

Creating Your New Reality Exercise

Right now, you are stepping into your new reality. Stepping into your new life. Your dream life. The life that you desire.

There are 8 areas of your life that you can begin to focus on, if you want to add any additional ones, please do so. Or if there are areas that you not relevant for you, you can skip those. In each of these areas, what do you want your dream life to look like. Don't limit yourself and don't hold yourself back. The sky is the limit, and you can create anything that you can imagine. In this exercise, money is not an issue, and you can have anything that you desire. As you are dreaming and imagining, be specific in the details, the more detailed you are, the better. You want to feel yourself in this place. Imagine it and feel it as being real. This is a playful, fun activity. Think back you when you were a child and let your imagination soar.

Take some time and sit in a quiet place where you can relax undisturbed. Where you can focus inward and feel from your heart. Use your inner guidance and intuition. Feel what comes up for you. Deep down what are you true desires? What is it that you would like to create in your life? What is your heart telling you? Remember, the world along with your dreams and desires is open for you. You can have, be and do anything that you desire. Play full out!

As you are writing, write from the present tense as if this is your reality and you are living it. Use statements that begin with words like "I feel", "I am", and "I have", instead of "will" or "want".

This is your dream and your new reality, create it the way that you want based on your desires, the desires of your heart. Remember to imagine it and feel it as if it is happening right now, that it is your reality. This is your life, and you are living it.

Wealth/Financial Abundance

Health/Fitness

Career/Creative Activities

Spiritual/Personal Development

Love

Relationships

Home

Travel