Love & PROSPER
WITH NATALIA

LESSON 3

EMBODYING MY NEW IDENTITY

1. Write a 50+ List IN THE PRESENT TENSE, of all the things you would be doing and having as this more Prosperous YOU, who has achieved your Dream/Goal. What kind of things would you buy, wear, own, experience, give to others. type of vacations would you experience, lifestyle you would have, how would you spend your days..

Also, explain how it makes you feel now that you are doing this.. even if at this stage it is done only in Imagination.

EG: I now have a **full time house keeper** that keeps my home clean. It makes me feel orderly, clean, tidy and looked after.

I now **take my family on 4+ Luxury holidays flying Business class** and **staying at the best resorts.** It makes me feel prosperous, wealthy, that I'm a wonderful provider for my family.

I now **have a personal trainer** who helps me keep improving my health and body. It makes me feel confident, healthy, directed, supported and encouraged.

I now **have the most magical marriage** with (fill in their name if you desire). **We go on dates every week,** have fun, are romantic and are in love. It makes me feel loved, safe supported, free, youthful, accepted and adored.

2. Once you are happy and feel satisfied with your Identity list, print it and joyfully scan through it, reading it and highlighting what you can begin implementing in your life right now.

Eg: You may have written down.. "I now have a full time house keeper that keeps my home clean. It makes me feel orderly, clean, tidy and looked after."

You may not feel completely comfortable hiring a full time house keeper now however you can hire someone to clean your home once a week or once a month.

This is now bringing this energy of this life towards you!
This is where your IDENTITY SHIFT happens.

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My Identity List

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