



## My new me

Give yourself total permission to dream. Let go of all the naysayers in your head, just put them in a bubble and let them float away! Then take up your pen and let it flow out without censoring any of your ideas, dreams, projects! Just have fun with it, play around. If anything, and everything was possible, how would this "new me" be, what would it have, what kind of life would s/he have?

### My life as the best me would look like:

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In my **emotional life** I would have:

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and feel:

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In my **relationships** I would have:

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and feel:

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In my **family** I would have:

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and feel:

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In my **career**, work life I would be:

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because:

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In my **social** life I would live:

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because:

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My perfect **physical state** would look like:

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because:

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On a **mental** level I would have achieved:

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because:

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On the **spiritual** level I would be living:

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because:

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