

Your New Year's Day Self Exercise



Grab a journal. Take 5 minutes to meditate. Relax. Open to the silence. Tap into your consciousness that is beyond time.

Ask yourself: What advice can you give your 2011 New Year's Day self? What did you learn this year that could help your 2011 self? Write a letter to your **2011 New Year's Day Self**.

Take a moment and absorb what you've learned in the past year.

Now, move your intuition into a future self. Perhaps you 10 years in the future, or even on your death bed, way in the future. Look back to where you sit right now. Write a letter from your future self to your **2012 New Year's Day Self**. What is most important? What should you focus on? How should you spend your time? What will you learn this year?

Put the letters aside.

Read them tomorrow.

After you reread your letters... how can you live your timeless wisdom today? List 3 concrete actions you can take today to **LIVE WHAT YOU KNOW**.

1. _

2. _

3. _