Title/ Headline: ex: MY INCEDIBLE LIFE Date: Outside: write down feelings, activities, qualities that feel good and Ex: MS 150 bike ride already matches and/ or supports my desires modeled in; movies, friends, books, my other relationships & parts of my life... Inside: write feelings, qualities, tangible results that occur when my desire is fulfilled: Ex: Four new transformed raving clients/ week Ex: Profitable conversations Ex: NPR Interview With Terri Gross Fresh Air My Desire/ **Ex: MY IDEAL WEEK** Intention: Ex: 25K/ weekly income Ex: Peace Ex: 90 min Massage Ex: Paris Adventure Ex: hang gliding Ex: Nick Naylor 'ability to influence Ex: On the movie set of Opulas Ex: Clients getting 100% of what they scripted from Ex: friends our 1st success story Ex: Healthy food Ex: Panelist for JV Alert Ex: travels to Ireland, England, Wales, Canada, My amazing husband Ex: Current clients Jamaica. Indonesia... Ex: Meryl Streep Ex: My 5 rites yoga Ex: Terri Gross

Ex: Live Your Peace interview series

Title/ Headline: Date:

Outside: write down feelings, activities, qualities that feel good and already matches and/ or supports my desires modeled in; movies, friends, books, my other relationships & parts of my life

of my life... **Inside:** write feelings, qualities, tangible results that occur when my desire is fulfilled: My Desire/ Intention: