

Contemplate your life

Sometimes we don't get what we want because we don't ask for it, or because we don't quite know what we want. We are uncertain and that's ok. It's part of life. This exercise will help develop clarity of thought and can assist in moving closer to what you want from life.

Put yourself in a quiet meditative space and ask yourself three powerful questions. Gently reflect on each question and fully internalize your understanding.

- **What would I like to receive from the world in order to have a happy, meaningful and fulfilling life?**
It may be tangible things like possessions or intangible things such as harmony, peacefulness or companionship. Contemplate on what you want and allow a yearning for this to arise in you. Visualize what it would be like to have received this and bring to mind all the tangible and intangible things you would like to receive.
- **Secondly, contemplate on the kind of person you would like to become.**
What qualities would you like to have? We are all constantly changing, so imagine that these changes are taking place in you right now. Envision the person you would like to evolve into.
- **Finally, contemplate on what you would like to offer the world and those around you?**
What kind of mark would you love to make in this world? Invite this vision into your mind-space and add as many details as you like. And imagine that this dream is becoming a reality right now.

