

Exercise: Designing Your New Reality

Right now, you are stepping into the creation of your new reality. The creation of your new life. Your dream life. A life that is full of everything that you desire.

In each of 5 Areas of Life, what would you like 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. Let your imagination come alive. This is a playful, fun activity. Think back to 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 your 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. Write down whatever comes to you regardless of how impossible it may appear or how different it may be from your current reality. This is your dream, your new reality. You can design it the way you want. Design it from the desires of your heart. Release any limitations that may come up for you and do not be concerned about the "how". 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, design 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.

Use the following pages to write down the ideas that come to you in each of the Areas of Life.

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Health & Well-Being:

Love & Relationships:

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Career & Creative Activities:

Financial Freedom & Time Freedom (Includes Home and Travel):

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Spiritual & Personal Development:

Anything Additional (Not mentioned above):