

prompt 1

Describe what your ideal life would look like and feel like, if you could do, be and have anything you desire.

What is it that YOU would sincerely want to experience, if there were no limitations?

Tip: Do not limit yourself in any way and let your imagination guide you. Also write your statements down in present tense - I am, I have...

prompt 2

How do your relationships, career, fitness, spirituality, finances look like and feel like in your new imagined life?

prompt 3

What kind of beliefs does the Self from your ideal life believe to be true?

What kind of beliefs did your imagined Self have to cultivate in order to manifest your desired life?