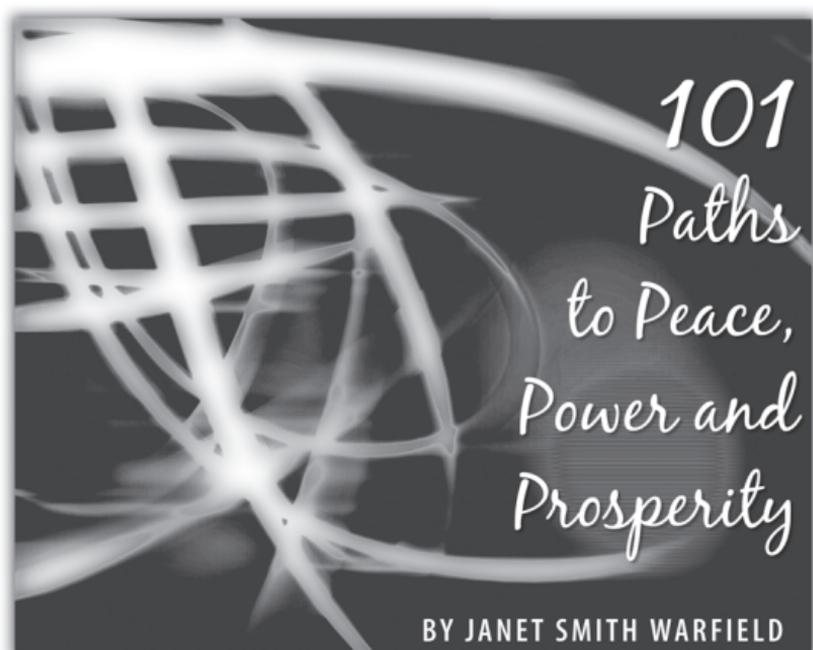


*101
Paths
to Peace,
Power and
Prosperity*

BY JANET SMITH WARFIELD



Everyone wants a peaceful, prosperous world. What if there are ways to make it happen?

There's one frontier that's never been overcome – global human consciousness. Many have mastered their own consciousness, but a peaceful world needs all of us. Are you part of this evolution? Of course you are.

Wherever you are in your self-mastery, consider taking another step by applying these ideas to your everyday life. One step leads to the next. The acorn grows to a mighty oak. The tiny mustard seed becomes a magnificent plant.

You are part of this growth and abundance. You too, can contribute to the creation of a peaceful, prosperous world.

As you begin exploring these ideas, allow yourself to relax, play with them and tweak them. As you continue to explore, uncover, and share the many facets of your own unique creative spirit, that spirit enriches both you and the world.

Wishing you peace, power, and prosperity!

– Janet

About Janet Smith Warfield:

Thirty-five years ago, Janet Smith Warfield had a life-altering mystical experience. Fervent about understanding this experience and finding ways of communicating it to others, she began honing her language and people skills. As wife, mother, grandmother, lawyer, mediator, poet, and author of creative essays, she learned how to empower both herself and others by asking questions and offering new ways of thinking about old challenges. She is a powerful word sculptress who knows how to bring peace into troubled lives.

Janet is a graduate of Swarthmore College and Rutgers School of Law, Camden, cum laude.

For more information, visit www.janetsmithwarfield.com

To order copies of this booklet, contact Janet at:

WORD SCULPTURES

PMB 242, 1811 Englewood Road • Englewood, FL 34223

"Janet has an intriguing way of posing thought-provoking questions that encourage one to consider alternative responses rather than off-the-cuff answers. With an ultimate goal of creating a more peaceful world, her message is timely and her techniques inspirational."

– Barbara Irvin, Ph.D.

Coauthor of "[*It was My Star*](#)"

First Steps

1 _____ *Stay in the present moment.*

If you notice your mind focused on the future, gently bring it back to the present. If you notice it focused on the past, bring it back to the present. The present is your point of personal power. It is the only moment in which you can choose and act.

2 _____ *Live in a house of many rooms.*

Live in a spiritual house where there is a room of emotion, a room of rationality, and a room of practicality, all connected with big sliding glass doors. Move from room to room, so you can look at 'what is' from different human perspectives.

