a checklist that affirms that you are a positive person! With positivity comes powerful thoughts and good connections, people and events will scroll into your life. Work on your positivity and you shall be rewarded.

- I am choosing to be happy in the present
- I live in the present moment, and think rarely of the past unless it's to learn or remember fondly
- I am at peace with my past
- I don't live with regrets, I live with lessons
- I love myself
- I am grateful for many parts of my life
- I have let go of everything that no longer serves me
- I have released self-judgement
- I focus on taking one step at a time towards my goals
- I release all self-doubt, and allow for confidence
- I have released judgement of others
- I have gained great empathy
- I focus on only what is in my control
- I release stress with every breath
- I am thankful for my accomplishments
- I don't compare myself to others
- I admire others' accomplishments and look forward to my own
- I surround myself with great mentors and life teachers.
- I am a teacher of positivity and personal growth



JOURNAL ACTIVITIES

Power of Positivity



Get yourself a cozy drink, find a quiet spot and explore your answers to these next questions.

Take your time.

This is for you - no one else.

But this is an important exercise - write down your thoughts and later review them after finishing the end of the power of positivity section.

Date:

WHAT DOES POSITIVITY MEAN TO YOU? DEFINE IT AS BEST AS YOU CAN.

In your own words, without any research, write your answer below - defining what you believe this might mean:

RESEARCH THE WORD POSITIVITY AND WRITE IT DOWN BELOW.

JOURNAL ACTIVITIES

Power of Positivity



LIST 10 POSITIVE PEOPLE/THINGS/EVENTS IN YOUR LIFE

A large, empty white rectangular box intended for writing a list of 10 positive people, things, or events from the user's life.

LIST 10 NEGATIVE /TOXIC HABITS OR PERHAPS EVEN TOXIC PEOPLE IN YOUR LIFE

A large, empty white rectangular box intended for writing a list of 10 negative habits or toxic people from the user's life.

Date:

JOURNAL ACTIVITIES

Power of Positivity



ASK YOURSELF - WHAT MAKES YOU HAPPY WHEN YOU GO THROUGH YOUR DAY?

A large, empty white rectangular box intended for writing answers to the question above.

WHAT MAKES YOU HAPPY THROUGHOUT YOUR WEEK?

A large, empty white rectangular box intended for writing answers to the question above.

Date:

JOURNAL ACTIVITIES

Power of Positivity



ARE THE THINGS YOU LISTED ON THE PREVIOUS PAGE ENOUGH FOR YOU?

Circle one of the choices.

YES

NO

I'M NOT SURE

MAYBE

EXPLAIN WHY YOU CIRCLED WHAT YOU CIRCLED.

Date:

JOURNAL ACTIVITIES

Power of Positivity



ASK YOURSELF - WHAT ARE 3 KIND THINGS YOU THINK ABOUT YOURSELF?

-
-
-

WHAT ARE 3 KIND THINGS YOU THINK ABOUT PEOPLE?

Example: I think people are capable of great things when they set their minds to it.

Date:

JOURNAL ACTIVITIES

Power of Positivity



LIST 3 THINGS YOU DEFINITELY WANT TO ACHIEVE IN YOUR LIFE

-
-
-

WHAT ARE YOU DOING TO ACHIEVE THESE THINGS?

Write down some thoughts in point form.

Date:

JOURNAL ACTIVITIES

Power of Positivity



WHAT DOES IT MEAN TO CREATE AFFIRMATIONS?

In your own words, without any research, write your answer below - defining what you believe this might mean:

WITH RESEARCH NOW - WHAT IS THE DEFINITION OF AFFIRMATION?

Date:

JOURNAL ACTIVITIES

Power of Positivity



THE DEFINITION WE PREFER MOST IN OUR COMMUNITY:

Affirmations are reminders to your unconscious mind to stay focused on your **goals** and to come up with solutions to **challenges** and **obstacles** that might get in the way.

LIST ANY PREVIOUSLY CREATED AFFIRMATIONS IF YOU HAVE CREATED ANY - & WERE THEY SUCCESSFUL?

A large, empty white rectangular area provided for writing answers to the question above.

Date:

JOURNAL ACTIVITIES

Power of Positivity



WHAT ARE 3 EASY THINGS THAT YOU CAN CHANGE IN 2021
THAT ARE UNDER YOUR CONTROL?

A large, empty white rectangular box intended for writing the answer to the journaling prompt.

Date:

JOURNAL ACTIVITIES

Power of Positivity



WHAT IS 1 HARD THING YOU CAN TRY TO FOCUS & WORK ON IN 2021 - TO IMPROVE YOUR QUALITY OF LIFE? - & HOW WILL YOU ACHIEVE DOING THIS?

Date:

Reminders

- A positive mindset is a choice we make
- If you're looking for a sign to become a positive person, here it is!
- You have what it takes!
- Even in your mind - Inhale deeply - and exhale the negative out
- You are creating positivity with every breath
- What you think, you become
- You have the courage to become the happiest and healthiest version of yourself
- Be a positive role model throughout your day and influence those around you.
- Celebrate your individuality every day




Reminders

- You are creating a life you can't wait to wake up to
- You have the power to accomplish everything you need to do today.
- You believe in the power of positivity and you are unstoppable.
- You do not let things that are out of your control, to control you
- Your internal positivity will change your external experiences every time
- You are in charge of your happiness
- You are amazing
- You are resilient
- You are prepared to succeed
- From the moment you wake up, to the moment you lay your head to rest, everything is up to you



Thought Activity



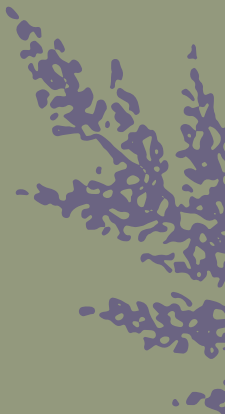
STEP 1 - what is something that you find yourself thinking negatively about sometimes?

STEP 2 - what is the positive side of this thought or situation you might be thinking of?... It's true that we all have negative things that have happened to us in our lives and we might still be surrounded by them from time to time... but I want you to practice this next part and remember it well.

Don't let the negative control your life. Hold onto the positive - mentally and physically move past the negative. You are resilient. You are stronger than the negativity or that negative situation. If you are currently living with a more negative mindset, there is a way out of it:

- Search for the positive in your family and friends.
- Reach out, observe and learn from the positive people around you.
- Reach out to your community for support.

Know that you are never alone...And that by focusing your mindset and your daily energy towards the power of positivity, I can promise you - your life will change in ways you never imagined it could.





CONSIDER THIS:

I give you one last thought activity before you place this booklet aside.

I encourage you - to flip to the top of your booklet and give it another good read-through. **Analyze all your answers and consider them closely.**

Consider areas you can improve on - promises you can start to make to yourself. **Consider activities** you might start to practice to improve your own personal development. **Think about any new perspectives** or mindsets you may have gained during this work-booklet journey. **Scan through** the various *checklists* and determine which empty checkboxes you might want to one day check-off.

I encourage you to tape up the printed check-lists somewhere visible - to keep you accountable. This is generally good practice for to-do lists. Same goes for any *reminder* pages that you might have liked. Reminders are a great way to stay motivated - and they serve their purpose the best when having them in plain view.

Thank you for your participation! Until next time.

- Andra Ciocan, CEO of Life's Rails Community



EXTENDED WORKBOOKLET - COMING SOON -

Keep your eyes peeled for this upcoming version!

It will include:

- /The many benefits of Mindfulness
- /The Power of Mindset
- /Personality Test Exploration
- /Self-Motivation Tactics
- /The Greatest Communicator Checklist
- /Perspective Mindset-Switch Thought Activity
- /Goal Setting + Planning Tactics
- /Affirmation Creation Planner + Checklist



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