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THOUGHTS BECOME THINGS.

VISION & MINDSET



Life Analysis: Where are you NOW?

What's working? (List areas of life that are going well.)	What allows for these things to happen?
How can you ensure these things continue?	What would the next level of this look like? How could you make this area even better?

What's NOT working? (List areas of life that are not going well.)	What are some causes? WHY are these things happening?
How would you like these areas of life to look?	What will your future consist of if you do not make these changes?

Description of Future Self

Write a letter describing your future self in one, three, five or ten years from now. The age in your letter should reflect the age you will be at that time in the future. Read through the letter once before filling anything in. The second time around add descriptions of how you would like to be able to describe yourself at the age you have chosen. Don't overthink it or worry about HOW you are going to make it happen. Just capture your vision for your ideal life.

Hi My Name is _____ I am _____ years old. Let me tell you about my amazing life. I love my physical surroundings because _____
I live _____ and enjoy my living situation due to _____

I love my work. I work in the industry of _____ doing _____
located _____ My favorite thing about it is _____
because in my previous jobs _____ which I always knew I wanted to
change! I feel successful because _____

My relationships are going very well! For example, _____
In addition, _____ . The relationship that I am
most proud of is _____ because it hasn't always been this good. In
the past we _____ but now we _____
and **I'm very thankful for this.**

I have been focusing on my health and am happy to report that I have made a few changes to my routines. Now I _____
and _____ which are things that are great for my body.

I spend my time learning _____ . I love to read about _____
and _____ to keep my mind sharp. I have improved my view of myself over
the years. I used to think _____ but now when I think
about myself I have shifted my mindset to believe _____ .

Some other things I am grateful for are the following:

As you can see, I love my life!

COMMIT TO THRIVE

6 PHASE PROGRAM

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