

Bedtime Stories

You probably loved bedtime stories when you were young and now it's time to get interested in them again.

Many experts in the field of mind power recommend thinking about your goal before going to bed at night. This places your focus on what you would like to accomplish and then your brain has all night to come up with ways to make that happen for you.

I suggest you write yourself a bedtime story detailing your goal or ideal life. Write down every aspect of this thing you would like to accomplish in great detail and even add pictures (Google images is great for this!).

Write the story any way you want. Begin it with "Once upon a time" if that feels good to you and then write about the perfect relationship you now have or the ideal job you started 6 months ago or the business you started.

Add all the important details. What is the person you're in love with like? Yes, be unrealistic! This is your *dream* mate so don't be afraid to ask for "unrealistic" things. Remember, this story is about your ideal, not what you think is realistic for you. Stretch and ask for what you **really** want.

Now, each night before you go to bed, read your story and get into it. Don't read it as a story; read it as a diary. This is your future self writing in his or her diary telling the world about this fantastic new life and you've managed to open a portal in time/space to retrieve it. It's real. The feelings, the people, the situations, the places are real.

This exercise can be a lot of fun. Go all out and design the life you really deserve!