

CREATE YOUR WISH LIST!

It's important for you to have a clear vision of what you want to be, do, and have in life in order to make it your reality. This will help you clarify and create a life you would truly love living. I encourage you to find some quiet time when you won't have any interruptions and to take your time with this. It's a very important step in the process of transformation because you can't get somewhere if you don't know where you're going.

It's time to utilize your imagination and dive into your deepest desires. Take all facets of your dream life into consideration including your profession, your relationships, your health and fitness, your financial life, your personal growth, your social life, the experiences you want to have and how you want to give back to the world. Write down the details of the life you envision in the columns below and be very specific.

In the "Be" column, write down everything that you want to become. How do you envision yourself in the future? What do you look and feel like? What kind of person are you? How do you live out your days? Are you peaceful? Calm? Excited? Joyful? Are you working in a different profession? Are you thriving in your life? Whatever it is that comes to mind, write down your ideal version of YOU.

In the "Do" column, write down the experiences you'd like to have in each of the categories listed. Are you traveling? If so, where are you going? Are you spending time with family and friends? Who are you spending time with? How often? Are you getting your body in shape? What kind of fitness activities are you enjoying? Are you making more money doing something enjoyable? Are you taking courses or going to school? What are your daily habits? What do you do with your time & money that bring you joy when you're not working? How are you sharing your innate gifts with the world? Write down all of the things that you love doing and that make you feel alive!

In the "Have" column, describe all of the materialistic things you'd love to have. Include the details. If you desire a new car, what kind is it? What color? How many doors? If it's a new place to live, where would it be located? Is it a house, an apartment, a townhouse, a condo? How many bedrooms? What does it look like? How much money do you want to be earning each month? Each year? What will you do with all that money? Whether it's new clothes, new gadgets, new electronics, or whatever new thing catches your fancy, write it down. This is your time to imagine and dream!

When you've completed writing everything down, look over your list and mentally visualize all of this for yourself. Imagine what it would feel like if you obtained all that you wished for. I assure you that you'd be waking up every day feeling grateful, fulfilled and extremely happy!

All things are possible, and you are worth having every bit of this!

	BE	DO	HAVE
Career/ Profession			
Relationships (Family/ Friends)			
Health & Fitness			

	BE	DO	HAVE
Freedom & Fun			
Personal Growth			
Contribution (giving back)			