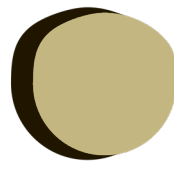




Creative

+ Visualisation





Creative Visualisation

Today we did a creative visualisation exercise where I asked you to imagine your dream life or your dream come true.

Now let's get out of your head and bring this dream into 3D with a drawing.

It's really powerful to draw things – even if it's stick figures! The more effort you put into the drawing, the better.

So draw the picture below and imagine it in your head with all your senses firing.



If there are lots of things you want to manifest, it can be easier to lay them out in a large noughts and crosses grid and list what they are underneath – eg Love, Money and so on.

We have filled some in for you – you can do the rest.



Love	Money	Health
Travel		

