

Lesson 1 – Worksheet 1

CLARITY WORKSHEET

What do I want?

Write a list of everything you desire! Nothing is too big or too small.

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Get specific.

Choose one desire from your list and write more about it.

Get as specific as possible. Write it in the present tense, as if you already have it and now you're just taking time to enjoy it.

If you're starting to feel negative, doubtful or fearful, stop and reactivate your mind with a positive thought, such as "All is well and the universe is responding to all of my needs in perfect timing."

What does it look like? Describe it as clearly as you can, right down to the tiny details.

What does it feel like?

Think about how it feels to touch it, to hold it in your hands, to wrap yourself up in it.

*What do you do with it?
How do you use it, when and how often? How does it fit with your life?*

Turn it into an affirmation.
