

Exercise 17:

1. Create a Wish List - Write 10 things that you would like to be, to do or to have. Give your list a title and date. Put the list some place where you will see it regularly reviewing it often.

TODAY'S CHECK LIST

- ☐ Times I read Statement of Desire
- ☐ Read instructions
- ☐ Completed Exercises
- ☐ **Times I did** visualizations
- ☐ Times I did meditations
- ☐ Times I did affirmations

[illegible]

[illegible]