3 _____ *Look at your anger, fear, and guilt from your rational room.*

Ask yourself whether you want to hold onto them or whether you want to release them.

4 _____ *Move to your emotional room if you want to hold on to your anger, fear, and guilt.*

Savor the tension in your body. Make your body as tense as possible until you're exhausted and ready to stop. What do you notice?

5 _____ *Move to your practical room if you want to release your anger, fear, and guilt.*

Ask yourself, "How do I do this?" Consider shifting your focus away from the object of your anger, fear, or guilt toward what you want to do with your life.

6 _____ *Let go.*

If you believe in God or some kind of larger universal intelligence, let go and let God. If you don't believe in a larger universal intelligence, just let go, relax, and notice the effect on your emotional room.

7 _____ *Notice the relationships among your rational room, your emotional room, and your practical room.*

By choosing to shift your thinking, your emotions shift. When your emotions shift, you can relax into the openness of the options your practical room provides.

8 _____ *Stay open to possibilities. Never try to control precise results.*

Use tools you think might work, but be open to receiving gifts you never expected, wrapped in paper you never envisioned. These gifts are miracles, bringing resolutions beyond your wildest dreams.

9 _____ *Tap into the energy within.*

Clear your mind, clear your emotional chatter, get silent, listen, and observe. Empty your mind, body, and spirit of all human-created form. Allow true Peace, Power, and Prosperity to enter.

10 _____ *Keep it simple.*

Only your mind and emotions make things complex. Learn from the other life forms to live simply and love life.

11 _____ *Welcome paradox.*

Consistency is a valuable, logical tool—a wonderful servant, but a terrible master. Paradox evidences a healthy creative spirit. What logically appears inconsistent is perfectly congruent when understood at an experiential or soul level.

12 _____ *Allow your creative spirit to function fully.*

You may feel simultaneously ecstatic and terrified. You may wonder whether you know everything or whether you know nothing. (Did Socrates know when he said he knew nothing?) You may feel a sense of destiny and simultaneously know that your life can be snuffed out

in a moment. You have the potential to be everything and nothing. This state of human consciousness is what Christians have labeled "Christ consciousness", Buddhists have called "satori", and Hindu yogis have termed "samadhi".

Emotions

13 _____ *Notice your feelings.*
Just notice them, feel them, and own them as yours. Don't judge them. Just let them be.

14 _____ *Allow your emotions to flow.*

Emotion is energy in motion (e-motion). Allow it to keep moving and changing like a kaleidoscope of beautiful colors.

15 _____ *Sculpt your emotional energy into positive action.*

There's power in that energy. Use your mind to shape it into the form you desire.

16 _____ *Notice when you are imprisoning your emotional energy with words.*

The rules you were taught as a child may not mean what you think. Allow your emotional energy to discover their true meaning.

17 _____ *Respect your feelings as trusted messengers.*

If you're feeling fear, anger, or frustration, perhaps your emotions are telling you there's something in your life you need to change.

18 _____ *Think about your emotions.*

Ask yourself, "What could I have done to prevent this fear, anger, or frustration? What can I do now to release it? How can I transform it into something that will benefit both me and others?"

19 _____ *Be authentic.*

Trust your gut, but temper it with your mind. One person's creative spirit may be another's prison bars. Authenticity is the common spiritual ingredient.

20 _____ *Make choices about your emotions.*

If you fear alligators, either learn how to wrestle with them or stay out of the Florida swamps. If you're angry with your four-year-old, suggest time out for both of you.

Fear/Courage

21 _____ *Know that fear is only lack.*

Educate yourself, empower yourself, love yourself, be compassionate toward yourself, and live abundantly. As you do these things for yourself, you also do them for others.

22 _____ *Remember that the world needs what you have to offer.*

Your unique creative gifts are a necessary part of the earth's evolutionary process. They can't emerge if you allow your fear of what other people think to imprison you.

23 _____ *Release your fear.*

Fear is almost always the result of your mind focusing on something in the future that will never happen. Gently bring your mind back to the present moment—a moment that is always manageable.

