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| **Take a Moment to Imagine** |
| **This exercise will take 10-15 minutes.**  Take several relaxing breaths in through your nose.  Visualize it as pure oxygen fuel for your body and mind.  Exhale out through your mouth.  Visualize your exhale as the yucky color of carbon dioxide and stress that your body is getting rid of. Do that several times and close your eyes, continuing to breathe.  Let yourself begin to imagine your excellent life a few years from now.  What are you doing? Who is around you?  See your thriving loved ones. See your home. What do you feel, see, hear?  Spend a moment in your imagination enjoying the look, feel, and sounds of your upcoming life.  Imagine how great your business has grown to support this excellent life. Picture that.  Take two more deep breaths, believing what you see in your mind. Take two more deep breaths and accept that this is the destination you will be arriving at.  Take two more deep breaths, opening your eyes, and immediately describe your vision on paper in your own words, handwritten. |

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| **What Will Your Life and Business Look Like?** |
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“What the mind can conceive and believe, it can achieve.” Napoleon Hill