



Script your Day

Hello amazing YOU!

Welcome to day **6!**

This is a super fun way of manifesting your desires. The idea is taken from Esther and Jerry Hicks and it has worked like a charm for me in the past.

Today, you are going to spend time scripting your day. Do it in your journal as the handwriting process is more impactful than typing. Typing is a mechanical function that does not engage the creative brain, but in any case doing the exercise is far more important than whether you write or type it.

Here's the task- as if you are doing a screenplay I would like you to script your day. Before you begin:

- 1.** You've decided what part of your day you are going to focus on- is there a conversation you are dreading or one you're not sure about?
- 2.** Ask your subconscious mind to allow you to access the feelings you wish to feel in this situation- even it is internal dialogue. You can choose how you want to feel.
- 3.** Then before you begin to write, start to act and feel as if you have achieved it already (this puts you in alignment with your goal)

For example, if your goal is to 'worry less' or 'overcome negative self talk', you'll write a script of your internal dialogue in a way that you want it represented to you now more positively.



If your goal is about examining new options for a business idea, your script would be about how you would discuss it and with whom.

I did this when I was having difficulty with someone and it worked like a charm. The conversation went nearly exactly according to the script.

- ➔ Who are you speaking to?
- ➔ What are the words that are exchanged?
- ➔ What is the mood and feeling during this time?
- ➔ Write it down like you are a best selling author. Be clear with your details.

Share your experience in the Facebook group!

The Power is yours - you are amazing 