The Year That Dreams *Built*

BY SMART COOKIES

ALIGNING IN *MEANING*







AUTHENTIC SELF VISUALIZATION

VISUALIZATION GUIDE LINK

As you descended down the staircase of the beautiful space in the visualization, what did you see, what did smell, what did you hear, who did you feel?

As you saw and experienced yourself LIVING your deepest desires and truth, what did you see? What was she wearing, how was she standing, how was her hair, what was her expression, what did you see in her eyes, how did you feel in her presence?

As you looked at the photos, what do you see in them? Who were you with? What were are you wearing, what was your body language like? As you felt yourself experiencing the memories in the photos, what were you seeing, smelling, hearing, feeling?

What important message did your authentic self have to share with you?

DAY WELL LIVED - MORNING

Use these prompts to paint the picture an ordinary day, but an extraordinarily beautiful ordinary day. Don't worry about the how, and don't worry about making it perfect, the key is to let your authentic self dream and let it flow!

As you open your eyes, how are you feeling? What do you feel, see, hear and smell around you? Where are you, who are you with?

As you move through your morning, what are you doing, what is your routine like? Who is around you, how do you feel? What do you notice around you that makes you feel overwhelmingly grateful?

As you take a deep breath and look around you, you smile to yourself noticing and feeling gratitude being surrounded by everything you've always been deserving of, what do you see?

As you get ready for the day, what are you wearing? How do you feel?

DAY WELL LIVED - DAY

Time seems to disappear as you spend your day in flow feeling like you're right where you belong, completely in flow, engaged and energized and inspired. What are you doing? Who is with you? Where are you?

What is it you accomplished today that makes you feel genuinely proud, aligned and fulfilled? How do you celebrate and treat yourself?

As challenges or setbacks come up, how do you feel and how do you react?

As your day wraps up you take a moment to check in with your bank accounts and financial plan. What does this practice look like and how do you feel? What things are you saving and planning for that make you the most excited?

As you wrap up what needs to get done for the day, what does your afternoon routine look like? Where are you? Who is with you? What do you do to unwind?

DAY WELL LIVED - EVENING

As you wrap up what feels like a beautiful, wonderful day, what does a dream evening look and feel like? Who are you with, what do you smell and hear, what food are you eating?

What moments from the day make you feel the most gratitude?

When you think about the people you loved spending time with today, how did they make you feel?

As you slip under the covers at night what are you most looking forward to?

THREAD OF FIVE

Reflect on what unfolded in your Authentic Self Visualization and Your Day Well Lived.
What 3-5 feelings do you notice as a recurring pattern? Note the feelings below:

Now beside each feeling note what these feelings mean to you. This can be as broad or as specific as you want. For example; ADORED: This looks like real, genuine, down-to-earth relationships. Being with others who feel safe letting their authentic selves be seen and who love, support and me as my authentic self. This means feeling safe, treasured, valued and heard.

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