

"Excellence is an art won by training and habituation. We are what we repeatedly do. Excellence then, is not an act but a habit."
--Aristotle

Your 30 Day Goal Setting and Daily Positive List Action Planner

By Michele Blood



Please visit our powerful life changing Success Web Sites:

www.MusiVation.com www.BecomeAMagnetToMoney.com

www.EMusiVation.com

www.BobProctor.com

NEW www.MysticalSuccessClub.com

My dear friend,

Your life is tremendously valuable. You instinctively know this, however at a conscious level sometimes we forget and then do not value our time and honor our lives as we truly must. We must stop allowing others to ride our lives, take our precious energy and time. This life is so valuable...

To be successful, we must believe in ourselves and value our time here. There is only now, and **NOW IS THE TIME** to take action and go for your dreams!!

This is titled, **“Turbo Charged 30 Day Action Goal Setting and Daily List Planner,”** because this book will assist you in becoming a dynamic, focused person; a person who turbo charges love, focus and enthusiasm into each daily, beautiful action. You will end up loving your daily work if you take the precious time to go through this very powerful system.

Divine Dynamic Power comes into expression *through us* when we are focused with positive intention in the now. This program, combined with listening daily during these 30 days to the MusiVation™ Action Song, along with Bob Proctor’s Action Audio Program, will assist you to exponentially excel your finances and bring you goals and projects to fruition. At the end of each day you will feel fulfilled and good about yourself. It is so important to have self confidence and know that you are on purpose. You can feel that way every day because you will know that you have done all to the best of your ability. It is not about working harder, it is about working with focus, clarity and positive intention.

You can now work daily with love and focus towards your goals and BIG VISION!! Opportunities and success will seem to be magnetically and miraculously drawn to you during and after these 30 days. Great things, that before may have seemed impossible, will become possible during these 30 days. When these opportunities come to you, remember to be grateful. Often during these 30 days, it may seem as if it is all coming right out of the beautiful blue to bless your wonderful life. Please, as this happens, appreciate what we call the small miracles *and* the big ones. All are letting us know that what we want is on its way. The more receptive and non attached we are, the more opportunities will show up. (*Not that there is any time in the Universe, man made that time concept there is only NOW*) and I will repeat...

NOW IS THE ONLY TIME to go for your dreams by taking positive action!!

Now is the only time there is.

So NOW...

Take action ...

Life is indeed a gift, and life is magical. So please for your own life/mind changing experience, please listen as mentioned, to the ACTION AUDIO recording, which is a bonus gift I recorded with the amazing and beautiful Bob Proctor. This audio program will help you propel yourself to right action!!!

BOB PROCTOR is a dynamic, amazing soul, so PLEASE listen to the song and recording during these 30 days. You can also download the action audio and burn it onto a CD or transfer to your ipod, so you can also listen to it in the car.

(Easy Download Instructions for novices are at www.EMusiVation.com)

Remember this is your life, so go for it and always remember **your thoughts are powerful** so find out what you want and then focus on this every day.

In Love and Oneness,
Michele

Hello again my magical friend,

Congratulations and welcome to your NEW LIFE!

It has been proven in many research studies that the people who actually write down their goals and take positive action lists do in fact achieve their goals. When we also add the power of affirmations along with clearly defined written goals and projects along with a clear planned daily list, well then my friend **you** will become **unstoppable**.

It seems so simple however not many people will stick to a plan or even a daily list.

If you were told if you did this for 30 days that there would be a pot of gold waiting for you, would you then do it for the whole 30 days?

YES I am sure that you would.

I know when I first began doing even my simple daily action list my whole life changed dynamically!! I finished projects ahead of time. My life started to become orderly and things began flowing. I could do more with less time. No more doing things just to be busy. Going through this powerful book WILL, when followed, assist YOU in ways that will seem miraculous.

So my friend go now to the next page of your new life.

I wish you Love, Success and Endless Enlightening Joy!

PS. At the end of this book I have added some beautiful positive affirmations that you can print out, frame and put up in your home and office. These have power and will also help remind you daily to stay connected to your daily intention and Source.

Now let's begin.

For the next 30 days commit yourself to going through this Action Planner. After these 30 days are completed, it will become a habit. Please, now, print this page out and sign your name to this powerful commitment that will change your life.

