

# The Feel Good Guide to Prosperity

## **Kick Start Your Attractiveness – Set Your Theme For The Next Twelve Months**

You can give a big kick-start to your attractiveness by setting a theme for how you want your life story to unfold over the next year. I'm not asking what your goals are with accomplishments by dates, or what your resolutions are going to be. Rather, what your vision or dream for the upcoming year is going to be. What do you feel energy or excitement around? What is it you will be able to wrap yourself around and embrace? What is the thing with which you can really connect? What engages your imagination and feels compelling - that "something" that makes you want to work towards it, give it life, and make it dance!

I'm talking about a creative process in which you can use any tool or methodology at your disposal. Do you like lists? Write a list. Do you prefer to draw, or are you more auditory – hearing your vision rather than seeing it? This process can be as full of creativity as you desire.

Are you excited? Are you ready to create your theme? Ready to give it life and feel its pulse? This is your great movie, your thriller book that is being created. A blockbuster on the way!

Here are some questions to stimulate your thoughts:

1. If your vision were a piece of music, what piece would it be? \_\_\_\_\_
2. If your vision was from nature, what would it be? Perhaps it would be a tree, the ocean, a babbling brook? \_\_\_\_\_
3. What does your vision taste like? \_\_\_\_\_
4. What does your dream smell like? \_\_\_\_\_
5. Is your dream a color? \_\_\_\_\_
6. What other senses can you use to develop your vision? \_\_\_\_\_
7. What if your vision were a thousand times bigger? Describe what it would be.  
\_\_\_\_\_  
\_\_\_\_\_
8. Are you forcing anything? Where can you ease off? \_\_\_\_\_
9. What metaphor would you use to describe your vision? (For example, a fragrant white rose, unfolding in the morning light.)  
\_\_\_\_\_
10. What can you take less seriously? \_\_\_\_\_
11. Are there any rules you are holding on to? What can you eliminate?  
\_\_\_\_\_

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## **Kick Start Your Attractiveness – Set Your Theme For The Next Twelve Months - Continued**

12. How would a six-year old describe your vision? \_\_\_\_\_
13. Ask yourself some "what if" questions.  
What if \_\_\_\_\_  
What if \_\_\_\_\_  
What if \_\_\_\_\_  
What if \_\_\_\_\_
14. Add one outrageous or wacky element to your vision. \_\_\_\_\_
15. What part of your vision makes you smile and giggle the most? \_\_\_\_\_
16. Pretend you were describing this fabulous movie you just saw about your life in the next year. How does it end?  
\_\_\_\_\_  
\_\_\_\_\_

Use these questions as a springboard to jumpstart your theme creation. Be as free, wild and inspired as you'd like. It's your theme, something for you to create and watch it take shape and evolve over the coming months. This exercise is meant to be a fun and productive way to start your upcoming "Attraction Program".

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Once you've identified your theme for the year, take a moment to think about who you are and who you wish to become. See yourself one year from today.

1. If you could have anything you want and no possible way to fail, what would it be? What do you most want for yourself?
2. When you look back on this period of your life, what do you want to remember? What experiences do you want? What accomplishments?

Write a letter to yourself that describes where you will be one year from today based on the questions on the previous page. Date it and seal it in an envelope to be opened only by you, and put it in a place where you'll find it one year from today.

Enjoy it, and remember the sky is the limit!