

Visualize to Materialize your Lean, Lovin' Body



Welcome to *your* Lean, Lovin', Moneymaking Machine vision.
Have you met your future self? Let me introduce you...

Creating Your Lean, Lovin' Vision

Having an inspiring, energizing and powerful vision is literally THE most important thing that will propel you forward into your future as long as it's aligned with who you really are- so be sure to be true to your authentic self always!



1. What is your vision for yourself this year?

2. What is YOUR big WHY?

Make it juicy because your why is what pulls you powerfully forward.

3. How are you NOT living this vision?

4. How specifically are you playing small?

5. Why are you holding yourself back?

6. What are you getting from playing small?

7. Who is suffering and how are they suffering by you not more fully living your vision?

8. What will happen if you don't LIVE your vision?

9. How will you know when your vision has manifested? How will you feel inside? How else will your vision affect you?

Meet Your Future Self Visualization Exercise with Amanda



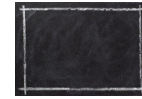
I'll guide you through a visualization to meet your future Radiant Self on the call. This Vision will powerfully pull you forward into your light body and will give you the answers you need to know about what foods make you soar, the exercises your body desires, the thoughts that fuel your spirit, and the work and creations you are meant to manifest now

1. Where were you?
2. What did your eyes feel look like?
3. What did your skin look and feel like?
4. What foods did you eat? How did you prepare them?
5. How did you feel in your body?
6. How did you handle stress?
7. What exercise were you doing and how did your body feel moving that way?
8. How did your future self handle cravings and food "issues."
9. What did you think and feel when you looked in the mirror?
10. What was the sage wisdom your future self shared with you?
11. Write about the day in the life of your future Radiant Self.

Crafting Your Lean, Lovin' Vision

This is the fun, creative and juicy part! I am so excited to share this with you. Making your vision come to life is the most exciting component of this program. I have three really cool ways you can do this. I'll explain all three options in full detail on the call but for now here are your choices.

#1 Create your vision board using poster board, magazine cut outs, color photos from the internet, and markers.



#2 Write your Vision in the positive, present tense and then record it using a recording device and add Baroque music to it. Listen to it every day for the next year.



#3 Create a "VISION movie" online. Pick inspiring, energizing photos from the web, type up affirmations, inspiring words upload your music and create your own personal video! Watch your video every day. I have used Animoto to create my videos.



All of these choices are fantastic. The bottom line with creating your Vision board is that you want to be really excited, motivated, jazzed up and come to life when you are creating it. This excitement and creative energy will get the wheels in motion and the powerful Law of Attraction fired up to manifest your Vision with speed and ease.

I am choosing option _____ and I am going to begin creating my Vision on _____ (write a date and time.)

To solidify your commitment, write your vision creation time in your day planner!

Have fun! Get excited, your future is VERY bright!