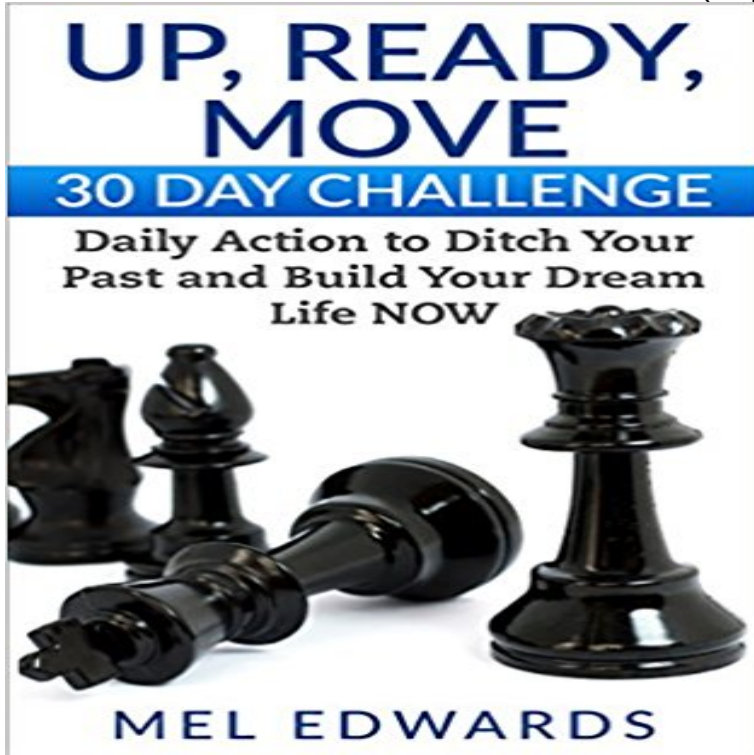


# Up, Ready, Move 30 Day Challenge: Daily Action to Ditch Your Past And Build Your Dream Life NOW (Up and Moving Book 1)



On a scale of 1-10 what grade would you give yourself for your health? Physical? Fiscal? Mental Acuity? Emotional/Spiritual? If you find yourself HERE and want to get THERE this book is for you. 10 Days to get UP in energy, spirit, vibration. 10 Days to get READY for serious action by making a solid plan to overcome obstacles and build your dream. 10 Days to MOVE toward your dreams through daily action steps. Originally created as a 30 days of activity to prepare people for the new calendar year, this challenge has been reworked to apply to any day or month in the year, because no matter where you are, you have a past, and deserve a future based upon your own intentional design. Grab your imagination, your hopes, dreams, and a way to journal, and you are on your way! Start where you are, doing one days steps at a time, with a single focus --- your ONE thing. Embark upon this life-enhancing journey, and in one month you will be well on your way to the there you envision now.

Fisher Funeral Chapel and Cremation Services Obituaries Mary B. Reed Nancy E. Christen Cheryl Lynn Patton Harriet E. Walkup Larry Dean Kelley Edward William "Ned" Frey Alivyaira Zendaya Nichole Hicks James E. (Jim) Delaplane Dick D. Kesling Harvey Lewis Prather Josiah W. Pena Dewayne Moss David Lloyd Sherfey Ruth Ann Green Melvin "Mel" Edwin Willey Ross Rene Cotner Shirley Ann Turner Jeffery Lyle Earhart Cheryl Ann Richeson Sally Ruth Mak Bruce Edward Lehnen Patricia Robinson Tippecanoe County Veterans Tribute Cass County Veterans Tribute Video Remember Our Soldiers Valentines for Vets Our Promise To You... We are committed to supporting your family during their grief, recognizing that grief is personal to each individual. We acknowledge we cannot make the pain go away, but through our efforts, we can make the grief journey less lonely and perhaps.. a little easier. Excellence We will strive to create the most personal and meaningful tribute to the person who died and support any appropriate requests to commemorate the life that was lived. Attention To Details Whether the service is in our chapel, your church, home or at the graveside - we offer ideas and options to make each service unique. Value We believe you should be able to pay your respects without paying your life's savings, that's why we offer our Fair Price Guarantee. Dignity No matter what type of service you choose, your loved one will be cared for with the same dignity and compassion that we would extend to our own family. Compassion We, too, are walking the journey of grief in our own family. So we understand, in ways that only someone who has gone through a great loss, could possibly know. Light a Candle Light a Candle of hope and remembrance Featured Candle candle For Dewayne Moss ~Lit by~ Kelly Sullivan u well b miss Dewayn View All Candles Post a Heart Post a Perspective in memory Condolences Share Condolences with an online memorial Flowers and Gifts Send a Gift or Flowers to show your support Pet Loss Library Pet Loss support when grieving a pet Grief Library Grief Library words of wisdom and advice Message Boards share and comfort others First Year of Grief 365 Days of Grief Support Sign up to receive free messages of support and wisdom in your email every day for a year. Sign up for free How We Help Funeral Choices Pre-Planning Grief Support Obituaries Guestbooks Care Center Gifts &

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