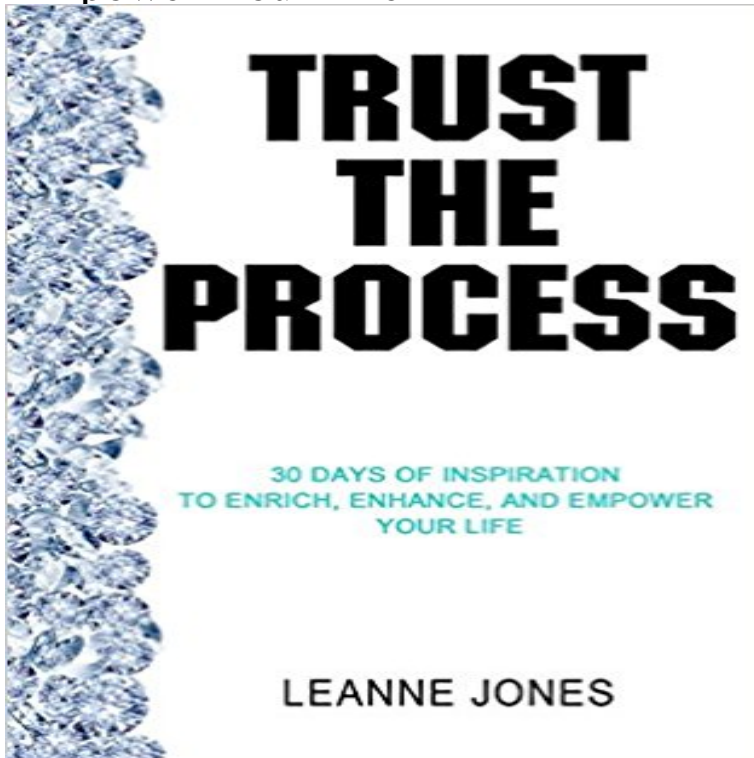


# Trust the Process: 30 Days of Inspiration to Enrich, Enhance and Empower Your Life



Women everywhere struggle with the multiple tasks that come with our everyday lives. We're told that we can have it all but all too often we find ourselves uninspired and unmotivated to keep going. Trust the Process was written to inspire women to create a better present and future for themselves. Within this book, you will discover the inner strength to grow in ways that will inspire positive changes in every area of your life. Arranged into 30 daily segments, this daily inspirational tool helps define powerful ways for women to: Design a high quality life; Make each day a productive masterpiece; Get clarity in your life; Set your priorities; and Keep the faith while keeping everything else together! Have you been looking for positive ways to improve your life and permanently keep you on the right path? Trust the Process is a 30-day motivational guide that will empower you to live a life of purpose and fulfillment through: Daily Affirmations to accelerate your results; End of Week Journaling for notes, ideas, and a plan of action; Helpful Habits to help empower you to achieve permanent changes; and Quotes for powerful inspiration. This book is a compilation of 30 things that you can do, one per day each month, to stay motivated and focused on a consistent basis. It is said that doing something consistently for 21 days becomes a habit, so let's make sure we can create a habit each day. This book is a compilation of simple, basic things that women ignore. If you are able to incorporate these things into your life, there is no

reason why you will not be able to stay connected mentally, emotionally, and spiritually. I hope this book empowers you to first see your life in a positive light, and then start making the necessary changes to live your life the way you always intended for it to be. It is time to let go of the boring routine and start creating moments that will help you see yourself as valuable. If nothing more, this book will help you make the necessary time for yourself as you learn about, and become, the new you. Now is the time to elevate your life and create an even better version of yourself.

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