24 _____ *Be courageous.*

Courage is nothing more than a decision to pursue your purpose in life. Don't allow another human to strangle it.

25 _____ *Always stay in integrity with yourself.*

Personal integrity is the most valuable asset you own.

26 _____ *Set boundaries where appropriate.*

Don't be afraid to say "no" when you are asked to take inappropriate action. If you don't say "no", you may be asking for a painful universal lesson.

27 _____ *Be aware that there are energies that will support your creative spirit and energies that will drain it.*

Surround yourself with supportive energies.

28 _____ *When you find yourself in the midst of destructive energies, protect yourself.*

Remove yourself from those people and that environment. Envision yourself surrounded by a beautiful field of white light that shields you and notice how calm you feel.

29 _____ *Make a conscious effort to detach emotionally from cutting, sarcastic remarks.*

Whatever you do, don't use sarcasm on others.

Anger/Harmony

30 _____ *Allow your anger energy to change.*

Give yourself permission to just be with your anger and watch it transform. Notice how it feels. Notice what it does to your body. Ask yourself what loss you are grieving. What are you afraid of? What else is going on for you? If you don't like being with your anger, ask yourself what actions will alleviate it.

31 _____ Use your anger to integrate, first yourself, then your relationships.

When you notice anger in yourself, ask what message it is bringing. What do you need to change? Can you release your anger by redirecting your focus? Can you release it without harming others?

32 _____ If you need to express your anger, own it as your own and seek ways of conveying it that will not tear relationships apart.

An easy way is simply to say, "I feel angry." Remember that reactive anger is like a nail driven into a fence. You can remove the nail by saying "I'm sorry", but the hole in the relationship remains.

33 _____ Visualize the person with whom you are angry as a lost, hurting child.

That's exactly what they are.

34 _____ Use your anger energy to propel you forward on your mission in life.

Anger can be valuable fuel to help you blast through emotional roadblocks. Use it the way engineers use explosives. Position it to remove the block, not the road.

Hate/Love

35 _____ Understand that hate and love are Siamese twins.

You can't hate war without loving peace. You can't hate discrimination without loving justice. Focus on what you love.

36 _____ Always follow your heart.

When others say 'no' and your heart says 'yes', follow your heart.

37 _____ *Center yourself before you open your mouth.*

To center yourself, notice what you are feeling. Notice how your body is reacting. Are you clenching your fists? Grimacing? Shaking? Relax your body before you open your mouth.

38 _____ *Speak from a place of love.*

When you begin speaking, use self-observant 'I am feeling' words, rather than judgmental 'you are' words or 'they are' words. When you can speak from the core of your being, which is your place of love, open your mouth and speak.

Guilt/Blame/Forgiveness

39 _____ *Release guilt and blame. Forgive yourself and forgive others.*

Guilt and blame are cobwebs from the past. You can't change what happened. You can only learn from your mistakes and not repeat them.

40 _____ *Make amends to the people you've hurt by saying, "I'm sorry."*

No one knows how long they will live. Today could be your last chance.

41 _____ *If you feel hurt by someone else's actions, tell them how you feel.*

Give them the opportunity to apologize and release the guilt they may feel. If they continue to blame you, stay away from them. Don't be their victim.

Joy/Suffering

42 _____ *Welcome suffering as the teacher it is intended to be.*

When you are hurting, ask yourself, "What could I have done differently to have prevented this suffering?" "What can I do now to alleviate my suffering and the suffering of others?"

43 _____ *Laugh and be joyful.*

Give yourself and others a good belly laugh as often as you can. Joy and laughter are incompatible with conflict.

Thoughts, Words, Language, and Mind

44 _____ *Be wary of words.*

Words are illusions, dancing at a masked ball. Allow kind words to lift you up. Ignore unkind words. Unkind words have nothing to do with you. They have everything to do with the thinking of the speaker.

