

# Visualisation for Morning & Night

To assist you in creating the life you want, remember to use the power of visualisation. It works and helps take the hard work out of you achieving your goals.

Sit quietly, close your eyes and imagine how you want your life to look and feel, from this moment and into your future. Remember to use all your senses, smell, touch, taste, sounds, and see.

Do this for 5 minutes and live your new life.