My Commitment to My NEW LIFE!

I, _____, am committed to joyfully going through this 30-day program. I absolutely know that committing myself to doing this for the next 30 days will help me become focused, richer, clearer and happier. It is well worth my full 30 day commitment for I realize that this will alter my entire future. The rest of my life is already becoming more abundant, happier and blessed.

*Have you signed your name yet? Well, do it **NOW** because when you sign your name it causes a decision and new positive belief to be planted into the treasury of your sub-conscious mind. It really helps you to take positive action as now you have a new belief set in gold!!*

Now please go to the next page for Instructions and remember this is fun so....

SMILE



Instructions

What you are going to do for the next 30 days.

THIS IS YOUR NEW LIFE SO MY FRIEND DO IT!!!

- Every single morning for the next 30 mornings (Yes including Saturdays and Sundays) write down your THREE main GOALS. (6 at most) Write out these **SAME** three to six goals every single morning. First unify yourself in quiet meditation with your Higher Self and then write down your three (6 at MOST) goals/projects as if they have already happened. Do this in the morning before you start any sort of work for 30 days. If you have to get up earlier to do this, then DO IT! It will only take approximately 15 minutes. I have given you an example of a pre written GOAL sheet.
- **Every single day listen again to your bonus “Action”** recording I did with the amazing Bob Proctor –if this is too much time every day, at the very least listen to the **ACTION** MusiVation™ song every day.
- At night, you are going to do your DAILY LIST. There is a sample of the DAILY LIST in this workbook. You will do your daily list every evening for 30 days. Why write your list in the evening? Because as you are sleeping your sub-conscious mind will help you attract opportunities and creative ideas for those actions to come to fruition. It will help you be as if self-propelled to take positive enthusiastic action the next day.
- Tape your action list up on a wall and highlight each action that is completed with a bright yellow highlighter after each is done. If you have not completed the 6 items on your list by the end of the evening, add what was not completed to the next day's list. Do not beat yourself up too much (maybe a little bit 😊) if you haven't done them all. Say to yourself, *“This is so simple. It is worth it to me. I will have clarity. I will know what I've done. I won't be busy just for being busy. I will stay clear. I will be getting things done that are helping me achieve my dreams. I am committed to taking these actions as each one is important for my future wealth and happiness.”*

If you find you are not doing all of the things on your DAILY LIST, perhaps you've put up one action step that is too big for one action, for example *“Today I will create a website”* This is a goal, NOT an individual action. Instead I recommend one action towards this could be, *“Buy domain name today”* for the next day, *“Find web designer”* for the following day, *“Get a photograph of myself looking amazing for homepage of website”* for the fourth day, *“Get testimonials”* *“Write copy for Home page,”* etc...

It could take seven days for the preliminary items for getting your Website started. NOW can you see how doing this is simple? It is just one action at a time. In no time at all you will have a new exciting, beautiful Website.

If you want a shopping cart for your Website, please do not list it as one item on your DAILY LIST. Instead, break it down into *"Search for shopping cart software etc."* Know that you are going to get the perfect shopping cart for your website and work towards it each day. By breaking down your goals into manageable pieces you will find that your six actions will be very easy to do. **DO NOT** overwhelm yourself by putting more than six items on your DAILY LIST.

(An extra suggestion is to either make #6 action to help somebody.)

The reason I've indicated a numbered day for each DAILY LIST is because it will make sure that you do this list every single day for a full consecutive 30 days. That's right, 7 days a week. After the initial 30 days, you can do 4 or 5 days a week if that is what you choose to do. Simply print all the pages out at once or print one a day. Doing this list for 30 days consecutively will create an amazing NEW Habit and exponentially increase your clarity and your income.

You will become self propelled without having to use as much will power and you will feel so fulfilled and good about yourself because YOU DID IT!

If you do miss a day, you have to start over from day 1, even if it is day 25 you miss. If you miss one day, you have to begin at Day ONE until a full 30 days are completed. I did my goals a few years back and was up to day 28 and missed it because of a so-called thing I felt had to be done and I had to start all over at day one. It was my old paradigm fooling me. We ALL can take 15 minutes a day to do this. It was well worth me starting back at day ONE. Now it may seem a lot, however my friend you will be so ahead in your life that it will literally feel miraculous. I KNOW you can do this.

