



# Easy Journaling

## 5 STEPS IN 5 MINUTES



Life Path by Design<sup>LLC</sup>  
cultivating potential in people.™

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# About Your Author...

## Linda Drevenstedt, Certified Master NLP Life Coach

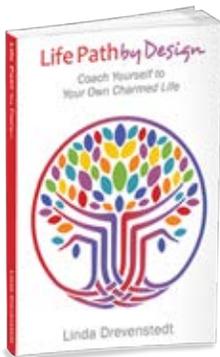
Linda started her career as a dental hygienist and a dental practice administrator. From there, she led a dental practice management firm for over 20 years. And, today she is a life and success coach.

Her education includes a master's degree in Health Care Administration and a B.S. in Business Management. She is also certified with the International Board of Coaches and Practitioners as a **Master Life and Success Coach** and NLP (Neuro-linguistic programming) Practitioner.



## Linda's expertise includes...

- Life and Success Coaching
- Leadership and Small Business Coaching
- Personal Growth breakthroughs
- Savvy Retirement Coaching
- Fabulous Relationships Coaching



Linda is a 20-year professional member of the National Speakers Association and an active working member of the Holistic Chamber of Commerce. In her transformation to “Savvy Retiree,” she is also a **Licensed Spiritual Practitioner** with Centers for Spiritual Living.

Linda assists people in reaching their full life and post career potential. She delivers her message with an honest and straightforward approach.

Look for Linda's Amazon bestselling book, *Life Path by Design*.

## Affiliations include:



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# Easy Journaling:

## 5 Steps in 5 Minutes

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This e-book was created by the author to provide information, guidance and methods for journaling. The contents or procedures do not imply any guarantees of suitability.

# Easy Journaling:

## 5 STEPS IN 5 MINUTES

Transform your life in just 5 minutes a day through journaling. Here are the 5 steps right now. What a concept? I hate it when I look up a recipe or some idea and the author spends ad nauseum pages with blah, blah, blah. If you want the “rest of the story,” read the sections after these easy five steps.



### 5 Steps in 5 Minutes and You Will be Journaling Easily and Effortlessly...

1. **Print out the e-book prompt pages**, have your journal and pen in hand. Or, if you are a tech lover use the fill in aspect of this e-book. Or, find a journaling app and have it ready. Turn off your phone.
2. **Read the prompt aloud** if possible, but silently works too.
3. **Close your eyes and breathe deeply** pondering the prompt. Use what I call a deep Buddha Belly breath.
4. **Set your phone timer for 5 minutes**. Also check that your phone is off.
5. **Write for five minutes**. Your writing may or may not be on the prompt. That's OK. Whatever comes to mind needs to get out of your head and onto the page. When the timer rings, take a deep breath again and you are done.

### Congratulations... You are Journaling!



P.S. If filling a page seems daunting, try doodling or writing out an Affirmation. There is a list of sample Affirmations in Section 9. Use them as prompts OR write them over and over like in school when you were learning penmanship.

## SECTION 1

# Generic Journaling Pages

In the first section, there are generic journaling pages. Use these when you are inspired by your own ideas, dreams or thoughts. Later there are journaling prompt pages.

Transformation requires inquiry and reflection. One of the ways to accomplish that is what I have named, “DEAR DIARY.” When I was young, I had a diary that I would write my deepest thoughts, feeling, frustrations, fears and worries. It had a small lock and key so that it was for my eyes only.

*Dear Diary* pages are for YOUR EYES ONLY. They allow a VOICE from and to your inner most feeling without judgement, sensor or ridicule. Only you get to express your thoughts, feelings. Let it flow.

Here is another inspiration for Dear Diary pages. Julia Cameron in *The Artist’s Way* says, “Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. There is no wrong way to do Morning Pages – they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only. Morning Pages provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. Do not over-think Morning Pages: just put three pages of anything on the page...and then do three more pages tomorrow.”

