



THE **pillar** LIFE™

PRESENTS

YOUR WEEKLY

Pillar
Pages

We're with you every step of the way.

Here's how to use your Pillar Pages. Each week print out the next five pages. After each Pillar Prompt, use the space to write your response. Be specific about what you want to accomplish in each Pillar.

It's time to tap into your superpowers.

These eight pillars are the cornerstones of a happy and vibrant life, and the best way to ignite your Next Right Dream.

These Pillar Pages are yours to create.

Writing is one of the most powerful tools we have ever found for expressing our dreams and keeping track of where we are in relation to them. As soon as you start putting words to the page, more ideas flow forth. They will begin as sparks and then take shape and grow.

Before you know it, you'll have pages and pages filled with your dreams of what your life can be.

Go DreamTriber!

Fill your Pillar Pages and see where they take you...

MY WEEKLY Pillar Pages

HEALTH + WELLNESS

What movement will you choose this week to make your body stronger, more flexible, more resilient? What meals will you eat, and when you will eat them? Record when you wake up each morning this week, and when you go to bed at night. Do you feel energized, fueled, rested and ready?

SPIRITUALITY + HAPPINESS

Play the appreciation game, and make a list, however long you are moved to write, of all that you appreciate. Record how many times you plan to meditate each day this week, and for how long. Do you have a spot in your home, or office, or on the road where you'll be uninterrupted?

ROMANCE + SEX

If you are partnered, write something you love and appreciate about your beloved and share it with him or her this week. If you are single, write one or two things you look forward to when you meet your beloved. How will you feel, where will you go, what will you say to each other at the end of the day?

FRIENDS + FAMILY

Who among your “family” will you connect with this week? Even if it’s just a text to say “I’m thinking about you” or a long overdue catch-up chat — who will you connect with, and when? Make a list of anyone in your inner circle who you think needs something from you — an attentive ear, a homemade pot of soup, a ride to the airport. Can you be of service to someone this week?

CREATIVITY + INNOVATION

What is your creative spirit calling out for you to express? What are your creative goals for the week? What changes can you make in your personal or professional life to rev up your innovative energy? Start small, with incremental steps, but keep building that creative muscle.

ADVENTURE + DISCOVERY

What one new thing can you learn this week? A language? A craft? A sport? Think outside your comfort zone to discover something new about yourself. Start making plans for your next adventure. Look at a map, study a new cuisine, anything to get you dreaming of a new corner of the world to explore.

SANCTUARY + BEAUTY

How can you bring more beauty into all areas of your life? Identify this week's beauty dream, for yourself and your surroundings. Look around your home. Is there one thing you can remove, replace, repair from each room this week? How can you enhance your personal beauty through attentive self-care and delicious indulgence?

MONEY + ABUNDANCE

List all the ways abundance is manifesting in your life right now. Steep yourself in all that surrounds you. How can you expand the flow of abundance into your life? In what ways can you reinvigorate this part of your story?

MY PILLAR

Week in Review

Every Sunday, look back on your week and tell yourself how it went. Did you do what you said you were going to do? If so, how did it turn out, where did you go, what did you learn, who did you meet, how did it feel?

THE pillar LIFE



HEALTH
+ WELLNESS

Create your recipe to feel invincible in your physical being. Choose foods, body movement and healing modalities that energize and elevate your daily experience.

The Story: Body Love Reigns Supreme.



SPIRITUALITY
+ HAPPINESS

Lead from your Soul. Quiet your mind and experience your magnificent inner world. Allow nature in all its forms to show you the wonder of your life. Awaken.

The Story: Happiness is My Compass.



ROMANCE
+ SEX

Cherish yourself enough to let someone else adore you. Know that true intimacy is a wellspring, deep inside. Connect to your soul's mate with intention, and an open heart.

The Story: I Love and I Am Loved, Passionately.



FRIENDS
+ FAMILY

Gather your own "family" — friends who are family, family who are friends. This is your inner circle of unconditional support. Revel in its energy of mutual upliftment.

The Story: My Family is My Tribe.



CREATIVITY
+ INNOVATION

Put your hands in the clay. Shape today, and invent what happens next. Believe in the abundance that will follow when you do work that you love, with people you love. Honor your inspiration.

The Story: My Creative Spirit Soars.



ADVENTURE
+ DISCOVERY

Stir up the fires of curiosity. Jump bravely into what you do not know. Take a class, run a race, or explore another corner of the world. Newness is delicious. Reclaim your spark.

The Story: I Seek Fresh Joy.



SANCTUARY
+ BEAUTY

Build yourself a nurturing respite from the world. Cultivate a seeker's eye for loveliness. Feel dazzling inside and out. Feather your nest just so. Practice beauty.

The Story: I Am Beautifully at Home.



MONEY
+ ABUNDANCE

Allow money to be your passport to magnificent things, beautiful experiences and endless opportunities for sharing. Let abundance be your state of mind. Bask in the plenty.

The Story: My Life is Rich, and I Am Free.