



# Daily Inspired Actions Workbook

Companion to 30-Day Guide to Living Happy

By Nerissa Golden



**Caribbean Morning Publishing**  
**[www.nerissagolden.com](http://www.nerissagolden.com)**

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Cover Design – Nerissa Golden  
Graphics - Kathryn Duncan

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Dear Reader,

I am proud of you for downloading this workbook.

Years ago when life seemed very dark and I wasn't sure what to do. I would day dream. I day dreamed at midnight when I was up breastfeeding or changing a wet bed. My children were all under the age of five and it felt as if my future was going to be limited to cleaning messes, drying eyes and cooking meals.

The one thing I felt capable of doing which was just for my benefit at the time was write. As a former journalist, I felt most comfortable writing news type articles. So I would write press releases all starring me. Nerissa Golden publishes her first children book. Nerissa marries wealthy businessman. You name it, I wrote my dreams out.

At the time I truly thought I was crazy. I'm a little surprised to see that I'm writing this to you now. But it was what I did more than once. I saw the news interviews in my head, me sitting on the television lights and staying cool and collected.

I've accomplished most of what I wrote in my journal save for marrying the wealthy businessman. ☺ While God works on that special order, I will focus on creating my own wealth and living out even more of those dreams I wrote about.

This workbook is designed to encourage you to do the same. Something amazing happens when you set your intentions. When you say it out loud even if only on paper for your eyes only. The dreams don't seem as impossible when you see them in black and white or in coloured crayons. I want to encourage you to print out this workbook and include a few blank pages which you can draw on. Staple or put them in a binder that you can keep close and daydream at will.

I believe in you and I believe that we have an awesome Creator who is waiting to fulfill the desires of your heart.

Be Blessed and Live Happy

A handwritten signature in black ink that reads "Nerissa". The script is fluid and cursive, with a large, stylized initial 'N'.

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My dominant feeling today will be: \_\_\_\_\_

The Inspired Actions I will take today to improve my relationship with \_\_\_\_\_

is to \_\_\_\_\_

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The Inspired Actions I will take today to move my business forward is: \_\_\_\_\_

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Today's Headline About My Success: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Today's Headline About My Success: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Today's Headline About My Success: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Date: \_\_\_\_\_ Signature: \_\_\_\_\_

















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Today's Headline About My Success: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Date: \_\_\_\_\_ Signature: \_\_\_\_\_



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Today's Headline About My Success: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Opening paragraphs of my story: \_\_\_\_\_

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Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Visit <http://www.trulycaribbean.net> for more business tips and articles to inspire you.

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