Coach Linda says take 5 minutes and write. Find a prompt page or write free form. The generic pages that follow are for those times you want to write free form. After the generic pages, there are 30 pages, each with a journaling prompt. AND, you do not have to go in any order. Find a prompt you like and write for five minutes.



# Dear Diary (page 1)



Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Today I am grateful for...

# Dear Diary (page 2)



Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

My Self-Care today is/was ...

# Dear Diary (page 3)



Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Today I let go of ...

## SECTION 2

# 30 Days & 30 Journaling Prompts

These are the things that bring JOY in my life...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Am I too comfortable in my job? My relationships? My same ole, same ole routine?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

These are some limiting thoughts that keep repeating in my head about myself...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Here are 30 things or more that I love about my life and myself right NOW!

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

This is what is unexpressed in me...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

I am so glad my Mama (chief caregiver) taught me...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Right now, this is how I feel about my life, my level of fulfillment, my happiness.

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

# My Grandma, Grandpa, an elder in my life taught me...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

My Dad (significant older male) gave me this wisdom...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

I wish my Dad (Main male in my home/life) had been more/less...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

These are my thoughts about money and prosperity...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Gratitude pours out of me today for...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

These things would bring more joy and laughter into my life...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

If I am honest with myself, this is what I need to face, solve, or heal to move forward to use more of my potential...

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

How long am I going to hold onto limiting thoughts or beliefs about: my weight? my looks? my abilities? my past choices? my fears? My age?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

What about today was magnificent?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

What good attitude, what kind service, what appreciation have I/can I express today?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

How do I surrender my joy and peace by holding onto: my superior point of view? my rightness or another's wrongness? my expectations?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

# How can I be of service, not servitude, to my family?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

What keeps me from clearing/cleaning out: My closet? My kitchen drawers?  
My garage or storage area? Old files or papers?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Where in my life can I be open to: Others helping me? Bringing beauty and nature into my life? Expressing joy? Expressing gratitude?

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

When am I going to forgive myself? My parents? My boss? My EX (partner, lover, boss, spouse, friend)? My sibling(s)?

Today, the date is

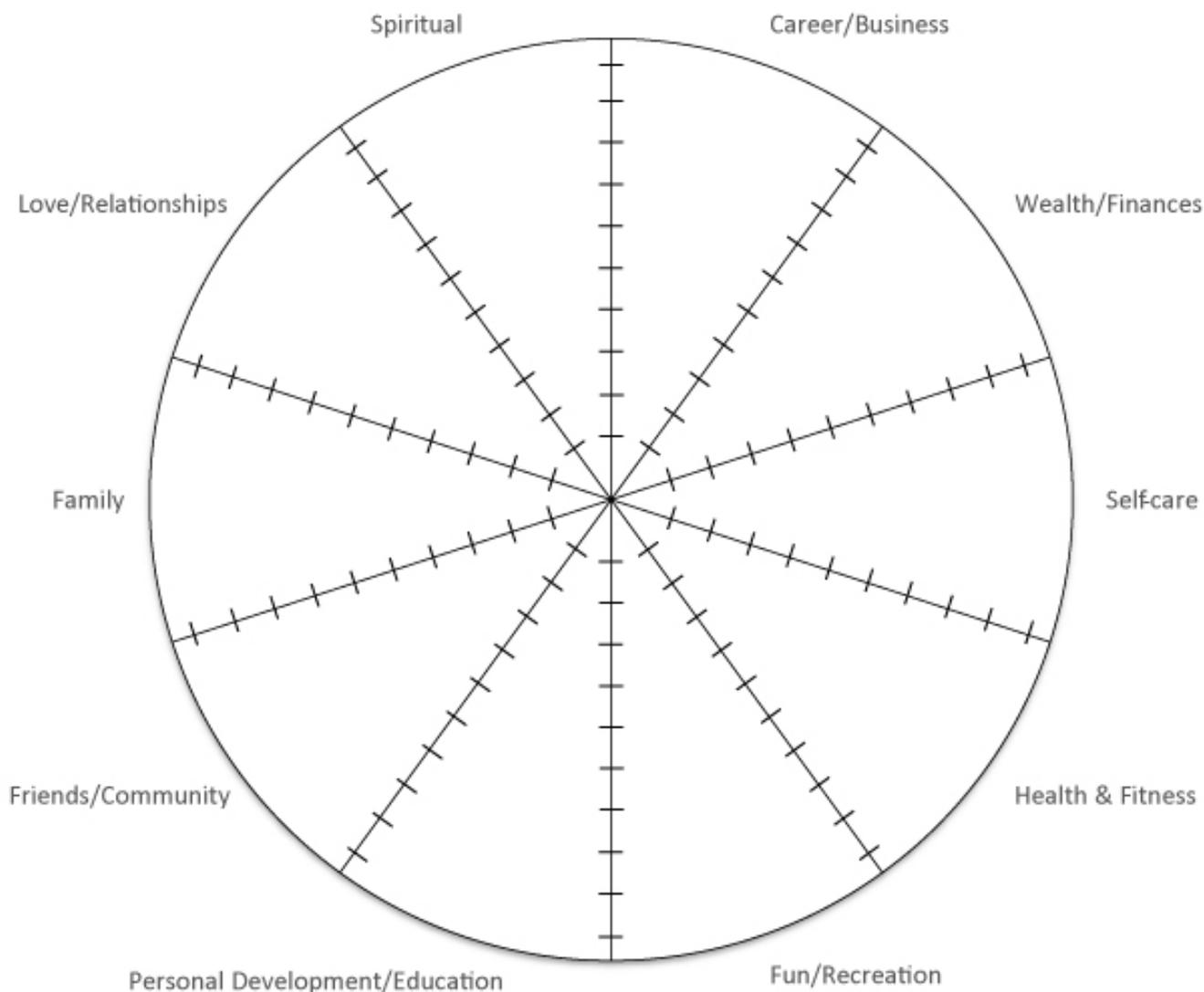
<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

Journal on any section of the Wheel of Life diagram (next page). You may want to write a page for each section.

Today, the date is

<<CLICK INSIDE THE BOXES TO ENTER TEXT>>

# Wheel of Life

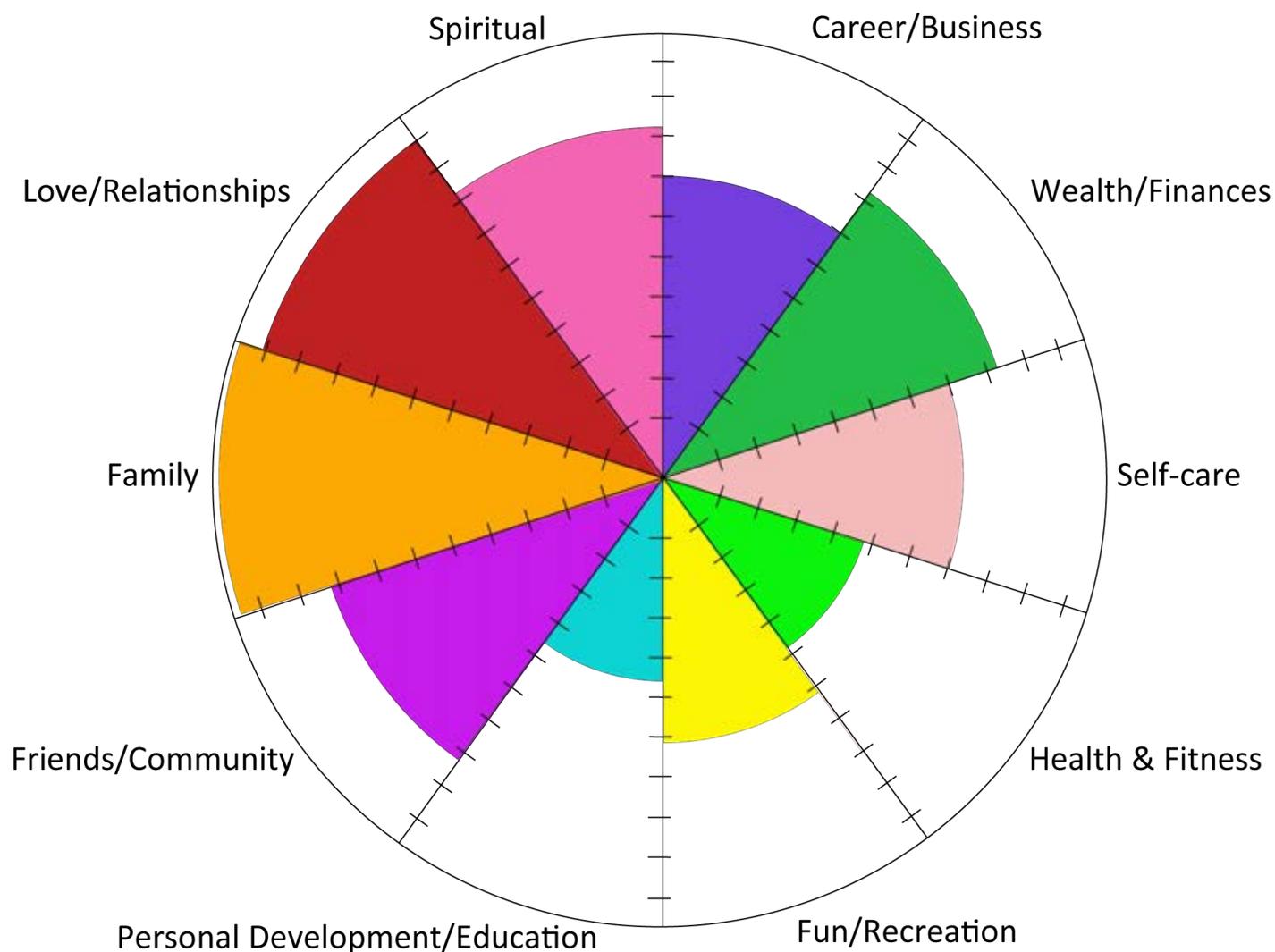


Look over the illustration on the next page. Then use it as you follow the instructions for using The Wheel of Life as a journaling tool. It is useful to return here to look again at your Wheel.

## Instructions:

1. Rename any of the sections.
2. Pick the line that represents where you are in that section and color in that piece of the pie.
3. Use the visual as you journal.

# Wheel of Life



The "Wheel of Life" diagram original is a trademark of the Success Motivation Institute® used by permission.

## Instructions:

1. Rename any of the sections.
2. Pick the line that represents where you are in that section and color in that piece of the pie.
3. Use the visual as you journal.

Tererai Trent in *The Awakened Woman* asks, “What is it that you are truly hungry for? What does your soul seek? What breaks your heart?”

Today, the date is

David Owen Ritz in *Keys to the Kingdom* asks, “What is the universal urge moving through you that desires unique, personal expression in your life?”

Today, the date is

Michael Beckwith in *Life Visioning* asks, “What is my life purpose? What is seeking to emerge in and through my life now?”

Today, the date is

Patrick Harbula, Minister and Living Purpose Institute founder, asks, “What one thing was missing from your childhood that you did not have but that you could now give to the world?”

Today, the date is

## SECTION 3

# Ah ... the Rest of the Story

It started in 7<sup>th</sup> grade. There was a boy that I secretly liked. In my shy 12-year-old self, the only place I could express this all-out crush on Steve was in my diary, under lock and key, away from the learning eyes of my younger brother. As I grew into full teenage life, there were many more unrequited crushes that my diary kept secret for me. A journaler, according to the internet, is a person who keeps a diary or record of something.



Maybe you too had a diary as a teen. My relationship with a diary or journal has been off and on during my life. As an adult, the catalyst to return to journaling was Julia Cameron's *The Artist's Way*. This transformational book just celebrated its 25th anniversary. Initially, I worked through the book and wrote my Morning Pages. I used journaling as my church, my spiritual practice. Years later I took an Artist's Way class and there re-connected to my forgotten journaling practice.

As I began journaling, it became a path on my transformation journey. Through journaling I heard my true inner voice and re-ignited my passion for writing. My first book was the result.

Recently, Julia Cameron wrote another book, *It's Never Too Late to Begin Again*. This book became my solace and my guide as I healed from two health challenges within two years, then sold my business and tried retirement. My journal became a transformational tool.

## Journaling can...

- Change your life one sentence at a time.
- Heal that past.
- Increase peace of mind.
- Soothe that “Monkey Mind.”
- Curate memories and experiences.
- Open creativity and imagination.
- Be a spiritual journey.
- Become a life review portal.
- Offer a safe place for letting go of old emotions, regrets and resentments.
- Open conversations with your higher self, the Divine in you.
- Allow for release and forgiveness.
- Collect quotes and dreams.
- Let you have conversation with your inner critic.
- Serve as a gratitude journal.
- Can become a lifeline through transformation and life changes.

## SECTION 4

# Myths About Journaling



Now, let's dispel the myths of what you think about journaling...

*Myth #1: Journal writing requires perfect or at least excellent English grammar OR creative writing skills.*

**Fact:** Journaling, as I use the process, is like a diary. Since the journal is for your eyes only, there is NO professor checking your use of language, spelling or grammar, or your creativity which is, after all, a personal perception anyway!

*Myth #2: You have to get training to be a good journaler.*

**Fact:** There is no skill training needed. Journaling opens your creativity without any skill training, especially when you use the prompts in this e-Book.

*Myth #3: You have to be a "Woo, Woo" type to journal.*

**Fact:** Journaling has no spirituality or "Woo, Woo" requirement. Journaling can connect you to the Divine within, however you understand the Divine to be, if that is what you wish.

## Remember these famous non “Woo, Woo” journalers:

- *The Diary of a Young Girl* by Anne Frank
- *The Reagan Diaries* by Ronald Reagan Albert Einstein
- Marie Curie
- Mark Twain
- Charles Darwin
- Lewis and Clark
- Thomas Edison
- Thomas Jefferson

*Myth #4: Journaling is just writing and writing and more writing.*

**Fact:** Journaling today is wide open. If you like cut and paste, it is a scrapbook. If you like lists; it can be a list keeper. If you like art, it can be a doodling place. If you go places, it can be a travelogue or keepsake coraller. If you like inspiration, it can be a quote collator. It is YOURS. Mine is a little of all that and therefore a bit messy.

Journaling can be one of the most insightful processes for your transformation at any stage of life change, including retirement, selling your business, relationship break-up, kids leaving home, kids coming back home, sickness, loss, on and on.

*Your Journal is for  
Your Eyes Only*



## SECTION 5

# A Place for Journaling

### Find a Place for Journaling.

**Journaling does NOT require any special space.** You can journal at the kitchen table as one of my friends does. Or, with a lap desk from your favorite chair, outdoors in the fresh air, or in front of a cozy fire. If you like, you can create a special personal space.

**Creating special space:** A special (**sacred**) place is a particular space, not necessarily a whole room, that one creates and claims to use as a focus on a meditative, self-reflection or spiritual practice. Each personal sacred space is the user's creation and therefore has its own creative look and feel that is significant to the user.

**Ideas for a Journaling Space:** Try out spaces in your home for your journaling. My journaling takes place in a chair that was my grandmother's in our spare bedroom. I found that going to my home office desk was too much like going to work and the environment was not what I wanted for my journaling.

### These things may be helpful:

- ☑ Comfortable chair but not a lazy boy that invites a nap.
- ☑ A small bookcase or table to keep your inspirational books, your journal and your journaling supplies.
- ☑ A candle and any treasures that make you feel joy and love. I have a picture of my husband and grandchildren, couple of treasures from trips or hikes, and on the wall near the chair is one of my vision boards.

