

Visualizing Success

One of the most important parts of the Journey of Self Discovery is the moment when it all pays off. If you can visualize this, you can keep going to the end.

I woke up on Sunday morning with the warm sun shining through my window. I slowly got out of bed, stretched, and walked over to my journal. I was about to plan my next steps for the week when I realized I'd reached my goal. The past several weeks have finally paid off and my journey is complete.

1. This is how I am feeling:

2. This is how my life looks now:

3. This is how people are reacting to the changes in me:
