



Golden Words: The Journal for Changing Your Life One Word at a Time

Sally Stone Ed.D.

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Golden Words, Golden Life

The thoughts you think and the words you say create your life. What will you create? If you want a Golden Life, you will need Golden Words.

A companion to the award-winning book, *Golden Words: The A to Z Toolkit for Changing Your Life One Word at a Time*, this journal provides a step-by-step process for creating your golden life.

Like the golden bricks used to build the hopeful Yellow Brick Road to Oz, golden words make sturdy building materials for writing mantras, affirmations, and prayers to manifest your goals and meaningful life changes in body, mind, and spirit.

When we make our self-talk golden, we take charge of our healing and life experience. We connect to spiritual guidance, step into the rhythm of intuition and flow, tap into creative energy, develop talents, deepen friendships, reduce stress and pain, overcome bad habits, build a healthier body, and cultivate unshakeable inner strength to create the life we want.

No matter what's happened in your life, it's always the right time to follow your bliss to a life you love. You can create positive change one word at a time.

You know your ABC's. Now it's time to learn your golden ABC's.

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