Since we are creatures of habit, once you create a spot or special space for your journaling, you will begin to automatically ease into the writing as you sit or enter your space. Once you have the journaling habit over a few days or weeks, your body and mind will get the cues from your journal in hand and your special place.

Once you start the journaling habit, always have a journal handy. I keep small ones in these places: my car, my pack I take on walks, my briefcase and my purse. Once you allow your creative thoughts a place to land, you want to have that option to capture them in the moment. Elizabeth Gilbert, author of *Big Magic: Creative Living Beyond Fear* says, “*The universe buries strange jewels deep within us all, and then stands back to see if we can find them.*”

## SECTION 6

# A Time for Journaling

### Carve out Time for journaling:

The reason that creating your own space is an important step relates to what's next. When you take the time for journaling and/or meditating, you need a quiet uninterrupted time. This requires a skill called boundary setting. Boundaries are a whole other eBook that I'll write later. For here and now, you want to ask those in your home to respect the time you choose for quiet time.



### This means....

- Unless the house is burning down, a hurricane is imminent, or an earthquake is on its way I am in **DO NOT DISTURB** time.
- If there is something you need to tell me, wait until I am out of my quiet time.
- Please respect my request.

To make it obvious to those in your home, craft your own sign, door hanger or some visual cue that you are in **DO NOT DISTURB** time.

Your journaling can take a quick 5 minutes like in the beginning of the book or 20 – 30 minutes. It can be longer when you have time or are inspired to write on. If you can allow 30 minutes or so, you are on your way.

**AM Journaling:** AM is my time to journal and meditate. I awake early, scoot down and turn on the coffee, feed the cat and come back into my sacred space with my coffee. My inspiration comes from a couple of inspirational magazines or books to start my morning and my journaling.

**PM Journaling:** Many people like to journal at day's end before sleep. The inspiration at day's end is generally twofold: gratitude and leaving worries on the paper. The amazing thing about your subconscious mind is that if you give it an inquiry or problem, especially in writing before you go to sleep, it will work for you in your sleep.

Journaling, like other skills, can be learned. It is a useful skill and habit leading to transformation and personal growth.

## SECTION 7

# To Handwrite or Word Process... THAT is the Question

Journaling is very personal and therefore the choice about handwriting or computer entry is also. I grew up pre-computers. Yes, that long ago. For me, the pen in hand works best. Recently, I bought a stylus pen for my tablet to try out using electronic journaling.

Journaling can be handwritten, or it can be word processed. According to one of the eBooks I read on journaling as research for this book, there is an advantage to cursive writing. Your brain gets more stimulation from cursive writing than from word processing. However, I am not the journaler, you are. Do your own research on the two topics to get the most current information to make your decision.

### Google these two topics:

1. Cursive vs word processing and the brain.
2. Computer apps for journaling.

*“What a comfort is  
this journal I tell  
myself and throw the  
burden on my book  
and feel relieved.”*

*– Anne Lister –*

*If you choose handwriting. Here are some tips about journals and pens.*

### Journals

Over the years, I have written in different journals; hard bound, soft bound and spiral bound. My current favorite is a spiral bound journal that I buy every year (sometimes another mid-year if I have been busy writing a lot). This journal has spiral binding which allows me to lay the journal flat and it has pockets in the front and back covers.

I love this journal for many reasons and just bought one on Amazon (Studio C Carolina Pad College Ruled Executive Notebook; 8" x 9.75"; 100 Sheets, 200 Pages). It has front and back pockets for items I want to keep but may not want to glue or paste into my journal. Remember, I said diary/scrapbook. In these last few years as I have taken a weekly Aventura. I keep guides, maps, ticket stubs and postcards from the places I visit. I paste in quotes cut from magazines.



It is a delight to now go back and see the nudges, insights and streams of consciousness writing that have become this book and many blogs. There in my spiral notebook, which is sturdy enough to sit in my lap when I go to the beach or take a labyrinth walk for my meditation. Then, it easily opens to lie flat when I want to put something that I journaled into a blog post or part of this book.

