

Chapter Two Exercises

“Expand Your Awareness”

- 1. (a)** In the left-hand column below, list fifteen to twenty things that you would like to be different about your life. These can range from small details to large-scale shifts that would change your life in significant ways. Select the twelve things you desire most. Then, for each desire, one at a time, close your eyes and take a deep breath. Imagine that this desire is fulfilled right now. What else would be different about your life? What do you believe is necessary to bring about the desired change? List these beliefs in the second column. For example,

Desire	Belief
<i>I would like to take a more luxurious vacation this year</i>	<i>I would have to make more money</i>
<i>I would like to exercise more</i>	<i>I need to join the gym</i>
_____	_____
_____	_____
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