Do not cheat by making any justifications. There's no point cheating yourself because this is YOUR LIFE and YOU are the one who is responsible for making YOUR LIFE WORK. You deserve this for you! Please stop procrastination! The real reason for procreation is fear. Fear of change, fear of the unknown, fear of perfection, fear of confrontation. We can schedule our actions and our time, but in order to execute on these actions, we have to make ourselves stick to plans, which is the most challenging part. The answer lies within. Work out what you are afraid of and then the fear will dissolve and you will gain power to do what must be done to make turbo charged actions and success! Once you have written out your goals and daily priority actions, the only reason we would not take action is because there is fear within us. Identify these fears and then they will lose their pseudo power. **They are not real!** Identify what you are afraid of and then immediately take action. This will release fear.

So my friend be excited and begin DAY ONE with gratitude and again remember to smile...



Gratitude

Make a list of things that you are grateful for right now before you begin. I recommend doing this every night. The power behind being grateful and giving thanks is beyond our human comprehension. When we are grateful on a regular basis, it creates miracles and healing, and we gain so much fulfillment. Remember Success without fulfillment is meaningless; with fulfillment it is pure bliss, so remember to always give thanks!!

I, _____, give thanks for all of this in my life and more.

- [illegible]

VISUALIZATION!!

When we focus and visualize our BIG PICTURE, we can then take the necessary steps in the third and fourth dimensions to have this beautiful picture be our experience. If we were given a jigsaw puzzle and were not first shown the actual finished picture, it would be very challenging to find which piece went where. We may still be able to achieve this, however it would take a long time and we may give up before the puzzle was finished.

When we can actually see and know what it is we want to create first, and then it is much easier and more fun to put the pieces together. What a feeling of accomplishment and fulfillment we get when we have finished and are putting that very last puzzle piece into place. Ask yourself... What do I really want? What is my big picture? This will help you tremendously when you begin writing down your 6 main goals. SEE it as if it has already happened. Our Magnetic Visualization 2 CD program will help a LOT. I highly recommend you have this to guide you to that which you DO want through visualization. **Go to** www.eMusiVation.com

[illegible]

I added this page before you go on to write down your goals as this information on responsibility is PRICELESS!!!

RESPONSIBILITY!!

Take the following information on this page to heart; this can change your life and help you become wealthier and more successful than you could ever dream. I thought of this a few years back and I KNOW it is so simple and yet such a profound idea to help you. Are you ready?

**TREAT *EVERY*
Daily ACTION
YOU TAKE
AS RESPONSIBLY
AS IF YOU WERE BEING
PAID \$\$\$\$Money \$\$\$\$
TO DO IT! YOUR LIFE
WILL CHANGE!**

Also, every single day make a list of a maximum of 6 things and DO THEM!! Do not get distracted. DO THIS LIST!! After you have done this list, you can do more if YOU choose, however do not schedule on your list more than 6 actions a day. If we overload our day, we will not be living a life in Divine Order. YOU MUST HAVE ORDER IN YOUR LIFE!! So clean out your space and get order and then do your LIST!! One company paid a man \$25,000 back in the 1930's for this one bit of information because it so radically changed his business to the positive and made the most money he had ever experienced!! SEE a daily action list is worth \$\$\$\$\$\$!

(To be done in the morning)

Here are some examples of different goals you can set simply to give you ideas. Then you will know what actions steps to take with your daily list as explained earlier.

Monday (month) (Date)

(Day and Date)

I, _____ am now so happy with my joy-filled, exciting, passionate, creative and abundant life. All of the following has already happened in my life and I am so grateful. Even greater good is happening continuously in my life.

Also please do print your new pages out each night as writing down your goals is much more powerful than simply typing it as you are using more of your senses and it is a great psychological commitment. Make sure that your daily action steps have something to do with the big vision towards each of your six main goals.

