

FOUNDATIONS DAY SEVEN ASSIGNMENT

PART I

Describe one thing you want

Describe how you think it might come to you

How might this make you feel when it's manifested into your reality?

Do you feel this way now?

How do you actually feel now?

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PART II

Would having this thing solve a problem? _____

If so, describe the problem

Would you be open to the suggestion that there is no real problem? _____

Describe a future version of you who does not have this problem

Describe how you would feel if you did not see this as a problem

Notes