### Your journal needs to fit you.

**Action Step Aventura.** (Aventuras are special times that you take and do something out of your routine.) Take time to visit several places that carry journals such as office supply store, Barnes and Noble™ or a specialty stationery store. Hold them, open them and find one that is yours. While you are there, find a pen or two that fit your hand. As I have reached retirement age and being a former dental hygienist, I have developed a bit of arthritis in my right hand. I now buy Dr. Grip™ ink pens. They are fat like our first-grade crayons and write smoothly.

*“A personal journal is an ideal environment in which to become. It is a perfect place for you to think, feel, discover, expand, remember, and dream.”*

– Brad Wilcox –

### Additional supplies for your journaling:



Creative Journaling Class @  
Sedona Art Center, AZ

- Colored pencils and/or felt tip markers in a variety of colors. Use watercolors if you like. If you already have a comfort with art, find a journal that lets you use the medium you like. The journal I use would not be good for someone who likes to use watercolors or acrylics. At an art supply store and even at large retailers like Target, you can find a spiral pad for watercolors that you can use also for journaling. There are lots of sizes.
- Glue, tape, scissors. I have both scrapbooking double sided tape and regular tape. Put your supplies in a tub, box or zipper pencil bag. Have all these things in the place where you journal. You don't want to lose your creative flow or thought going into another room to fetch supplies.

*You do NOT have to be a great writer to journal.*

## SECTION 8

# Journaling Inspirational Sources

Inspiration for journaling can come in short and long forms. In this book I have given you several prompts, including Affirmations. Prompts are just “Get Started” ideas you use when you stare at a blank piece of paper.

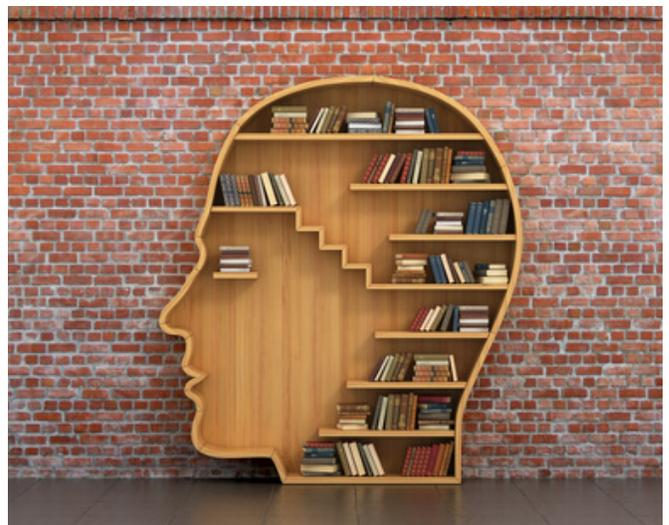
### Here are some additional ideas for you:

#### A faith-based magazine or book

- Christian: *The Upper Room*; <https://www.upperroom.org/>
- Catholic: *The Word Among Us*; <https://wau.org>
- Buddhist: **Tiny Buddha** inspiration guides available [www.tinybuddha.com](http://www.tinybuddha.com)
- Jewish: *Kabbalah 365: Daily Fruit from the Tree of Life* by Gershon Winkle
- Non-Denominational:
  - *Science of Mind Magazine*; [www.scienceofmind.com](http://www.scienceofmind.com)
  - *Daily Word*: [www.dailyword.com](http://www.dailyword.com)

**Any inspirational book**, the *Bible*, *Course in Miracles*, any sacred text you love. Just close your eyes and open to a page; read a paragraph. Then, journal on that thought as a metaphor in your life now.