Example

1) *I am now so happy that I have a best-selling book world wide including the NY Times. This book is tremendously helping people all over the world and I am so grateful that it has made me abundantly wealthy.*

2) *I am so grateful that I now own my own beautiful home that is spacious, calm, and serene. It has a glow of love and is inviting and warm. It has beautiful views and happy people who live in it.*

3) *I absolutely love driving my brand new BMW! It is safe and reliable which is so important for my work that is why I love driving this luxury vehicle. I deserve to have a safe and reliable car and a BMW is that for me.*

4) *I am now so happy that I have released 30 lbs and I am at my perfect weight, feeling good and looking great. I exercise every single day and I exercise doing what I absolutely love to do. It is fun for me and gives me energy. It keeps me on purpose.*

5) *I am now so happy that I have completely rearranged my office and garage. I have cleared all the clutter out of my beautiful life. All in my life is now in Right Order and I feel amazing.*

6) *I am so happy that I have completed my new Website and have attracted many new customers that I can help with my positive products and tools for Success.*

(Day and Date)

I, _____ am now so happy with my joy-filled, exciting, passionate, creative, and abundant life. All of the following has already happened in my life and I am so grateful. Even greater good is happening continuously in my life.

(Remember it is the SAME three to six goals and please do write them down by HAND)

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(Day and Date)

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(Goal pages to be done in the morning)

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NOW GO ON TO YOUR POWERFUL DAILY LIST
(To be done in the evening)

DAY #1

~ MY DAILY LIST ~

For: _____

Write down the date

Remember to say this affirmation out loud before you write down your list. Also please remember to write down your list at night ready for the next beautiful day.

Here are some examples of a daily list:

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Also please do print this entire book or at the least print out a new page each night as writing down your daily list by hand, is much more powerful than simply typing it as you are using more of your senses and it is a great psychological commitment. Make sure that your daily action steps have something to do with the big vision towards each of your three - six main goals.

Positive Action #1 *Today I will find new domain names and register them for my amazing new Website.*

Positive Action #2 *Today I will empty out 2 boxes from my garage and begin to clean out what I no longer need or use. If what I no longer need is still in good condition I will give it to The Salvation Army*

Positive Action #3 *Today I will take a 30 minute walk while listening to a positive CD or tape. I will be exercising my body and mind, and I am excited to now be on my way to becoming all that I can be in body mind and spirit.*

Positive Action #4 *Today I will begin to clean out my filing system from A – D*

Positive Action #5 *Today I will write 2 chapters of my new best selling book.*

Positive Action #6 *Today I will contact 2 new people that I wish to join my great team and/or Contact 2 new successful people I admire that I wish to learn from and ask them to lunch or simply find out what I can do to help them and this way I can help another person and learn from them at the same time.*

Now go onto your own positive daily list

And keep smiling



(To be done in the evening)

DAY #1

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #2

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #3

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #4

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #5

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #6

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #7

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #8

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #9

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #10

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #11

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #12

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #13

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #14

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #15

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #16

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #17

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #18

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #19

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #20

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #21

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #22

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #23

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #24

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #25

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #26

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #27

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #28

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)

DAY #29

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____

(To be done in the evening)
Congratulations Day 30 is here!!!! Wooo Wooo!!!

DAY #30

~ MY DAILY LIST ~

for: _____
(date)

I am so excited about doing my positive daily list because I KNOW that taking these actions are definitely helping my dreams come true.

I LOVE doing these actions. It is easy for me to do my daily list one action at a time.

