



Lynne Angela Santiago, MS, LMHC

Licensed Psychotherapy & Consulting Services

Healing – Growth – Empowerment

Mental Wellness ~ Certified Sex Therapy

Dreams & Aspirations....

“When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life.”

~Greg Anderson {American Author}

List 3 things that you are putting up with in your life. You believe you shouldn't tolerate them, but you do.

- 1.
- 2.
- 3.

List three things that you love so much you want more of them in your life.

- 1.
- 2.
- 3.

List a few things you are interested in changing in the next 6-8 months: