



allison beardsley

1) In Great detail, write down what you want. What do you desire? What are your goals?

2) Now in great detail write out WHY you know your desires will come to fruition. Incorporate gratitude, excitement, and faith as you give thanks. Feel the eagerness, the excitement, and the appreciation as you write out your dream scenario coming to fruition. Pretend as if it exists already, right now. Imagine what you want, feel it in your body, then have faith, have a deep knowing that your dreams are unfolding. The key is to feel good, have faith, and stay positive.