45 _____ *Sweep your mind clean,
as a new broom sweeps
grime from the sidewalk.*

We've all been shaped by other people's thoughts, fears, and angers. When we allow other people's thoughts to control us, we limit our potential. Release the limiting thoughts that no longer serve you. Pick up new thoughts, wear them proudly, and use them as the creative vehicles they were intended to be.

46 _____ *Notice the words flying
through your mind.*

If you notice negative words, ask yourself how you can change them to positive ones. If you notice yourself wanting to hold on to the negative words and thoughts, ask yourself, "What am I gaining by doing this?"

47 _____ *Keep your own thoughts positive.*

Give yourself the support of positive thinking. This is neither right nor wrong, but when you choose it, your self-esteem increases and you're happier and more functional.

48 _____ *When you're feeling negative, look for the opportunities in your situation.*

Consider giving to others the positive thoughts you want to receive for yourself.

49 _____ *Notice the words coming out of your mouth.*

Change 'you' and 'they' sentences to 'I' sentences. When you notice yourself using 'you' and 'they', ask yourself "What is it in myself that I need to change?"

50 _____ *Detach from words that rile.*

Whether the words are your own critical self-talk or angry words from someone else, detach. Surround your creative spirit with a white shield to deflect negative words away from your heart.

51 _____ *Ask the right questions.*

Questions and answers are corollaries of a single idea. If you're seeking answers, make sure you're asking the right questions. If you ask, "Why doesn't he pick up his clothes?"; you'll never get an answer. If you ask, "What can I do about the clothes on the floor?"; you've got lots of answers.

52 _____ *Be grateful for views that clash with your own.*

They help you think more clearly.

53 _____ *Keep your mirrors up.*

If you notice yourself focusing on someone else, put your mirrors up and look back at yourself. What is it in yourself that you're not accepting? Your beauty? Your intelligence? Your competence? Your frailties?

54 _____ *Be aware of the many facets of your personality and choose the ones you want to express.*

We all have a peaceful self, an angry self, a guilty self, a murderous self, a loving self. Choose which self you want to express in response to the expressions of others. Choose the form that is creatively appropriate to the moment, the relationship, and the interaction.

55 _____ *Be skeptical.*

Give yourself permission to question authority. Ask deeper questions.

56 _____ *Know that every set of words is true from the perspective of the speaker.*

What brings congruency to differing perspectives is sharing feelings.

57 _____ *Release yourself from doctrine and dogma.*

Words are human creations, sculpted from the clay of human experience. While valuable guidelines, they should never be used as prison bars.

58 _____ *Learn rules well.*

You can't know when it's appropriate to break them until you know what they are and how to play with them. Once you understand why they were created, you can use them or ignore them at will.

59 _____ *Notice the part of the elephant on which you are focusing.*

We are all partially blind. When you're looking at the elephant's ear, don't argue with the person who's looking at its tail.

60 _____ *Be accountable to the creative process, not our human-created belief and nonbelief systems.*

When you worship a belief system, you worship a false idol. Use your belief systems only as tools for discovering your creative spirit.

61 _____ *Turn it around.*

You can tell yourself to avoid judgment or you can turn your statement around to "I practice acceptance and detachment." When you tell yourself to practice acceptance and detachment, you give yourself positive actions to take.

62 _____ *Change the word 'sin' to 'make a mistake'.*

None of us is perfect. We're here on this earth to learn.

63 _____ *Change the word 'evil' to 'dysfunctional'.*

We are all dysfunctional at times, but that doesn't mean we're evil. Protect yourself from being dysfunctional by nurturing yourself. Protect yourself against others' dysfunctional behavior by keeping yourself loving and detached.

64 _____ *Create and share word pictures of your experiences.*

How many different word pictures can you create from a single experience? How accurately, using words, do you think you can communicate your experience to someone whose experiences are different?

65 _____ *Stop arguing about what is real and true and start working with others to develop solutions.*

If we agree that we both see a yellow flower called a daffodil, we've got a daffodil. It doesn't matter whether there really is a daffodil. What matters is that we can cut it and put it in a vase to beautify our dinner table.

66 _____ Beware of
over-generalizations.

It's easy to generalize from a few experiences. A few experiences are always an incomplete sample.

67 _____ Keep your words specific
to each experience.

When you say, "Last night, in Sanibel, the brilliant reds and oranges of the setting sun cradled the clouds in a fiery embrace," you say much more than when you say, "The sunset was pretty."

68 _____ Allow your 'ahas' to happen.

Be open to shifting your perceptions. These perception-shifting experiences are what Christianity labels "salvation" and Buddhism labels "awareness".

69 _____ Know that thought, words,
and conceptual mind can neither
penetrate nor describe a sacred space.

Words twist, distort, and separate that which is whole. Protect the sacred space of your creative spirit with silence.

70 _____ Use words only as
catalysts to reflect what can't be
communicated with words.

Remain aware of their limitations.

71 _____ Consider the possibility
that what you know to be absolutely
true just may be an illusion.

Wouldn't that be funny? And embarrassing?

Actions-Self Nurture

72 _____ Care for yourself.

If you don't care for yourself, how can you care for others?

73 _____ Be kind to yourself.

You're a beautiful child of God. You deserve kindness.

74 _____ *Journal.*

Set aside some time each day to let your thoughts take you where they will. You'll be surprised what comes out and where you end up.

75 _____ *Write poetry.*

Let your right brain roam free, moving as it will. You can always edit its thoughts later by switching back to left-brain, analytical mode.

76 _____ *Write affirmations.*

Think about things you want in your life and write them down. Write them in the present tense as if you already have them, because you do.

77 _____ *Draw or paint.*

Draw big circular arcs on a piece of paper and then continue to draw as you please. Notice what emerges, both in thought and on paper. Consider using your nondominant hand to draw.

78 _____ *Turn off the TV.*

You don't need to pollute your mind with all the dysfunctional things that are happening in the world. You can't change most of them, so don't give them energy and don't let them drag you down emotionally.

79 _____ *Find a dark, quiet place outside on a bright, starry night.*

Get away from the pollution of city lights. Watch the full moon rise. Just notice.

80 _____ *Dance.*

Put on your favorite music and let it carry you where it will. Find a partner and interact with an energy different from your own. What you create together may surprise you.

81 _____ *Take a walk.*

Walk where you've only ridden before. Notice all the things you never noticed before: the dandelion springing from a crack in the sidewalk, a child's toy truck on the sidewalk, the way a door is painted.

82 _____ *Lie on your back on the grass and watch the cloud patterns.*
Just as the cloud formations shift and flow, allow your energy to shift and flow.

83 _____ *Release your anxieties.*
Put them down for just a little while. You can always pick them up later if you want them back. Do whatever you can do now. Go for a walk. Empty the kitchen wastebasket. Clean out a closet or bureau drawer.

84 _____ *Do something you've never done before.*
Bake bread, take a cruise through the Grecian Isles, grow sunflowers, go bungee jumping, parasail.

85 _____ *Give yourself permission to make mistakes.*
Mistakes are great things. They teach us what not to do the next time.

86 _____ *Sit beside moving water and watch the patterns.*
What words and thoughts come to mind?

87 _____ *Focus on yourself.*
When you focus on what another person is doing, thinking, or saying, you give away your power.

88 _____ *Remove the word "should" from your vocabulary.*
Life is not about obligation. Life is about living dreams and recognizing needs—yours and those of others.

89 _____ *Keep a daily gratitude journal.*
Every day, write down ten people or things for which you are grateful. Pick one and describe in detail why you're grateful.

90 _____ *Separate the wheat from the chaff.*

Nourish yourself with the grain, the positive thoughts that feed you. Allow the wind to blow away the chaff, the ugliness, negativity and criticism, so that it doesn't stick in your throat and choke you.

91 _____ *Release your expectations of others.*

Expectations disappoint, every time. They're an impossible attempt to control the future and other peoples' lives.

92 _____ *Notice what you do right.*
Give yourself a pat on the back. Great job!

Decisions

93 _____ *Always know you have choices.*

Stay calm and let your creative mind work for you. At minimum, you can choose 'yes' or 'no'.

94 _____ *Ask yourself these questions.*

What do I think? What do I feel? What do I need? What are my choices?

