

New Moon SELF LOVE Worksheet

New Moon in Leo - August 2017



List 5 words to describe yourself today

Now close your eyes and connect with your breath. 5 deep inhales, and 5 long exhales letting go, go, go. Inhale light. Exhale fear. With every new breath, allow your daydream to begin. Start imagining yourself in your best/highest/freest/most desired state.

Once you are done breathing, open your eyes and start writing! Free write (aka. don't over think it) about your vision.

Consider this statement ...

"When I imagine my best self I am..."

- where are you living? (what does your home look like? feel like? what are the sounds? what's out the window? who lives with you?)
- who are you surrounded by? (love life, family, friends, co-workers, neighbours)
- what do you do in your spare time?
- how much money is in your bank account? how do you spend this money? how does this money change your life?
- what are the feelings you experience in a day? (fulfillment, purpose, connection, love, exhilaration, creativity, productivity, freedom, joy, etc.)
- how do you feel in your body? (light, agile, mobile, strong?)
- are you smiling in your daydream? laughing? how do you communicate with others? are you playful? effortless?
- how do you give back to your community? how do you make the world collectively better? how does it feel to give freely?

- are you traveling? if so, where next? how do you get there? who are you traveling with? do you feel safe? free?
- how do you show gratitude? what are you thankful for in your daydream?
- they say we are representative of the 5 people we spend the most time with - who are the 5 people in you daydream, you want to emulate? how do you show them love?

What are 5 words that describe YOU in your daydream?

Make an agreement with the Universe that you will allow it to start closing the gap between the 5 words that describe your current self, and the 5 words that describe you in your daydream.

"Dear Universe, thank you for guiding me on the journey to becoming my highest/best/most joyful self. I am ready to become my highest self right now and feel so grateful for your support."

I am one with all, and all is love.

I make decisions from the heart.

I am fucking worthy.

