

MANIFEST YOUR DREAM LIFE



BREAK FREE for the LIFE YOU LOVE

These 2 journal exercises help clarify what **Heaven-on-Earth** means for you and the way to manifest it!

The Day from Hell pinpoints...what you **DO NOT** want in your life.

The Day from Heaven highlights...what you **DO WANT**.

In your Journal/a blank lined sheet of paper
write the headline:

MY DAY FROM HELL

This is going to be an “ordinary” day in which you are trapped in doing things you hate – things that make you stressed and exhausted.



Make it present tense, first person and sequential. It’s happening now... Start at the beginning...

- How do you wake up in the morning – rushed, alarm clock ringing, groaning?
- Dressing, breakfast – grabbing coffee and a donut as you rush out – or on the way to your transport?
- Getting to work – train, bus, long commute by car?
- How bad does it get?
- Where do you work?
- What kind of work environment, people, boss, colleagues?
- Clients you serve at work

Step by step, put it all down – a **nightmare of a day**, **a life from hell**.

This exercise is powerful and may cause you some real stress even describing it.

But never fear...the next exercise will be a tonic.

TAKE A SHORT BREAK

Pause to do some EFT Tapping, drink some water, go for a short walk – some kind of break before proceeding.

Now for the fun part - in your Journal/a blank lined sheet of paper write the headline:

MY DAY FROM HEAVEN

Imagine I now wave a miraculous magic wand to grant your deepest desires...wishes that will result in you living the **LIFE YOU LOVE**.



Now describe it in detail.

Start by taking a leisurely walk through your **Perfect Day** – your Day from Heaven.

Not a vacation day – an average wonderful heavenly day as you'd love it to be.

Walk through that day in the present tense, first person and in vivid detail from rising in the morning to going to sleep at night.

What's the perfect way to *begin* your day?

- What do you have for breakfast?
- Where, what, and with whom are you experiencing this wonderful day from start – to finish.

3 KEY THINGS

Keep in mind **three** important categories of your fantasy day:

- **WHAT** are you doing – what kind of work and what kind of play?

You can imagine having any skills and opportunities for this exercise...

- **WHERE** are you? What kind of place, space, situation?

- **WHO** do you work, play, eat, sleep with?

Anything is possible Let your imagination run wild and free.

Paint the kind of day you'd love where you have absolute freedom, unlimited finances and all the powers and skills to enjoy living the life YOU love.

REFLECT on YOUR PERFECT DAY

In your Journal reflect on the following:

1. What is absolutely indispensable to your happiness?
2. What elements are optional but still desirable?
3. What – if any – elements do you already have?

What I already have

Perhaps you *already have* some elements of your Perfect Day? This exercise will show you what's right with your life now – and definitely what you want MORE of in order to be even happiest.

I already have/do...

What's Missing

Next notice what is MISSING from your life right now in the three categories – what, where, who.

Hopefully this exercise will have resulted in some BREAK-FREE AHAs, making you think radically about who, where and how you are **currently** leaking your vital energy with people, places and things that you DO NOT WANT.

It also empowers you to have a clear exciting picture of how you want the ideal **LIFE YOU LOVE** to be - as painted in your DAY FROM HEAVEN exercise.

Going forward...

What's My Block?

Ask yourself – so what's *stopping me, keeping me stuck* from my ideal Day from Heaven? Often it's hidden beliefs and blockages from early childhood that your conscious mind makes you blind to – until a coach or therapist like me sets you free!

What to do Next

So book a free 60 minute clarifying “Help me Break Free for the Life I love” session with me NOW to discuss your AHAs and quickly get on track with the LIFE YOU LOVE with more passion, power and freedom to be “in heaven”.