

Today is the last day so let's have some fun and use our imagination to create a mind-movie of a day in your life where the goal you are most excited about has happened. Write a script and add as much detail as you can.

To help get you started, here are some questions you can fill in:

What date is it?

When this goal is met, where are you?

What can you see, what's around you?

Who is there?

What are you wearing?

Can you smell anything

Are you holding anything?

What expression do you have on your face?

What kind of things are you saying?

What actions are you're doing if any?

What are the benefits from achieving this goal?

Most importantly, what are you feeling, be as descriptive as you can?

Once you have wrote it out your mind-movie 🎬, close your eyes and add energy to it by playing it out in your mind. If you have time, do it a few times today, enjoy it!

If it's not too personal, comment on today's post with a brief outline of your mind-movie, don't forget to add #Clarity #Day5