95 _____ *When you're struggling with a difficult challenge, think about it before you go to sleep.*

Allow your subconscious mind to unravel problems and overcome obstacles in ways your rational mind will never discover. Tell your subconscious mind what you need and let it work for you while you rest.

96 _____ *When you choose to attach your energy to something, be aware that you are attaching your energy to an illusion.*

Give this illusion all your energy and focus. That's exactly where your creative spirit needs to function right now.

97 _____ *Set priorities.*
Do the most important thing first and give it your full attention.

98 _____ *Recharge your batteries.*
When you need support and energy, surround yourself with positive, supportive people, or retreat into solitude and meditation. Providing blamers and whiners with an audience serves neither you nor them.

99 _____ *Deal with your own stuff.*
You've got enough of your own human challenges to keep you busy for a lifetime. Focus your attention on yourself where you can effect change.

100 _____ *Resist passively when others try to control you.*
If you value your sanity and your creative spirit, detach from the anger of controlling people and release your fears to whatever Higher Power you believe in.

101 _____ *When you need help, ask for it.*
There are so many good people in this world who love to help others. Why shouldn't you be a recipient of their good will?

Just Being

102 _____ *Let go of preconditioned mental rigidity.*
Just experience.

103 _____ *Breathe deeply.*
Breathe in calm, relaxation, and energy. Breathe out frustration and anxiety.

104 _____ *Notice your surroundings.*
Just notice without judgment. What words pop into your mind to describe these surroundings?

Bonus Tips

105 _____ *Notice the possibilities in your immediate environment.*

Each is a miracle. Your creative spirit is a miracle.

106 _____ *Believe. Have faith.*

Trust that the life process will work for you. In moments when you're feeling scared and alone, know that this is just a temporary feeling that will change in the next moment if you trust that it can.

107 _____ *Pray and meditate.*

Prayer and meditation bring you close to your center – the core of your being. They quiet your mind and give you clarity, focus, and peace.

108 _____ *Enjoy your creativity as a process and a quest.*

Twist it, turn it, and look at it upside down. Play with it as a child plays with a new toy.

109 _____ *Stay curious.*

When you wake up to the world, you wake up everyone and everything around you.

110 _____ *Welcome a consciousness with no boundaries.*

Flow with the wind, where the creative spirit flies free, touching the wings of other creative spirits in loving caress. How can you hate or be angry when you are soaring like an eagle?

111 _____ *Be.*

Function as a healthy cell in a larger body of Being. Fulfill the role you were intended to fulfill. We are all part of the Living God.

112 _____ *Wake up to what is happening right where you are now.*

Pay attention. Notice. Share what you see and think and feel.

113 _____ Listen deeply to your own natural body rhythms. Nurture them and develop them. You'll find yourself becoming more joyous, more disciplined, and more focused, without pressure to compete or succeed.

114 _____ Be a chameleon. Emotions change. Perceptions change. Don't force new emotions and perceptions into an old mold.

Relationships

115 _____ Surround yourself with supportive, positive-thinking people. Life flows more smoothly when you choose to surround yourself with people who lift you up instead of tear you down.

116 _____ Listen to others' opinions with respect. Other people may have something to teach you.

117 _____ Seek clarity. If you don't understand something, ask the right people the right questions. You don't need to be told what to do. You need to get clearer on the options open to you.

118 _____ Release your own shackles, then give others permission to release theirs. Thank your mind for sharing whatever it wants to share (that's what minds do) and move on with your creation.

119 _____ Love yourself and love others. Sunshine opens the petals of a flower. Harsh winds draw them more tightly together. Be the sunshine, not the wind.

120 _____ *Respect yourself.
Respect others.*

You deserve respect because you are a beautiful creation of the Universal Life Force. When you give yourself respect, you can more easily respect others. When you respect yourself, you will not allow others to abuse you.

121 _____ *Recognize the difference
between intent and effect.*

I may intend to help you, but if you aren't asking for help, you perceive my 'help' as bossiness, interference, and control. The effect is misunderstanding, miscommunication, and a strained relationship.

