



Open Doors™

HypnoMeditation Journal

Amethyst

Amethyst HypnoMeditation Journal

All human behavior has a reason. All behavior is solving a problem

Day 1

Day 2

Day 3

Day 4

Day 5



Amethyst HypnoMeditation Journal

Nothing in the universe can stop you from letting go and starting over

Day 6

Day 7

Day 8

Day 9

Day 10



Amethyst HypnoMeditation Journal

Creating change begins with recognizing that change is needed

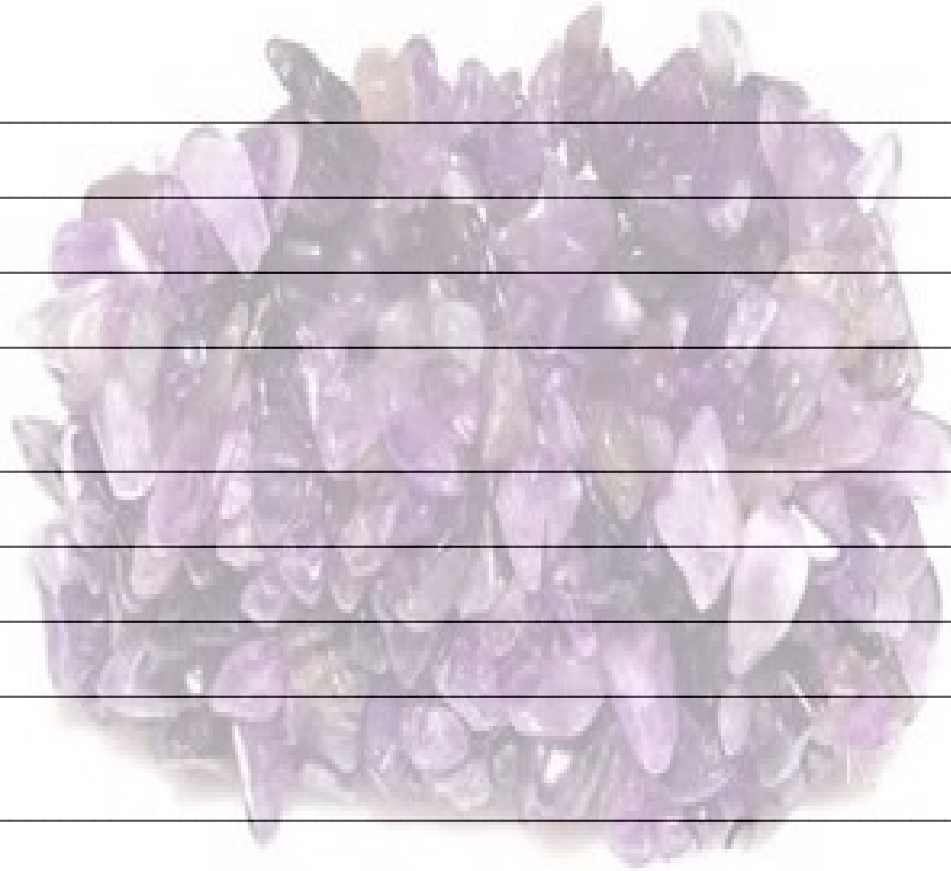
Day 11

Day 12

Day 13

Day 14

Day 15



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Thoughts crystallize into habit and habit solidifies into circumstances

Day 16

Day 17

Day 18

Day 19

Day 20



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Mindless habitual behavior is the enemy of innovation

Day 21

Day 22

Day 23

Day 24

Day 25

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Transformation and change can happen in a blink of an eye

Day 26

Day 27

Day 28

Day 29

Day 30
