

Exercise: Current Reality – The Bouncing Off Place

Your current reality serves as your launchpad, reflecting your vibrational state at this moment. It's from here that you start designing the life you desire.

Remember, your current situation is merely a steppingstone, not where you are staying nor your point of focus. You're at the starting line, ready to direct your energy towards the vision you have for your future. This is your beginning, and from here, your focus will shift to the reality you're creating. Knowing both where you are now and where you want to be is necessary in order to effectively move closer toward your desires. Understanding this allows you to make informed decisions along the way. This understanding sets the stage for an exercise in identifying where you currently are, serving as a foundation for moving forward.

On the attached sheet of paper, write down what your Current Reality is in the five Areas of Life.

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- Focusing on these 5 areas of your life, what is your current reality?

Health and Well-Being:

Love and Relationships:

Career/Creative Activities: (What you do with your time and talent – whether you earn an income from it or not)

Financial and Time Freedom: (This includes Travel and Home)

Spiritual/Personal Development: