Awaken Your Light

Module 6

Working Towards your Future Self

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Visualisation – Seeing Yourself in the Future

V.A.K.G.O – To get into all the parts of a visualisation, it is important to use all your senses in that process, as explained in Audio Class 6.

Visual – What can you see in your visualisation?

Auditory – What can you hear in your visualisation?

Kinesthetic – What can you feel/what can you touch in your visualisation?

Gustatory – What can you taste in your visualisation?

Olfactory – What can you smell in your visualisation?

If you bring all the sense into your visualisation, it can make it seem more real. As the saying goes "Seeing is Believing" ☺

Goal Setting

What are my long term goals? (1-5 years)	Why would I like to achieve these?

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What are my 6 Month Goals?	Why would I like to achieve them?

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What are my Goals for this week?	Why would I like to achieve them?

What Inspired action do I need to make my goals for this to happen?

How do I need to look after myself for this week's goals to happen?

Take steps for the next 30 days that I spoke about in your Audio Class.

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