

Manifest a Future that Inspires You

It's time to be inspired by a vision of your future rather than a memory of your past.

Name: _____

Date: _____

1. **What** - Describe in a single sentence what you'd like to change about your life.

2. **Your Why** - Why do you want this change to happen? How will you feel when you've accomplished it? What will be possible for you? How will it benefit your life?

3. **CREATE a Future Memory** - Find a quiet place where you can close your eyes and create an image of you successfully making that change. Include how you'll feel. Become aware of your environment. Where are you? Who are you with? How are you feeling in your body? Record all the vivid aspects that make it feel like a REAL experience. Now tune into the memory as if it has already happened. Visualize that as a movie in your mind. Feel the gratitude.

- 4 **Rate the Desirability:** Now rate the fulfillment that this Future Memory gives you on a 1 to 10 scale. 10 being very fulfilling and desirable. If it less than a 10 in desirability, ask your True Self what you need to add or take away to quickly bring it up to a 10. When you get it to a 10, anchor your vision into your heart by surrounding it with an imaginary ball of light and place it in the center of your chest above your heart with the following request:

"This is an example of what I'd like to experience and unfold in right time and right action, please make that happen in ways that are for the highest good of me and of all involved."

- 5 **Become Aware of Inner Resistance:** Record below any emotions or thoughts, fears, worries, or doubts that might get in the way of you fulfilling that vision. What stopped you in the past? Who or what might block, sidetrack, or hold you back?

- 6 **Who Do You Need to Become:** What qualities, attitudes, and ways of being do you need to amplify? Now write a description of the version of YOU who can manifest your vision.

- 7 **Action Item:** What is one action you can take today to make your vision a reality? Are you willing to take action on it before you go to sleep and if not, when?