122 _____ *Beware of arrogant little
egos masquerading as authority.*

Be careful from whom you take direction. Always trust yourself first and others second.

123 _____ *Give and receive at least
one hug today.*

Hugs benefit both giver and receiver. Hug left side to left side, heart to heart, to increase the energy exchange.

124 _____ *Nurture your
family relationships.*

As you nurture and appreciate your immediate family, you empower yourself to be respectful, patient, tolerant, loving, and compassionate. The give and take attitude you develop enables you to relate more compassionately with the larger families of all human beings and all life.

125 _____ *Look into the eyes
of other people.*

The eyes are the windows of the soul. When you look into another person's eyes, you connect at a deep I/Thou level. How can you hate someone who is looking into your eyes and whose soul and spirit are open and vulnerable?

126 _____ *Heal yourself first.
Only then can you heal
the wounds of others.*

Will you love yourself? First cast the mote out of your own eye. Only then can you see clearly how to remove the mote from the eyes of your brothers and sisters.

127 _____ *Move at your own pace,
not the pace of others.*

How can you possibly stay centered when you're moving at someone else's pace? Let demanding people wait. They may need a lesson in patience.

128 _____ *Affirm yourself.
Affirm others.*

It is so important to treat yourself kindly. Until you learn how to treat yourself kindly, you won't know how to be kind to others.

Higher Power, Universal Energy

129 _____ *Give yourself permission
to experience the universal
creative energy.*

Do you believe that just because you can't shove this energy into a little mental box, it doesn't exist? Give yourself permission to plug into its vibrations and experience its energy.

130 _____ *Use a label you're
comfortable with.*

If you've never given yourself permission to experience this energy, you'll resist naming it, because you won't believe it exists. If you have experienced it, you'll know that it can be described with many different labels.

131 _____ Give this universal energy whatever meaning makes sense to you, but do find a meaning.

As a child, did you picture God as an old man with a long white beard, dressed in a white robe, sitting on a cloud with a thunderbolt in his hand, waiting to strike you dead if you did something 'wrong'? If this is a God you can't believe in, try another image. Think of the time you were in love, a beautiful sunset, or the soothing sounds of the ocean waves; a squirrel scampering along a pine bough or a beautiful three-year-old smiling up at you as she hands you her favorite doll.

132 _____ Ask your creative spirit for what you want.

By asking, you focus your mind on your dreams and allow yourself to be open to receiving them.

133 _____ Trust yourself and trust your divine intuition.

There is a purpose for your life. Listen to it and act on it. Don't allow other humans to sabotage it.

134 _____ Allow yourself to be sculpted by the universal creative energy which sculpts us all.

You can resist this energy if you choose, but it will sculpt you, one way or another, with painful lessons or easy ones—your choice. You were created in its image. Just as it created you, your purpose on this earth is to create. You can choose to block its flow or allow it to work through you. Only when you allow it to work through you can you fully create and fulfill your purpose on earth.

Ten Ways to Contribute to a Saner World Using this Booklet

- 1 _____ **Give yourself the gift of this booklet.** You deserve a more abundant life.
- 2 _____ **Use your favorite tip as a focal point** for journaling.
- 3 _____ **Give this booklet to friends and family** on birthdays or special occasions. It says so much more than a card.
- 4 _____ **Use this booklet as a focus of conversation** in your discussion group.
- 5 _____ **Send this booklet as a “thank you”** to someone who’s been especially kind to you.
- 6 _____ **Create games from these ideas** to play with your children so they learn how to thrive in a challenging world.
- 7 _____ **Bring your family closer together** by discussing these ideas over dinner.
- 8 _____ **Package this booklet as a value-added bonus** with a product you sell.
- 9 _____ **Distribute this booklet** at a conference or trade show.
- 10 _____ **Provide copies of this booklet to people and organizations** who refer business to you. Customize it so your contact information is always there.

To order a single copy, send a self-addressed, stamped envelope (three stamps) and \$5 to Janet Smith Warfield, PMB 242, 1811 Englewood Road, Englewood, FL 34223.

For information on customization and bulk orders, please inquire.