Positive Action #1 _____

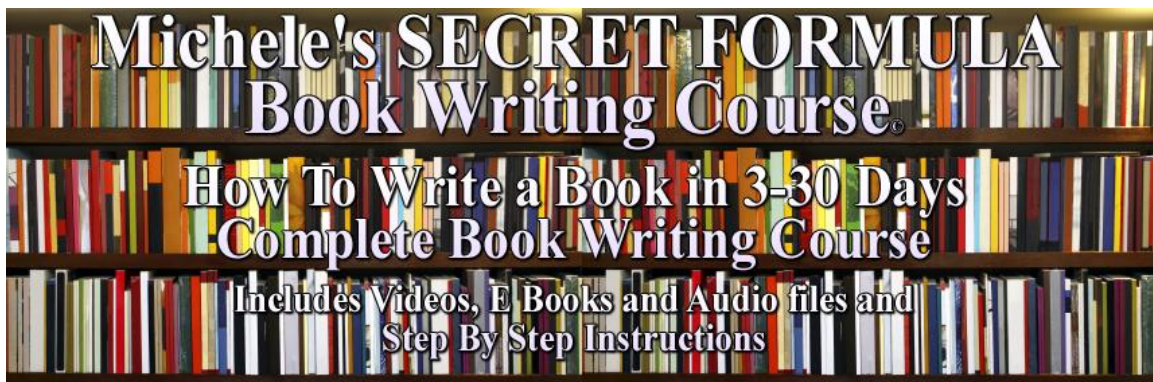
Positive Action #2 _____

Positive Action #3 _____

Positive Action #4 _____

Positive Action #5 _____

Positive Action #6 _____



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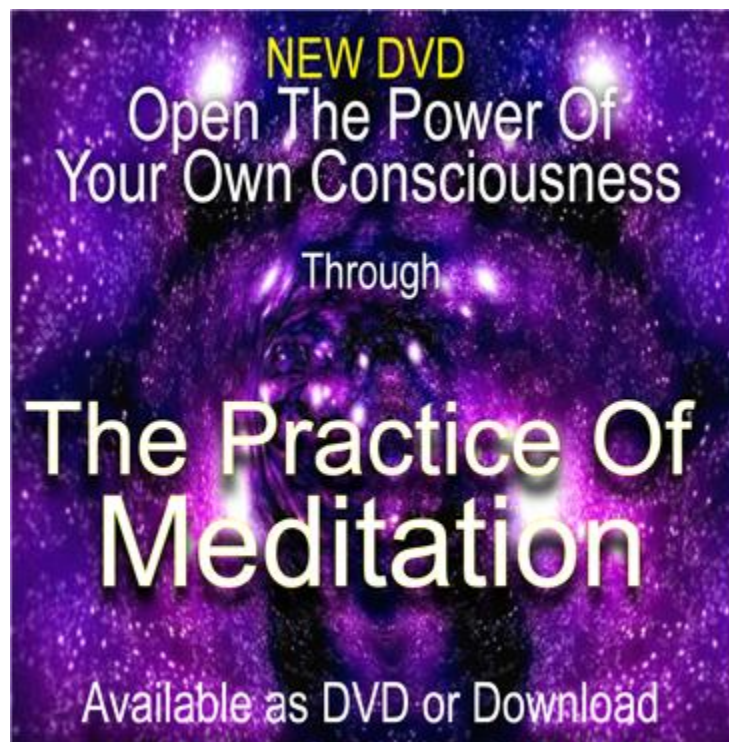
- Creative Writing - Fiction and Non-Fiction
Includes videos on how to write a book in just 3-30days
- All about Foreign Rights. Make great upfront money through Foreign Rights
Includes Foreign Rights Sample Agreements with an interview with a Major Foreign Rights agent.
- ISBN Numbers
- Copyright
- How to sell your book through major outlets
- UPC Codes
- Intellectual Property Rights
- How to create Audio Programs
- Blogging
- Editing / Recording
- Step-By-Step Instructions for MobiPocket and Kindle
- How to create ebooks

- Book Covers
- How to size your book/layout
- How To Get Known as a major expert in your field
- How to be a paid speaker
- Strategies to Profile you and your book
- How to Pitch your message, & book/products
- and so much more plus many bonuses for this prelaunch

Go now and watch the first video for FR'EE

www.SecretFormulaForBookWriting.com/

NEW DVD



**Open The Power Of Your Own Consciousness
Through
The Practice Of Meditation**

**Available as download e version or
actual DVD that will be sent to your home**

**This new DVD covers the basics of meditation practice,
Chakras to deeper practices for those who wish to either deepen their
practice or renew their practice for deeper union.**

The practice of meditation assists with many things including

- **Releasing stress**
- **Improves health**
- **Clarity of mind and focus**
- **Keeps you calm**
- **Gives clear awareness**
- **Reduces High blood pressure**

Eastern philosophies have recognized the health benefits of meditation for thousands of years. Meditation is now widely practiced in the West and is practiced by people of all religions and is now used by many business people who wish to be more focused.

People also practice meditation to help treat a wide range of physical and mental problems, including addictive behaviors, such as drug, nicotine, and alcohol use, anxiety, stress, and depression.

