

DAY 4 - CREATE YOUR DREAM THEME

Start and End each Day with your favorite Dream Theme for Super Clarity.

I know it's tempting to go to bed musing about all the things that went wrong. But just don't give in to that. You're receiving my emails because you want flow, clarity and clear direction.

So, lets get into flow.

Step 1.

Set a date in the future. Six months or one year from now.

Step 2.

Think about something you'd love to happen. Forget can't's and couldn't. Dream up something big, sweet and beautiful. Feel it, smell it, touch it.

Step 3.

Pour a huge amount of gratitude over the dream.

Step 4.

Daydream before you fall asleep and before you get out of bed and you're still in 'alpha state' for extra effect. It's got something to do with endorphins and it's a huge boost for flow.

Think it's weird? Want to hear mine?

I'm sitting at a long wooden table in a large studio with a high ceiling and wide windows. I'm wearing a red polka dot dress and I'm skyping with my assistant who tells me I just sold out all my Flow Masterminds. I raise one arm – with bright red nailpolish – calling out “Woohoooo” and feel incredibly grateful and happy.

Now you make up an even better Dream Theme for yourself