



## Step 1

#### #1 - Begin With a Powerful Vision of the Ultimate You

This is The Ultimate You. Take pen and paper and write this sentence: "I see a person who....." Then proceed to describe the Ultimate You in vivid detail. Cover every area of your life, each time beginning anew with the words, "I see a person who..."



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# Step 1

**Financially** — "I see a person who....is financially free through multiple streams of internet income, able to travel the world in service to God and humanity."



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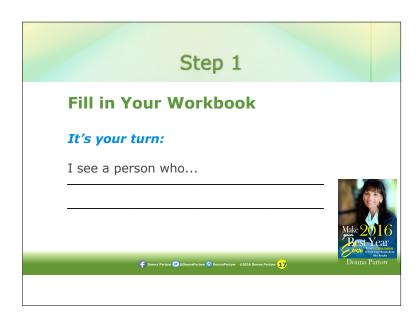
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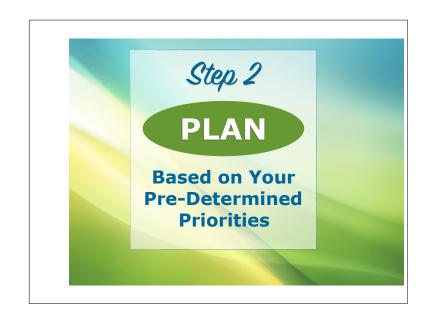
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Physically — "I see a person who stays physically fit by eating God's foods and exercising daily, who takes on new adventures and tough challenges (like climbing mountains!) to stay vibrant throughout her lifetime."



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## Step 1

#### #2 - Envision Your Ultimate Day

Now you know what you want your life to look like...what kind of person you want to be. But your life is comprised of a collection of days. So now, paint a vivid picture of your Ultimate Day. Again with pen and paper (not on a computer keyboard, because research has shown far more brain activity occurs when pen and paper intersect), finish this sentence, "On My Ultimate Day, I........" Then walk through every detail of your day, including vivid descriptions of your surroundings.



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