

How to Create Your New Story

1. What is causing you stress/unhappiness in your life right now? What do you want to change?
2. What is the story that you have been telling yourself that has led to this. I am...
3. What DO you want? Health, wealth, relationship, personal development
4. What do you want to manifest in your life. Who would you need to BE in order to have that?
5. What triggers are you going to use for each thing you decide to change. You want to replace willpower with a plan and a trigger to remind you frequently.

Time to create YOUR future.

1. Write it 12 months in the future and explain what you have achieved/experienced/done in the 12 months. Write down the 12 months that you would be super excited to have just experienced.
2. Cover Physical, financial, relationships and personal/spiritual.
3. Be specific, put times, amounts and places on it. The more specific you are the more likely you will achieve it.
4. Use words with emotion in it.
5. Make it a stretch, something that would excite you to achieve.

How to use your story.

Read it at least 2 times a week out loud with gratitude/excitement as if you have already achieved it.

Watch what happens over time. You'll be amazed!

A real example story

Below is my actual story that I wrote in January 2016. I've noted whether it occurred or not.

31 Dec 2017- My story

This year has been the financial phenomena, leverage, and I've become a lot more present.

Holidays: **All occurred**

I went on a trip that was as much fun as I've ever had heliskiing in Canada. IT was a hoot. Great friend, amazing snow/ weather and FUN FUN FUN. I also made some great contacts.

We have had numerous brilliant holidays with the family this year. To Couran, Fiji, Penlan and about to go to Japan skiing with the family. Can't wait.

Bron has been on another holiday with the girls and has developed some really close friends that she regularly spends time with.

Financials: **All occurred. These were BIG targets.**

We have made more money this year than we have in the past 10 combined. We made \$X from the UVG and a further \$X from the CVS. I'm enjoying running the UVG and feel as if the future is very exciting and secure.

Our investments have made us overall \$X in dividends and we had capital appreciation of \$X.

We now have \$X dollars invested or in cash. Our home is paid off.

I feel 100% peace with security now.

Family: **80% occurred. Is still happening to full outcome.**

Max has started pre prep and he LOVES it. He went to full time after just a few weeks and he is loving every minute of it. HE is gregarious, and is intelligent.

Brooke is sailing thru school feeling very confident, content and has a great group of friends. She really enjoys learning and sport and is loving and caring.

Brooke and Max are getting an education from home about the world that very few kids get and so they do not wrestle with life, they appreciate it.

Bron and I have a passionate relationship and it feels the pressure is off finally. Bron is getting to do more things herself and gets all the space

she needs. This means she is very content and relaxed. We take time to surprise and delight each other and we really enjoy family time together.

Bron and I both play above the line and we have a relationship that we both super appreciate.

Physical:



All occurred

I am increasing in my agility, strength and the tingling has 100% gone from my RHS. I am surfing/training 3 times a week and I feel like I have unlimited energy. It feels wonderful to feel so energised all the time and this flows into my relationships and my work.

Exciting things:



We decided against these

We bought a holiday house on Straddie for \$750 000 including furniture, car and boat and we go there every 2-3 weeks and on holidays.

We completely relax over there and it will be a family heirloom for the rest of our lives. The kids love it and they have developed a great friendship with others who live over there.

We sold the plane and we have develop 3 really close family friends.

Personal:



All Occurred

I have come to accept my brilliance and I feel comfortable in ALL situations. I meditate 3 times a week and feel a lot more present so the constant nagging feeling has left.

I am the most blessed grateful person in the universe.

Wow what an amazing year.