**Morning Practice:**

1. Wake up, decide what is your first thought, you can use my Mentor’s for now “It’s a brand new baby day!” or **"**Every day, in every way**, I'm** getting better and better**".**
2. Read your vision statement and feel what it would be like to be living that life. How would that feel to you? Wonderful…
3. Write a few things you are grateful for and really feel the gratitude (most harmonious frequency with abundance). Write down something you are in gratitude of, something you may not like but look at the gifts that came with it)
4. What are 3-5 qualities of the person who is living your dream, decide how you are going to BE today. Choose to be those qualities. This helps you come from the frequency of your dream.
5. What is a question to which you would like the answer, ask a highly calibrated question. Ie What is a step I could take today towards my dream.
6. Write down 3-5 action steps you will take today towards your dream.

Before bed:

Read your vision statement and really feel it. Picture yourself in that life.

Rewrite in your mind anything that didn’t go as you had wished, picture you having acted as your higher self, as you wished you had. This will help you build muscle or create a memory for next time. Decide what your last thought of the day will be: you can use mine for now, “ Everything is going our/my way!”

It takes a discipline to do this every day, but your life will change. We’re trying a new way of doing things, so give it your all and actually do the steps and watch the magic happen.