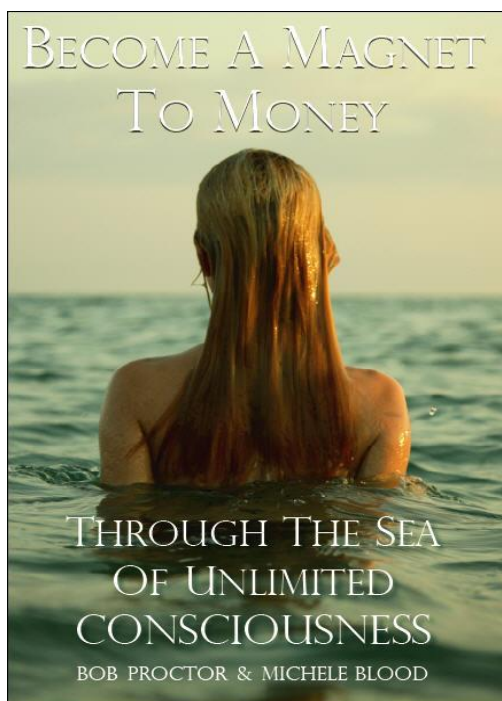
A report from the National Institutes of Health (NIH) recommends meditation as one of the first treatments for high blood pressure. People also use meditation to relieve anxieties from long-term (chronic) conditions such as HIV and cancer.

“I have studied, practiced and taught meditation for over 20 years and this new DVD will bring one to the practice, with renewed passion and focus. So many things can be forgotten that are vital to deeply going within and are covered in this beautiful DVD. There are some simple techniques that many of us forget, that help get one into a state of love and gratitude and that is so important to open ones heart. It is for anyone at any level of the practice including for those who have never tried it before. ”
J E from San Diego

Go to www.EMusiVation.com
www.MusiVation.com

**Become a Magnet to Money
Through
The Sea Of Unlimited Consciousness**
From Best Selling author of
"You Were Born Rich" and
Teacher of *"The Secret"*
and *"Beyond The Secret"*

BOB PROCTOR & Michele Blood



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Do you long to understand what may have been holding you back from your goals and visions of a better life?

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**THE MYSTICAL
SUCCESS CLUB™**
www.MysticalSuccessClub.com

**Vibrate at a higher frequency.
Ignite Your True Unlimited Potential and Experience Success in Life
Through Transformation of Consciousness with this life- changing
platform.**

**Members in over 24 Countries
The Mystical Success Club™**

How can we transform our lives? Through transforming our consciousness. Can we do this alone? Yes, however it can be lonely and challenging to do alone. Being part of this magical club, you are prayed for every single day and sent Light Transmissions. (Shakti).

Here at the Mystical Success Club™ it is our goal and positive intention to strip away old Karma, so that you can be on a true path to Enlightenment and become one with your true Higher Self. Your Divine Destiny can be revealed in all its glory! As a member, you will receive Divine Vibrational Light Transmissions, live webinars, monthly DVD's and so much more.

Do you wish to have higher consciousness, harmony, happiness and fulfilling success? You can wake up to who you truly are. ALL things are possible. The natural evolution for all sentient beings is ENLIGHTENMENT!

Watch our FREE videos at...
www.MysticalSuccessClub.com

What others are saying about The Mystical Success Club™...

"Michele Blood is truly a special person. For over three decades, I have made serious study of the mind and how to live a full and balanced life. I have taught tens of thousands of people around the world how to properly utilize their God-given potential, and then along came Michele Blood. She had a very positive impact on my life, for which I am truly grateful! She made me aware of unique methods for realizing more power by effectively combining affirmations and music. Invest in her entire library and let this petite powerhouse show you a fast and effective way to enjoy more of life's rich rewards. I enthusiastically introduce Michele Blood and her wonderful work to every audience. Order her material today! Share Michele and

MusiVation™ discovery with your world; they will thank you with sincere gratitude.” - **Bob Proctor, Author of the Best Selling Book “You Were Born Rich”**

Michele belongs in every achiever’s library.

