

Exercise: Narrating Your Piece of Paradise

Creation begins with your imagination. You are sketching out what your dream reality would look like, feel like, be like. In this exercise you are creating a story, a narrative, a blueprint of what your dream life looks like. You are taking all of the information from the Designing Your New Reality Exercise and putting it all together here. You are writing out all of the amazing stuff that is happening to you and that you are doing in your life. You are creating the narrative of your life with the intention that you are manifesting it or better. You are writing about the life of your dreams. You are designing your blueprint that you will use to build your dreams. It all starts with the blueprint so that you know what you are building. Building a house starts with a blueprint and so do your dreams.

You can also include some of the “I am” statements that resonate with you.

Remember to keep it in the present tense as if it is happening now.

Don't be afraid to dream big. If you can imagine it, you can create it. The possibilities are endless. The Universe is conspiring for you and bringing your desires to you. You are creating a life that you love. A life where you are living it the fullest in a state of joy and love as the best version of you. Where you are truly living as your authentic self.

Use the “My Piece of Paradise” Worksheet for this exercise.