

My Ideal Future Self

INSTRUCTIONS

Visualization is an IMPORTANT part of manifesting our ideal life!

This exercise will help you clarify your intentions around what you REALLY want to experience in your ideal life. Knowing what we want out of life, helps us to achieve it!

Step 1: Get into a quiet and comfortable spot where you won't be bothered for 30 minutes. Put on headphones (if you have them) and put on some meditation music to help you relax.

Step 2: Put your hand on your heart and take 6 deep breaths to center your energy and bring your awareness to your heart-center.

Step 3: Spend about 10-15 minutes visualizing in your mind's eye (like daydreaming) about what your life will be like 10 years from now.

Step 4: After you allow your imagination and inner Being to reveal to you your best life, write it down here or in your journal.

Step 5: Repeat this exercise EVERY day for 8 days, gaining DEEPER insight into your ideal future self.

(Don't worry about spelling or grammar, just free-flow your writing on what you saw and FELT about your ideal future self)