THE GRACE TRAIL STORY

Anne Barry Jolles

What is the GRACE TRAIL?

The GRACE TRAIL is a simple process that guides you to find hope and possibility in the challenges and confusion of life.

G - Gratitude

 What am I grateful for?

R - Release

 Even though I carry a heavy load, what can I let go of?

A - Acceptance

 What do I need to accept in my life? And if I can't accept it, can I at least acknowledge it?

C - Challenge

 Even Though my plate is full, what is my Challenge?

E - Embrace

 Even though nothing is certain, what can I embrace as possible?

Some questions to take with you on the trail:

1. Where do I wish to focus my energies right now? What is the impact I desire?

2. What makes me feel alive? How can I get more of that?

3. What is possible?

4. What captures my attention in life and gives me hope?

The GRACE TRAIL here in the White Mountains is the product of a talk given by Anne Barry Jolles. GRACE TRAIL is her creation located in Plymouth, MA on the water. Here in the White Mountains of New Hampshire, a very special place, the GRACE TRAILis recreated in a woods-style. It is a short hike/walk with stops along the way to sit and contemplate.

The trail is located at the White Mountain Hypnosis Center, 428 Conway Road (Route 113), in Madison, NH.

Anne Barry Jolles’ book *“Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live”* is available on Amazon.