

# Change Your Story, Vision and Therefore Your Life

To change your life. Don't tell people what's wrong, tell them what's right. When someone asks how you are, always answer 'GREAT.' Half the people don't really deep down care anyway and the other half are thinking you got what was coming to you because of your attitude. Ok well maybe some do but its not serving a single soul to tell them if life's not so great so you may as well take the opportunity to start to tell it as you want it to be.

Through your words and physiology, demonstrate your commitment to a better life.

This is your new story you will tell yourself and others and believe about your life highlighting what's GOOD about it only...

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## **DREAMING IS HEALTHY**

Vividly describe your dream life. For example:- “It is Saturday morning and I am enjoying the aroma of my morning coffee after a restful sleep and watching my gorgeous hot husband cooking me a deliciously healthy breakfast of \_\_\_\_\_. The sun is shining and we are excitedly discussing the gorgeous day ahead and how we are heading to the beach to jetski over to an island we are yet to explore....” Or for some of you it could be just that you slept soundfully, peacefully and without waking through the night. Anything that is 100% positively creating a mind image that makes you feel warm and content inside.

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