

Exercise 17:	TODAY'S CHECK LIST	
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.	Times I read Statement of Desire Read instructions Completed Exercises Times I did visualizations Times I did meditations Times I did affirmations	



2. Create a Vision Board: Start looking for images of things on your Wish List. Prepare your vision board by cutting out images and pasting them on the board. Add in words/affirmations that support your future goals.		

3. Write a Future <i>Script</i> . Using your vision board and referring to your Wish List, write a story (in present tense) of what your life is like in this future where you have all of the things on your list and board. Write it as though it is happening now.	
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