



## Visualize Your Ideal Body and Ideal Way of Living and Eating

**The first step in manifesting the body and life you desire is to get really clear on exactly what you want to manifest.** Below are some questions to help you get **crystal clear** on what you desire for your body and your life.

**1.** What is it that I really, really, really want for myself? (For example, I want to feel really strong and thin in my body and I want to feel like I can do anything that I want to do.) Now write yours:

**2.** Now describe exactly what you desire your body to look like (Have fun and use your imagination and remember anything and everything is possible.):

My legs are:

My hips are:

My belly is:

My chest is:

My arms are:

My face is:

**Get into a feeling mode and actually feel and sense what this body feels like.** Close your eyes, take a few deep breaths, let go and relax, it is safe to let go and breathe and imagine. Now imagine you are walking around your house in this body. You are at the beach swimming in the ocean in this beautiful body. How does it feel? Imagine you are playing your favorite sport in this body. How does it feel? Keep breathing and letting go. Imagine you are with your lover/spouse in this beautiful body. How does your body feel? How do you feel? Imagine going about your normal day in this body. Keep breathing and feeling. Now write down exactly how you felt in this body.