

INEZ BRACY

INEZisms



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BY

Inez Bracy

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Inezisms

Here are fourteen (14) days of “food for thought” to support you in becoming/being the person you know yourself to be. My hope for you is that you find comfort in using these words daily to keep strong when things go wrong, keep you focused when shadows come, and give you strength to go for your heart’s desires. Beneath each day is a space for you to write your observations of the day.

1. Believe in all your heart that you are here for a reason.
2. You have the power of choice and with faith all things are possible.
3. Go outside and look at the beauty of nature.
4. Notice the pattern of the raindrops and the shape and size of the snowflake.
5. Practice honesty in ALL situations; even when it doesn’t feel good!
6. What’s stopping you from your vision?

7. Choose to do something BOLD today toward making your vision your reality.
8. Take one small step to energize one powerful idea.
9. Make a list of ALL the things you intend to get done.
10. Don't tell yourself that you don't have time to make a list!
11. Choose two things to focus on daily.
12. Notice how you feel at the end of the day.
13. You are special, unique, and equipped with all you need to fulfill your life's purpose.
14. Take sometime today to meditate and ask "what is my life's purpose?"

[Schedule a time to talk to Inez](#)

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