





The next part is the fun part, as you choose to 'become' this person throughout the day.

E.g. You walk with confidence, with a straight back. You are happy and grateful for everything and everyone in your life. You feel in flow. You make decisions quickly and are focused on the present moment throughout the day. You monitor your emotions throughout the day, remaining calm and neutral instead of reacting to people, places and the environment. You take daily aligned action towards your intention which builds momentum as you move closer to achieving it.