

Life Plan

"If you can change your mind, you can change your life.

What you believe creates the actual fact. The greatest revolution of my generation is to discover that individuals, by changing their inner attitudes of mind, can change the outer aspects of their lives."

- William James

1. What do you want in your life right now? In practical daily terms eg a new toaster! and on the emotional level eg creative satisfaction.

(i)

(ii)

2. What changes would you like to make in the next month?

3. How would you like your life to be in 5 years time?

4. Make a photo or video clip, in your head that includes all the above visions and goals. Tell me about it. What does the picture/video look like? Whats in it? What are you doing in your video?

(i)

(ii)

(iii)

3. What reward would you give your MIND/HEART/BODY as a special treat if you could? What does your MIND/HEART/BODY really enjoy?

(i) MIND:

(ii) HEART:

- (iii) BODY:
- (iv)

4. What aspects of your past have limited you manifesting and creating what you want?

(i)

(ii)

(iii)

5. What are some things which you feel good about doing in the past?

(i)

(ii)

(iii)

6. What resources (qualities, skills, abilities, knowledge etc) and support structures to you already have which will help you make positive changes in your life?

(i)

(ii)

(iii)

7. What character from the myths and legends of your culture are you portraying and acting out this lifetime; and who would you like to be now ? What qualities and abilities would you like to develop within your personalities right now?