



## *Through the Eyes of Love*

Welcome to Day 10!

Hey this is going to be powerful - **buckle up!**

Today you get to step into someone else's shoes and have a look at yourself.

We get so caught up in our own head we don't fully understand or appreciate the impact we have on other people. Today is a day to get inside someone else's head and get an impression of you from another perspective. It's easy to make up stories about how we think we are viewed by others, but this exercise will give you insights that you may have overlooked.

Just as an aside, if you are falling behind with the exercises.-I say stick with the ones that stand out, make at least **SOME** time every day for yourself and most importantly ask yourself 'am I not doing the course work because I am doing something I **LOVE** instead?' If the answer is **NO** then I ask you to reconsider prioritising the course work.

Ultimately we always find time for things we want to find time for. The question for you is are you finding time for the things that are taking you more towards your goals or further away?



### Here is the exercise, Through the Eyes of Love:

Imagine you are walking up to a house you know and love and someone that you love lives.

As you reach the house, you look in the window and you see this person you love and trust sitting at a desk or table and they are writing something.

You decide not to disturb them because they are deeply involved in writing something. You continue to watch them write.

Then something strange happens. Suddenly you find yourself floating out of your physical body and you are in the room with them looking over their shoulder watching them write, but this does not feel at all strange to you.

You can see what they are writing. To your surprise, they are writing a letter to **YOU**. All about **YOU**. They are telling you how much they love you, and value you. They are writing about how you have impacted their life, they are writing about the good times you've shared and about the good times to come.

They are writing about the times when you were there for them and how much they appreciate you. In fact they are writing about things that you forgot about, and that you didn't even realise had such a positive impact on them.

They are writing about how proud they are of you and what faith they have in you to achieve what you want. They are writing with very specific details about all of the things that have proved to them over and over again how amazing you are.



You can feel the immense amount of love pouring out of this person as they write to you. You are filled with a real sense of warmth and pure happiness for knowing how much you are valued by this person that you love and value.

As the letter they are writing comes to an end, you find yourself floating back into your body and looking through the window, but now with a new and improved sense of love and appreciation for yourself and this person.

Please use your journal to make any notes from this experience. Keep these notes available because you will need them for tomorrow's activity.

Have a magical day, and remember you are powerful beyond belief.

*Ciao* 