

ALIGNED WELLNESS

10 Secrets for Success & Inner Peace

*Ten principles for a life of alignment, freedom, and quiet
strength.*

by Dr. Wayne Dyer

A FREE RESOURCE

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FOUNDATIONAL

The Ten Secrets

A one-page reminder to return to as often as you need.

1. Have a mind that is open to anything, attached to nothing.
2. Do not die with your music still in you.
3. You cannot give away what you do not have — first look inside.
4. Embrace silence. All your creativity lives there.
5. Give up your personal history — the wake does not drive the boat.
6. Rewrite your agreement with reality.
7. Rid yourself of the resentments you justify.
8. Treat yourself as if you were already living what you want to become.
9. Treasure your Divinity. God does not make junk.
10. To be wise is to avoid all thoughts that weaken you.