



There are certain things you need to do to prior to using this guided meditation, it's not about simply plugging in and listening... you have to get involved.

Here are your instructions; you must do each step, no matter how weird it may feel

1. On a separate piece of paper write out all the things you don't like about your current life situation including, your results, your actions, your thoughts, how you feel, the characteristics that annoy you, your bad habits etc (get down and dirty, swear if you need to) It's all about the things that hold you back.
2. On a new piece of paper write out how YOU WANT to be and the life you want. What characteristics do you wish you had more of, things you wish you did, how you want to feel about yourself, what thoughts you want to be thinking, how you want to be around other people... Write it out in a description as if it were the real you NOW.
3. Rip up, shred or burn the whatever you wrote at step 1
4. Re read what you wrote at step 2
5. Find a quiet place where you can sit undisturbed. (do not lay down), wear an eye mask if you have one, and for best results listen through earphones.
6. Listen to the Meditation.

Note: For best results listen to the meditation first thing in the morning or at night just before bed.