

YOUR DREAM DAY JOURNAL

I love, love, love meditation. I use it to expand my mind and imagination, and I use hypnosis to heal my subconscious mind.

This guided meditation is to help you build a first expanded version of your Future. It's about designing a life that excites you. As you go through this guided meditation, every time you listen to it, I want you to stretch your imagination a little further. Bring in more details, more feelings, more sensations to help build a 3-dimensional vision that becomes FAMILIAR to you. There is a saying that says that we are better at remembering things we've seen than imagining things we've not been exposed to. As the designer of your future, I want to really encourage you to stretch further and further every time so that expansion starts to become your new normal.

In this exercise you are imagining what that ideal day to day life looks like for you. This day should be a day that you would want to live on a daily basis. So whilst some people may want to spend every day lying on a beach, for others, they would prefer to have more of a purpose. Rather than thinking of your day as a "holiday", imagine it to be a working day when you are doing the work you truly love.

Once you have that perfect day mapped out, you can incorporate it into your daily routine by spending time each morning imagining yourself living that day as if it already exists and feeling the emotions as if you are experiencing that life right now.

It's amazing how once you start doing that, you become inspired to take action that will move you forwards towards that goal, you will start to manifest things that help you reach that goal and within time, that perfect day will become your life.

THE EXERCISE

Listen to the guided meditation, then afterwards journal about that day. It doesn't have to be the same day over and over when you do the meditation. Have fun and imagine different versions of your perfect day.

Sit comfortably and find somewhere quiet to do this exercise.

Imagine waking up in your perfect day where you are doing the work that you truly love. Anything you want is open and available to you. There is nothing off limits. You can be wherever you want to be. Whatever you want, you can have.

Everytime you come back to this meditation, you can create a different dream day and journal on it. Dream day journaling is a great way for you to expand your imagination and build a clear vision about what your perfect day would look like:

Where do you wake up?

How does your home look?

How does it feel to serve your Dream Soul Clients?

How does it feel to be in your skin?



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The Art Of Aligned Living

How do you spend your afternoon? Are you still working or are you able to take it off?

What do you do in your spare time?

Who do you surround yourself with?

What kinds of conversations do you have?

How do they make you feel?

Imagine you go shopping - What do you pick up? How do these things make you feel?

What exciting plans do you have in the pipeline e.g. travel plans, plans for your business such as a big event/conference/new launch.

I want you to pay special attention to the way your perfect day *feels*. When you attach strong emotion to a vision, you attach a strong energetic force behind it to that carries a charge. It's that magnetic charge that will bring that dream day closer to you. It's the emotion that supports that desire that will close the gap between the present and the future.

Take your journal and free flow : build a picture for yourself and write the story of what each of these expansive future days look like and more importantly FEEL LIKE. You can do this exercise as many times as you want and script out a different day from your future that make you feel beautiful, successful and expansive.