



chf
CANDY HOLMES-FOSTER

Young
**Pillars
of
Ascension**

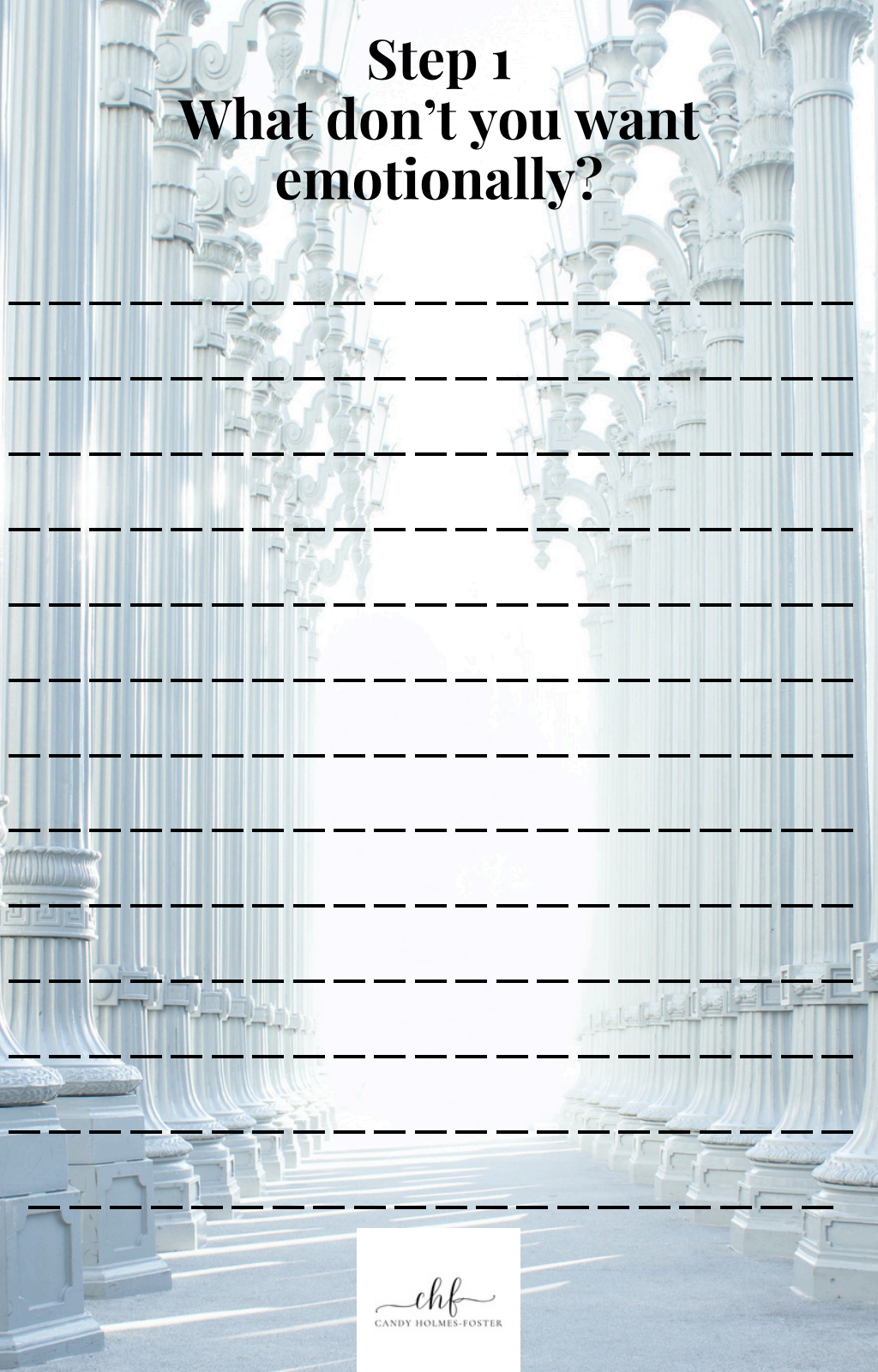
ACHIEVE YOUR BEST SELF EMOTIONALLY,
SPIRITUALLY & PHYSICALLY

Young **Emotional Pillar**

I ENCOURAGE YOU TO TAKE SOME TIME TO
SIT WITH THIS AND PONDER. WHAT AM I
NOT HAPPY ABOUT IN MY LIFE
EMOTIONALLY.

TRY ONE OF MY MEDITATIONS AT
WWW.CANDYHOLMESFOSTER.COM/BONUS

HAVE THE NEXT PAGES HANDY TO WRITE
ABOUT WHATEVER COMES UP.



Step 1

What don't you want emotionally?

Step 2

Re-imagine it

What do you want emotionally?

Step 3

Make a plan

Make a step by step plan to achieve it.

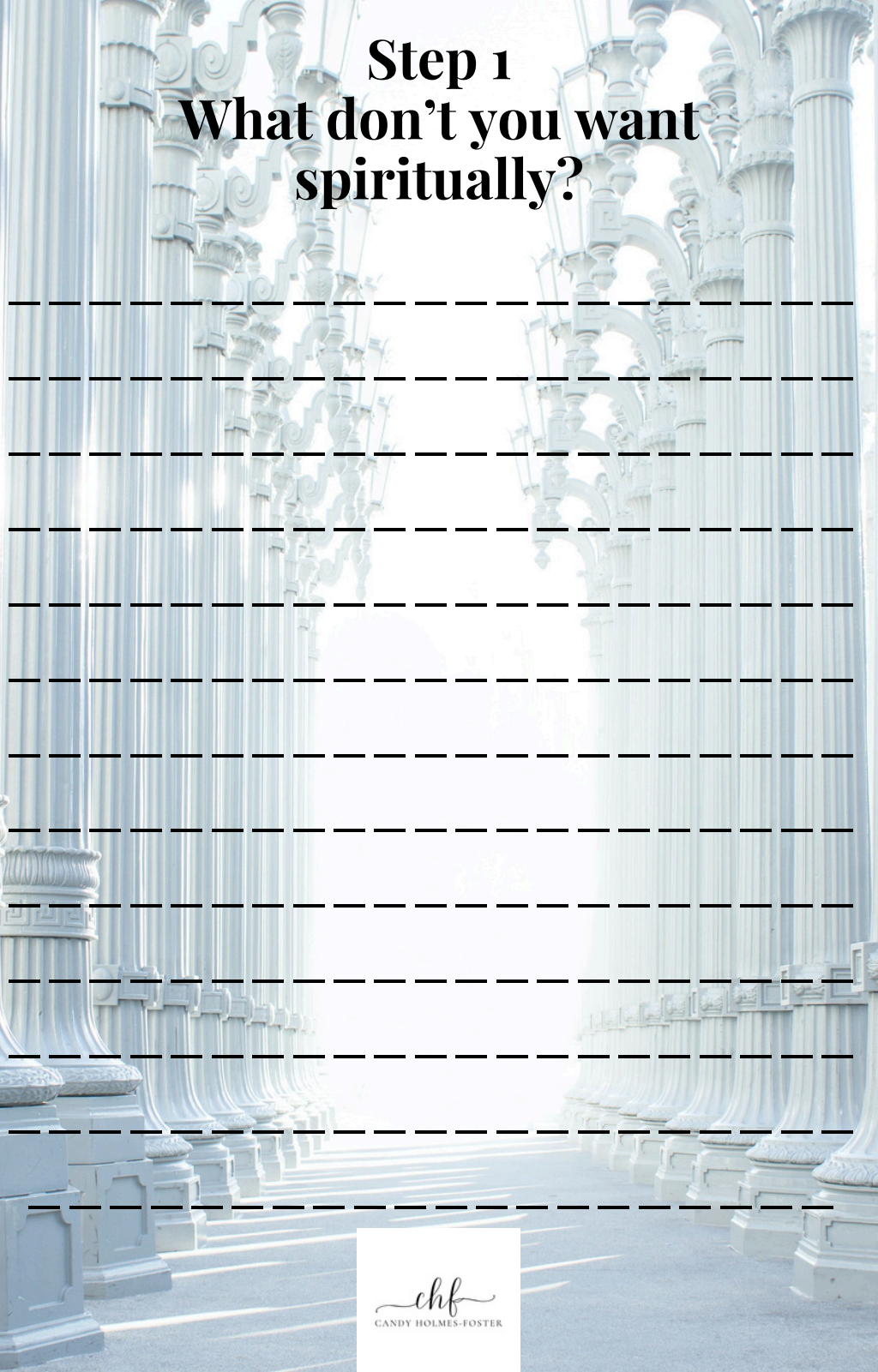
Tools

Young **Spiritual Pillar**

I ENCOURAGE YOU TO TAKE SOME TIME TO
SIT WITH THIS AND PONDER. WHAT AM I
NOT HAPPY ABOUT IN MY LIFE
SPIRITUALLY.

TRY ONE OF MY MEDITATIONS AT
WWW.CANDYHOLMESFOSTER.COM/BONUS

HAVE THE NEXT PAGES HANDY TO WRITE
ABOUT WHATEVER COMES UP.



Step 1

What don't you want spiritually?

Step 2

Re-imagine it

What do you want spiritually?

Step 3

Make a plan

Make a step by step plan to achieve it.

Tools

Young **Physical Pillar**

I ENCOURAGE YOU TO TAKE SOME TIME TO
SIT WITH THIS AND PONDER. WHAT AM I
NOT HAPPY ABOUT IN MY LIFE
PHYSICALLY

TRY ONE OF MY MEDITATIONS AT
WWW.CANDYHOLMESFOSTER.COM/BONUS

HAVE THE NEXT PAGES HANDY TO WRITE
ABOUT WHATEVER COMES UP.



Step 1

What don't you want physically?

Step 2

Re-imagine it

What do you want physically?

Handwriting practice area consisting of 15 horizontal dashed lines.

Step 3

Make a plan

Make a step by step plan to achieve it.

Tools



Now

**“Take the first
step in faith. You
don’t need to see
the whole
staircase, just the
first step”.**

~Martin Luther King Jr.