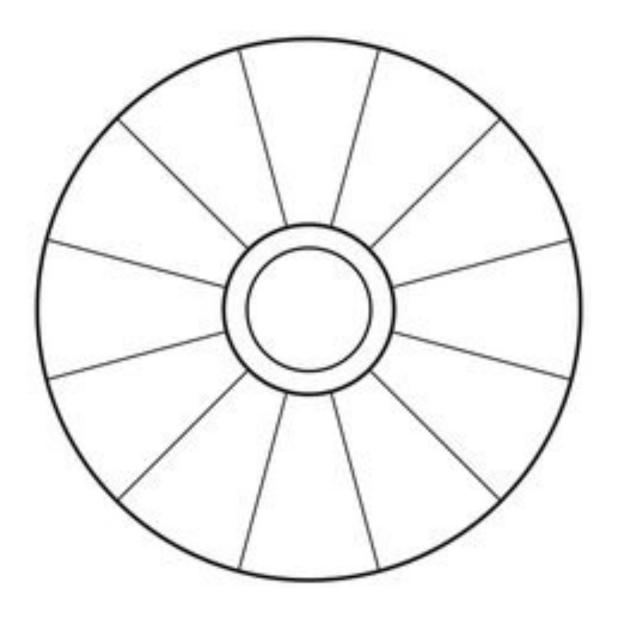


Focus Wheel



Place what you want in the center and around the outside of the wheel place gratitude and positive feeling statements (positive, present tense of how you'll feel when you achieve it)