



Your 3 Year Self Life Script

Instructions

I would love to share with you one of the most inspiring and powerfully manifesting thing I have ever done. Are you ready? Take some time today to sit in a quiet place and give yourself the gift of dreaming a longer term vision rather than just focusing on this year's resolutions and goals.

This exercise will stretch you in the first 2 developmental areas I discussed in Video #1: *Clarity, Beliefs, and Intentions* as well as *Feeling and Feeding Desire*.

Here's how it works: You will write a few pages in your 3-year future "self voice." Write it in first person ("I am doing x, y, and z . . ."). First, set a scene that you see yourself in. Maybe it's out on the deck overlooking that big backyard of your new house. Maybe you are writing it as you are enjoying your Alaska Cruise. Sitting in that scene, notice all the things you have manifested in the past 3 years, and describe what you see and feel, using *all* your senses.

Then, describe how the different areas of your life are stretching and blessing you. Include areas such as your:

- Work Life
- Home Life
- Vacations and Travel
- Relationships with Family and Friends
- Your Intimate/Romantic Partnership
- Your Surroundings (Home, Office, Car etc.)
- Financial Life
- Health, Body, Vitality
- Happiness, Peace, and Well-being
- Service and Impact
- Abundant Extras that you have gifted yourself

Watch your mind saying *I can't create that*. Put yourself in a place of what you really want to be enjoying in 3 years' time. Let your writing flow without thinking about it too much. This is not about specific goal setting, this is about getting into the feeling of what you want to experience.

Write it with the tone of gratitude for all those things that are in your life (3 years from now).

I have included a few paragraphs of my own script that I wrote this week, and would love you to witness me in that also.

Today, I sit in my backyard, with the peaceful sound of water from our water feature behind me and the beautiful garden that we have created in front of me. I'm sipping my favorite jasmine green tea and almost can't believe how blessed I feel with what has happened in my life.

My life still revolves around my work and I wouldn't have it any other way. Datta and I have grown a company together with 10 team members that we love and adore, which is now seen as one of the leading seminar and coaching companies in the world because of the quality and integrity of our training and service. There are very few days that it feels like work; instead it feels like I get to unleash my creativity and be in my zone of genius of speaking; writing coaching, and inspiring others to see what they are capable of in a much grander way.

I have just had my 3rd book published which has gained even more acclaim than Powerful and Feminine did, and we just finished our first full season of our PBS TV show. Art of Feminine Presence has grown to events that are consistently over 200 women and I love that we get to spoil these women with the highest quality event production possible as well as the transformative work that AFP has always been. Women love our Oracle Cards, our T-shirts, and AFP has become a huge world-wide movement with structure around it that will allow it to live on well after I move on from this life....

I go on to write about all the areas of my life.

Enjoy writing your 3 year Self Life Script and post a few paragraphs under the video at:

<http://RachaelJayne.com/3yearSelf>

Much love,

A handwritten signature in cursive script that reads "Rachael Jayne". The signature is written in black ink and is positioned below the text "Much love,".