

# Choose Your Path



**Is the path you have been travelling in your life a path you want to stay on? You get to choose what happens from this moment on...**

Imagine the most incredible path forward. What do you want to do, see or have along the way? How do you want to feel? Think about what's important to you: who you're with, how you feel, what you learn...

Now, ask yourself:

Why do I want this?

- for me
- for my family/community
- for the world

What am I afraid of if I get it?

- for me
- for my family/community
- for the world

*For instance, I might want to write a book that is a NYT bestseller, changes the lives of my readers, and causes a ripple effect in the world, but also be afraid of that success because I may end up losing myself in the process, people in my community might expect more of me, or people I don't even know may hate or troll me if they disagree with my ideas.*

*The key here is to recognize the fears and let go of them. Focus your energy on what you want. When you have limiting thoughts, catch yourself and bring your mind back to neutral ("I know I'll be fine") or possibility ("I can achieve amazing things!")*

**Now, take a moment to imagine how it will feel to have or do that thing you desire, like a memory from the future...**

"Recall" it as vividly as possible—as though it has already happened. Create it precisely in your mind. Drop into the feeling of the dream.

What do you see? What smells stand out? How do you feel in your body? Can you taste something? What are the sounds around you?

Marinate in the experience. See and feel it so clearly that it feels like a memory. Use your senses to anchor in the realism and connect to it even more.

If it feels good, write it out in detail. If you notice fears or any negative stories or emotions as you imagine this, let them go and anchor back into the beautiful feeling of the moment. This is an anchor for you to come back to as you travel your path and work toward creating the life you dream. Remember that it lives in your body, so when your mind tries to convince you it's not possible, come back to the feeling.