

VISUALISATION EXERCISE TO LIVE THE LIFE YOU WANT

This visualisation exercise is extracted from the [Playbook](#) that comes with my book 'personal branding in the digital age'. When you buy the book, you also access additional bonuses to help you implement the ideas I present.

Take a notebook or a blank sheet of paper, grab a pen, find a quiet place to sit comfortably and take a deep breath ...

Write down any insight that comes to your mind as you listen to what I am going to ask you. If you are in a place where you cannot sit and write, make sure you come back to do this exercise fully later.

Visualise your perfect life

Imagine you have won £100 million...Take a moment and imagine what business/career you will pursue when money is not a motivation and you are simply doing what you love.

- Where are you living? Which country? In which house are you? Is it in the city, in a countryside, on the beach? How does it look like describe in detail where you live.

- What time do you wake up? What is your morning routine? Do you do some exercise? Do you meditate? Go for a walk, a run, swim or simply relax. How do you take care of yourself in the morning?

- What do you have for breakfast?

- Who is there with you?
- How do you get to the office? Are you working from home or do you go to a separate office?
- How does your office look like?
- Which projects are you working on? Describe them in detail.
- How many clients do you work with? How big are they in terms of size? What do each of them sound like, look like, and talk about most of the time? How do you interact with them?

- What do you do after work? Are you practicing a hobby? Hosting or attending a charity event? Going to a concert or a dinner out? Or are you staying in?

- Which impact you have made today? Which lives have you changed through your action or work?

- Take yourself on a journey throughout the day, from the moment you open your eyes until your head hits the pillow at night.

Congratulations! If you've done the exercise, you are one step closer to bringing your dream into reality. You can draw or speak out loud on audio or make a video of your notes to summarise the insights generated in this exercise to review daily.

Action plan to start living this life today

In this section write down all your ideas you can take to start living this life today.

What is the smallest thing can you start doing right now to live this life? Write that down

What can you do in the next week?

What can you do in a month?

What can you do in 6 months?

What can you do in a year?

Send me this action plan to be held accountable to your plan at francine@nucleusofchange.com
I'll check-in with you to hear about your progress in a week time.

Would you like to achieve your goals faster?

Request a [free call](#) with me to discuss your money mindset issues
<https://www.francinebeleyi.com/call/>