- **Samuel A. Cypert, Author of “Achieve & Believe”**

Dearest Michele, I want to say Thank You So Much for all that you are doing for the Mystical Club Members. You have made my life alive again. Thank you, Thank you...- **Patti C**

Being introduced to Michele’s Mystical Success Club my life has changed for the best. I can get the most powerful, up-lifting and energizing emotions when I participate in any of Michele’s in-person or Weimar sessions. My life has been so hectic over the past few months, but I make it my priority to spend time listening and learning from Michele, because she brings my life back into absolute consciousness. I appreciate and treasure the time Michele dedicates to helping those who are searching for their higher self. I absolutely feel I achieve a higher consciousness with each and every one of Michele’s sessions. Thank you, thank you, thank you.... I am gaining momentum to my higher self, to reaching my unlimited consciousness. God Bless You Michele. - **Don Runowski**

When Michele first prayed for me and gave me specific instructions to feel the stillness within I was in over \$500,000 credit card debt in just 4 months I was out of debt through a totally unexpected gift. I feel free and happy and am now in a new Beautiful relationship with someone who really gets me. - **J’En El Author/speaker**

The following pages are here for you to print out and frame and put up on all of your walls to continuously remind you of the truth!!

“Attitude”

Today, right now, I am aware of the limitless possibilities in my life. I choose to let go of the past and live in the now, knowing that everything I can possibly be is right here as part of my consciousness.

My attitude is positive and I always find solutions and see the good in all so-called “challenges.”

I look to no one for my good, but recognize that everyone is a golden link in the chain of my good, as I am to them, when I think Right. I now think Right and see all the possibilities for good in my life. My thoughts are powerful and I know that these thoughts bring more and more good into my life.

I am happy now and I give thanks for the ability to be able to choose my thoughts.

I choose to be happy, free, likeable and prosperous.
I love my life and I live it to the fullest.

Thank you Life for my happy and
wonderfully positive ATTITUDE!

All Taken from
from the book “*Conversations on Money, Sex and Spirituality* with Wilma and Michele”
©

“Happiness and Freedom”

The purpose of my life is to be happy! My own mental attitude is the most important influence in my life, working with peace, joy, and success. I now choose to be happy! I choose to be free. I think for myself. I allow The Infinite to guide me in all that I do.

I have a right to any happiness, which I can conceive, provided that it hurts no one and is in keeping with the nature of Divine Law. I know I must change the conditions within myself to change the outer conditions in my life. I now live with inner peace and know that I can face all challenges with calm and reason because I think happy thoughts. As Peter Pan said.....

“With just one happy thought, I can fly!”

“Judgment”

*“Judge not that ye be not judged,
for with what judgment ye judge, ye shall be judged.”*

I now know that judging others is merely the law of cause and effect. Nature and The Universe hold nothing against anyone. I am judged by my own acts. Punishment and reward are reactions of the law of the Universe. If I wish to be happy, I know that I must choose my judgment to be good, happy and constructive. Then, I am making right use of the law of the Universe.

I am now a person who always chooses to see the good in others, as I know we are all individuals on our own spiritual journey.

I choose to love others, to be happy, healthy and to live in peace.

I am now happy and whole.

And so it is.

“Gratitude”

*I greet this day with love in my heart!
I am living this day as if it were my last.
Today, I begin a new day.
Today I have a new start.*

*I am grateful for this day and all the good I have
and all the good that keeps flowing to me in a
never-ending cycle of increase and enjoyment.
I know that all I could ever need or desire
is supplied to me from the One source,
Infinite Good, Infinite God.*

*So, Thank You, God, for this day,
and for my beautiful, happy, healthy,
prosperous and passionate life!*

And so it is.

"Mind and Consciousness"

The past is gone
Today, I begin a new thought
This thought is now being created into my reality
I forgive myself for the past
Today is a new day and I begin today
with all of the love and faith in the world

There is no way, and no how,
that any negativity can come upon me
because my positivity overwhelms it
in goodness and in light

So today, from right now, I am born again
I start again with newness
The past negatives cannot affect me today
I only create in this moment goodness, prosperity, health,
happiness and wonderful relationships.

I experience all the multi-dimensional abundance
in my life right now in a never-ending cycle of
increase and enjoyment

And so it is.

