

## Your future

**Each of us has the power to paint our own life story. What you put into that painting, into the life you create, is for you to decide. What will you choose?**

“Live well, learn plenty, laugh often, love much.” This quote is from Ralph Waldo Emerson and sums up what he thinks is important in life.

In this module, you’ve learnt about the power of your words, that where you put your attention, energy and focus is what you’ll attract, and the importance of beliefs and values in shaping your life.

Everything about you – what you think, feel and do – is shaping your life today and for the future. Is it creating the life you dream of?

Now I’m not talking about living on a tropical island where your every need and want is seen to by a large team of helpers 24 x 7, or that you’ve won so much money in Lotto you never need work again.

What does your ideal life look like?

### **EXERCISE**

Grab a pen and your book, and then find yourself a comfy spot. Give yourself permission to dream about your ideal life.

Imagine taking a photo of your ideal life, what would you see in that photo? If you were to describe your life so someone could paint it, what would you say?

Where are you, what are you doing, who are you with, how are you feeling, are there any tastes or smells, what’s important to you ...

### Tips:

- \* If you're thinking about what you don't want your future to be like, use the 'law of attraction' technique. Draw a table and put what you don't want on one side and then what you do want on the other side.
- \* If thoughts like "oh I can't do that" or "I'm not good enough / deserving enough" etc. pop up, acknowledge them. Simple say something like "thanks for caring, however I can do xyz, or I am good enough, or I do deserve...".
- \* If you're finding it difficult to describe your ideal life, start by thinking about what your ideal day would look like.

If you have any questions or comments, please contact me by [email](#).

*Live your life as only you can. Your life, your way. – Tracey x*