

** indicates a required field*

*** Here are three things inside and around me that contribute positively to the experience of freshness in my daily life.**

Fill in the blank

Fill in the blank

Fill in the blank

*** Here are three things inside and around me that contribute positively to the experience of solidity in my daily life.**

Fill in the blank

Fill in the blank

Fill in the blank

*** Here are three things inside and around me that contribute positively to the experience of clarity in my daily life.**

Fill in the blank

Fill in the blank

Fill in the blank

*** Here are three things inside and around me that contribute positively to the experience of True Freedom in my daily life.**

Fill in the blank

Fill in the blank

Fill in the blank

Here are a few more things and experiences that contribute positively to my sense of wellbeing in my daily life.