

GIRLS & GOALS:

MENU OF TOPICS

- Loving Your Body:** Accept Yourself From the Inside Out
- The Art of Self-Expression:** Unlocking your Creativity
- Manifesting Love:** Attract More Love into Your Life
- Dress to Express:** Exploring Your Personal Style
- Guided Visualizations:** Meditate Using Your Imagination
- Sex and Intimacy:** What Turns You On?
- Dream Boards:** Collages to Represent Your Ideal Life
- The Energy of Money:** Attracting Financial Abundance
- Love Languages:** How Do You Give and Receive Love?
- Clear the Clutter:** Out with the Old, In with the New (Clothing Exchange)
- The Power of Gratitude:** Finding Happiness in the Present Moment
- Setting Your Intention:** How to Maximize Your Mornings
- Learning to Breathe:** The Simple Stress Solution
- People You Admire:** Taking the Time to Appreciate Others
- List-making:** From Love Lists to To-Do Lists
- The Power of Positive Thinking:** Believe It to Achieve It
- Goal Cards:** Setting Clear and Measurable Goals
- Times of Ecstatic Engagement:** Learning From Your Happiest Moments
- Breaking Through Blocks:** How Are Your Fears Serving You?
- Alternative Medicine:** From Acupuncture to Zen Therapy
- Creative Visions:** What Would You Do If You Could Only Succeed?
- Conscious Decorating:** What is Your Environment Attracting?
- How to Be More Present:** An Exploration of the Senses
- Synchronicity:** Everything Happens for a Reason
- Soul Mates:** Exploring the Idea of "The One"