What People Are Saying About MusiVation™

Dottie Walters, Walters International Speakers Bureau, Glendora, CA

"Michele is one of the most dynamic, inspiring women I have ever met. I recommend her album and books absolutely, positively, and with total enthusiasm. Listening to Michele is better than all the cups of coffee in the world, and far more lasting."

Bob Proctor, Author of the Best Selling Book "You Were Born Rich"

"Michele Blood is truly a special person. For over three decades, I have made serious study of the mind and how to live a full and balanced life. I have taught tens of thousands of people around the world how to properly utilize their God-given potential, and then along came Michele Blood. She had a very positive impact on my life, for which I am truly grateful! She made me aware of unique methods for realizing more power by effectively combining affirmations and music. Invest in her entire library and let this petite powerhouse show you a fast and effective way to enjoy more of life's rich rewards. I enthusiastically introduce Michele Blood and her wonderful work to every audience. Order her material today! Share Michele and MusiVation™ discovery with your world; they will thank you with sincere gratitude."

Samuel A. Cypert, Author of "Achieve & Believe"

Editor / Publisher of "Think and Grow Rich" Newsletter

"Michele has combined the essence of two great ideas: music and autosuggestion. Autosuggestion has long been recognized as a powerful motivational tool and music has inspired every generation for centuries. In her singing affirmations and MusiVation™ training programs, Michele combines the two and shares the power that has propelled her to great success, power that can help you motivate yourself to the highest levels of achievement. Michele belongs in every achiever's tape library."

Brian Tracy, World-Renowned Best Selling Author

"The 100 Absolutely Unbreakable Laws of Business Success"

"There is something in the human being that is naturally attracted by music and you do not have to have musical ability at all. All you have to do is hear the message combined with the music and it is permanently recorded. From then on it becomes part of you almost like those songs you heard when you were growing up. You remember them for the rest of your life. You remember the words, the meanings, the significance, the emotions and everything that was going on because they were both recorded simultaneously. There is a significant difference between motivational material that is interesting and entertaining and educational material, which brings about change in your attitudes, your thoughts, your behaviors, and the things you do and things you don't do. Michele has put together the combination of materials that bring about permanent behavioral change and behavioral change is the key to success. It is not a miracle, once you apply it to every part of your life you can get results that are out of all proportion to the efforts you have put in."

Don Woodruff, Director Rochester Info-Courses author of The Kangaroo Method

"In the seminars done at Rochester Info-courses, Michele Blood took our students to a new level of excitement and ability. Her classes allowed participants to blow through their personal stops and realize that they, as individuals, can indeed accomplish their goals and live their highest dream. Between visits, her MusiVation™ books and audio programs continually sell in our center's bookstore. As director, I strongly recommend Michele's seminars to everyone. In addition, I have personally used the MusiVation techniques on many occasions to renew the sparkle in my own life. Michele Blood is a world-class teacher who will be a household name world wide."

What is MusiVation?

Michele Blood has created MusiVation™, which is an amazing set of powerful affirmations set to pop music. This way the powerful new thoughts enter into the treasury of your subconscious mind and bring about immediate, permanent change to your amazing mind.

MusiVation™ affects both sides of the brain, left and right, so that the learning process is rapidly accelerated. The music, along with the positive lyrics, flows directly into the subconscious mind, without giving the conscious mind a chance to become bored or reject it. This is why advertising companies worldwide invest millions of dollars in product jingles - because they know you listen to their jingle it stays with you forever, and so does their product! With MusiVation™ songs YOU decide what it is you want to advertise to your own mind and you will literally become MAGNETIC to all of the good your desire. Remember our thoughts are powerful!!!

Go to MusiVation.com or EMusiVation.com today and order any of Michele's life changing MusiVation™ products. We HIGHLY recommend "Michele and Bob's Songs For Success CD" TEN POWERFUL Money magnetizing Success Songs to help YOU create MUCH more success and a feeling of YES I CANAnd STOP THE PRESSES

NOW we have an AMAZING CD for children. "I CAN DO IT SELF ESTEEM SONGS for KIDZ" Get gifts today for yourself, your friends, and your whole family. Gift yourself and your family with something that will REALLY make a difference in your life.

**Register to Receive your FREE Daily
Motivational Song for Success by Email**

<http://musivation.com/dailysongsignup.asp>