

How you can have, be, do anything you want

Choose to live in 'the possible' - Break free from hereditary life patterns, cultural codes/norms and social beliefs

1. List what you are grateful for, FEEL grateful daily

2. Visualise your desired life goal, create a vision board in full colour

5. Be kind to yourself, gift to yourself, love yourself



4. Match your external world with your internal world. Make your spaces more as you see your future

3. Intend it, proactively talk with those around you about your goal happening

"You become what you think about"

Once a month commit to re-connecting with your purpose ('what do you give a sh@t about')

Read the original Blog Here:

<https://link.medium.com/lpfjDebGIV>