*Use Google to search for others related to your spiritual practice.*



## Inspirational Books for prompts for your journaling...

1. *The Artist's Way* and *It Is Never Too Late to Start Again* by Julia Cameron
2. *The Book of Awakening: Having the Life You Want by Being Present to the Life You Have* by Mark Nepo
3. *The Path Made Clear* by Oprah Winfrey
4. *The New Earth* by Eckert Tolle
5. *The Seven Laws of Spiritual Success* by Deepak Chopra
6. *The Untethered Soul* by Michael Singer
7. *The Four Agreements* by Juan Miguel Ruiz
8. *Change Your Thoughts, Change Your Life* by Wayne Dyer
9. *As A Man Thinketh* by James Allen
10. *The Richest Man in Babylon* by George S. Clason
11. *The Four Spiritual Laws of Prosperity* by Edwene Gaines
12. *Empower* by Susan Burrell
13. *I've Been Thinking* by Maria Shriver
14. *The Path to Wealth* by May McCarthy

## SECTION 9

# 30 Journaling Affirmations

### 5 Steps in 5 Minutes: Journaling with Affirmations

How to use Affirmations (repeat from page 4 in case you skipped ahead) 😊

1. Print out these Affirmations. Choose one to use today. Turn off your phone.
2. **Read the Affirmation** aloud if possible, but silently works too.
3. **Close your eyes and breathe deeply** pondering the Affirmation. Use what I call a deep Buddha Belly breath.
4. **Set your phone timer for 5 minutes.** Also check that your phone is off.
5. **Write for five minutes** OR, write the Affirmation several times and see what emerges as you write. Continue your writing. When the timer rings, take a deep breath again and you are done.



Use these Affirmations to write as you may have in school when you were learning penmanship. Write them over and over. Pick one and write.

1. I am the picture of vibrant health.
2. I find joy in all that I do.
3. I strive for excellence, not perfection.
4. I give and share credit with others.
5. I get my "To Do" list done joyously.
6. I am well organized in all aspects of my life.
7. I love, affirm and respect all people in my life.
8. I maintain a schedule of healthy exercise and physical activity.
9. I plan and organize my efforts for today, for tomorrow and for my future.
10. I have complete confidence in my decisions and actions.

11. I treat any and all problems as challenges to solve and opportunities to grow, learn and be creative.
12. I choose healthy foods that nourish my body.
13. I create a schedule to have time for my family, friends and recreation.
14. I find outlets for my own unique creative endeavors.
15. I have limitless potential.
16. I am abundant and prosperous.
17. I am understanding and patient with others.
18. I uphold my integrity in my decisions and actions and words.
19. I am grateful for all for the people in my life, past and present.
20. I am wise and confident.
21. I create “me” time in my life to dream, meditate and connect with my inner GPS.
22. I express my interest in others by listening to their ideas, thoughts and desires – without judgement or comment.
23. I manage my money and save for my future.
24. I speak clearly, concisely and fluently.
25. I live in the light of nature’s infinite beauty.
26. I am the master of my life.
27. I take time to play, sing, dance, and truly enjoy the life I am living.
28. I take changes in stride without being overly attached to anyone or anything.
29. I speak the truth with love.
30. I greet each day as a new beginning, leaving any regrets behind.



*Happy Journaling!*

# Thank You...



**Thank You** for opting to download this journaling e-book. My life is continually enhanced with my journaling practice.

Now, as a “Savvy Retiree” (partially retired), Life coach, YaYa (Greek for grandma from the movie, *My Big Fat Greek Wedding*), Licensed Spiritual Practitioner and volunteer at my church, wife and world traveler, I love life and all aspects that are here for me to experience.

Beautiful Ventura, CA is my home where my two sons, their wives and two grands live. My husband, Ted, has two children and we spend Spring break at Myrtle Beach, SC with our east coast grandson.

If ever you would like an ear, a coach, a spiritual guide or just to let me know how this book worked for you, please get in touch. Email: [linda@lifepathbydesign.net](mailto:linda@lifepathbydesign.net) or call me 800.242.7648.



Join me on Facebook™ at <https://facebook.com/LifePathByDesign>  
Or, my Savvy Retiree Facebook Group – Savvy Retirees

I gladly offer a Complimentary Discovery call to see if coaching can develop more of your life potential. Call or email me to schedule. Or, go to <https://LifePathByDesign.net>.



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