## "Self Mastery" How To Create A New Life

Much of what I will be sharing here, you already know, have read, heard, or performed as a component of the many techniques regarding "Creating Your Reality."

All of us also know that every situation always starts with our own thoughts and actions.

Several weeks ago, I learned a simple process with new spin, similar to what I recommend to all of you who co-create with me. However, this technique's slight difference goes a step further in the moment to moment details.

Many of us, may be already living a great life, but still have one last piece we still need to change in order to have our perfect desired reality.

So in order to perfect your life or maybe create a whole new life, we have to identify what an ideal day would be, or look like.

## The individual day holds the key.

If there were no limitations or consequences, what would your PERFECT average day look like? (By limitations we mean – financial, geographical, health, limiting people.)

What this process is, at its' core, is going for the moment to moment experience. You are mining for gold. I believe this is what is different about this actualization process.

It is vital to take the time, even if it takes you several hours the first time you do this process, to write down, in either a notebook or journal. Please take the time, the more details the better.

So Here we Go.....I've included some questions start you thinking about what your PERFECT average day would look like.

Where would you live? What would your house look like? What time would you wake up? What would you do in the morning? What is the first thing you see when you open your eyes? What would you do in the morning? Your first thoughts of the day? What would you say? What would you have for breakfast? Who are the people in your life?

Do you get the idea? You are creating your Perfect day moment to moment. Continue this process for the rest of your day. Bigger Stuff What would you do for personal fulfillment? What life purpose would you strive for? What would your life be? What time would you start work? What would you actually do at work? What are your boss, co-workers, clients like? What are your relationships like, spouse, family, friends? What would you do in the evening?

This is a small list which will hopefully inspire you to take the time to identify what you want and ultimately Create Your Reality.

Have fun with this process

Love, Gratitude & Joy, Debi Rose

More things to consider when changing your reality: Years ago I would begin my day by asking these 4 simple questions:

- 1. What am I proud of about me right now?
- 2. Why?
- 3. What about my life, am I excited about right now?
- 4. Why?
- 5. If I knew I wouldn't fail, what would I do?
- 6. Who do I Love?
- 7. Who Loves me?

If there were no limitations what would I choose?

Our true core authentic self.

Most of us have two versions of ourselves.

- 1. Our outer shell. I would consider it the ego self. It's the "self" that others see.
- 2. The true authentic self, possibly, the identity or who they dream about being.

May all of your life be filled with happiness, joy and ease.

Debi Rose