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**SCRIPT YOUR MOST IDEAL FUTURE**

The purpose of this exercise is to help you crystalize what is it You really, really want, how to get there, and how to already live in this reality: by planting the seeds in your subconscious mind.

1. Draw Out the Desired Outcome & Vision

**Let`s begin with structuring the outcome that you – deep down- really want.**

* **In the next 90 days?**
* **How about in the next six months?**
* **In the next year?**
* **In the next three years?**

***Please address your short-term and long-term goals in as much detail as you can.***

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1. What will you see, hear and feel when you have your outcome?
2. **How would your days look like?**

Please describe your ideal home, workspace, physical appearance.

1. **What would you hear when you wake up?**

What would your inner voice say when you live your ideal life, what would other people tell you, what would you hear when you share your vision board with your loved ones?

1. **How would you feel once you achieve your short and long-term goals?**

What emotions would you experience when you are connected to your life`s purpose? What other emotions would come out when you are waking up excited and motivated to pursue your passion? How would you feel in your body? What would be the feelings that you experience on a daily basis?

1. What is important about that?
2. What would unfold for you once you achieve your desired outcome?
* In your work
* In your relationships
* In your finances
* In your social life
* In your love life
* In your physical body
* In your energy
1. What could you do in your life that you can’t do right now?

What would be the best part of achieving all of your short and long-term goals?

Free-write in as much as detail as you can.

1. What needs to happen in your life NOW to allow your desired outcome to become a reality?
2. Please list the small action-steps you can do today to move you closer to your goal.
3. How would you train your body to experience the same emotions you would feel once you attain your outcome?
4. How would you keep yourself accountable on a daily basis to follow through with your goals?
5. Is there anything you must let go of in order to step closer to your goals?
6. What limiting beliefs you should leave behind in order to move forward towards what is it you truly want?

Thank you so much for taking the time to check in with yourself and answer these questions honestly and in as much detail as you can.

Your Most Ideal Future Hasn`t Been Closer.

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**You are the creator of you own reality.**

I am here to guide and support you on your journey.

~ With love and care,

Ana-Maria