

WHAT ARE YOU YES'ING?

In this first exercise, we are going to begin looking at what you want in your life. This exercise is not referring to material wants, that will come later in the course. Instead we are referring to what you want your life to look, feel and be like on a day-to-day basis.

Sit down in a quiet space for this exercise. Take a few deep breaths and connect with your heart space. Now take a few minutes and write down the top five things you no longer want in your life by completing section **A** for each question below. Carefully choose what you write down in this exercise, as they will become your top focus points throughout this course (don't panic, life is fluid so they can always be changed). Next, you will reverse the conversation and replace the words with what you **DO** want in each of the **B** sections. **For example:** I no longer want to feel sad and depressed could be changed to: I choose: to feel joy and hope each day.

1A. I No Longer Want:

1B. I Choose:

2A. I No Longer Want:

2B. I Choose:

WHAT ARE YOU YES'ING?

3A. I No Longer Want:

3B. I Choose:

4A. I No Longer Want:

4B. I Choose:

5A. I No Longer Want:

5B. I Choose:

GREAT JOB!

In this next section, you are going to take all that you confirmed to be true about yourself in the last section and break your statements down even further into four Big "Yes's" for the mental/emotional, physical, spiritual, and energetic aspects of your life.

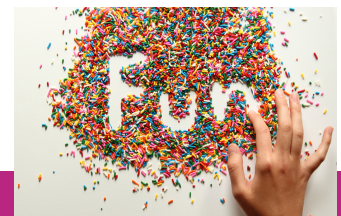
Take a few minutes in quiet and get in touch with your heart space once again. Next, I want you to visualize what you want your overall life to look like with it comes to the various components: mental/emotional, physical, spiritual, and energetic.

Note: You may want to focus on one at a time, writing down the the answer for one and going back into your heart space to do the next. You can even give yourself more time and space for each aspect by doing one per day for four days.

These answers should be very broad, rather than specific. Be sure you think big, as this is your chance to say YES to all you desire in your life.

Note: If you are struggling with what to write down, it is ok. if you have been ill and/or struggling for a long time, it can be difficult to know what you actually want for your life. Be patient with yourself as you learn to dream big once again!

This exercise is meant to be fun and empowering. There are no right or wrong answers to put down, and you can always change them as you grow through this class, so you can let go of any stress or worry about getting it right, and just have fun with it!!



MY VISIONING STATEMENTS

WHERE YOU
ARE NOW



WHERE YOU
CHOOSE TO BE

What is your BIG YES for your Mental / Emotional Body? If you had everything you wanted in life, what would your mental and emotional body look like? **Example:** I feel a great sense of inner peace in my life, even when I am going through challenging times, and I always believe in the best outcome.

What is your BIG YES for your Physical body? If you had everything you wanted in life, what would your physical world look like? **Example:** I am radiantly healthy and every cell in my body is aligned with this truth at all times.

What is your BIG YES for your Spiritual life? If you had everything you wanted in life, what would Spirituality look like for you? **Example:** I am connected to Divine Source and to my Higher Self at all times, and I live my life knowing that all my needs are met.

What is your BIG YES for your Energetic Self? If you had everything you wanted in life, what would your energy look and feel like? **Example:** I radiate love and my aura shines bright wherever I go.