

# eULTiVATE LiFE COACHiNG

Congratulations for your commitment to being the best parent you can be. If you enjoy these parent focused **Cultivate Life Cards**, you might be interested in also printing out a list of a few of my favorite parenting quotes. You can find them under the **Cultivating Children** button on my web site [www.CultivateLife.com](http://www.CultivateLife.com).

Each month I send out a newsletter via email entitled "*Seeds Of Inspiration*". I pick a quote to ponder, pass along interesting stuff that readers send to me, and let you know about upcoming appearances and course offerings. You may unsubscribe at any time so you retain complete control of what comes into your e-mailbox.

<http://lists.webvalence.com/sites/SeedsOfInspiration/default.html>

I also host a **Gift Shop** that exists to get the word out about people who are cultivating their creative talents and sharing them with the world. Right now there are cards and a t-shirt designed by a breast Cancer survivor, my husbands bluesy rock CD, and I even have my decorative mirrors displayed. Are you ready to add your creations to the mix? You can check out the shop 24/7 at <http://cultivatelife.com/shop/index.html>

Drop me a line any time. I welcome your input.

Love,

Diane

## Cul tivating Chil dren Cul tivate Life Cards

**Instructions:** Print and cut out cards, laminate if desired and keep in a small box or bag. Pick one to spontaneously plan your day, or support you in taming an overloaded mind.

What do you want your  
**LIFE**  
to look like?

Cultivate Life Cards 2003

Oxygen Mask Directions:  
1. Secure yours  
2. Then...  
3. Care for Children

Cultivate Life Cards 2003

**Write**

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"Do" Nothing

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**Read**

Cultivate Life Cards 2003

**Play**

Cultivate Life Cards 2003

**Dream**

Cultivate Life Cards 2003

**RECEIVE**

Cultivate Life Cards 2003

**Plan**

Cultivate Life Cards 2003

**Be**

Cultivate Life Cards 2003

**Trust**

Cultivate Life Cards 2003

**Ask**

Cultivate Life Cards 2003