

The *Creating Your Life* Checklist

The world is but a canvas to the imagination.

Henry David Thoreau



Take charge of your thoughts

- ___ Imagination is the tool with which you architect your life.
- ___ What you think, say, and feel creates your life.
- ___ Don't focus on the rocks in your life; aim for the ways around the rocks.
- ___ Let go of negative, angry, sarcastic, cynical, and self-negating thoughts.
- ___ Think of the end result without being concerned how you will get there.
- ___ Aim your arrows, relax, let go, and trust they will hit the target better than you can imagine.
- ___ Exercise choice: Choose your state of consciousness.

Inventory your potential blind spots

- ___ Pay attention to what makes you emotionally reactive and twitchy.
- ___ Think about those things you automatically reject as "crazy" or "insane," especially if you see these things in otherwise sane friends.
- ___ Note what others seem to see that you can't see: in religion, politics, business, science, and personal relationships.

Get in the habit of doing affirmations daily

- ___ Start right now: make your first affirmation "I love writing my affirmations every day."
- ___ Write every day, and apply imagination exercises.
- ___ Remember the Change Formula: ***Imagine Vividly with Feeling equals Change.***
- ___ Try affirmations for 100 days: Give them a chance to work...if they don't, you have lost only time...if they do, you will have entered a completely new world. You

can download a free printable PDF of the *100-Day Imagination Exercise Workbook* at MarkAndreAlexander.Com.

- ___ Focus on the present and write what you are aiming for (not the rocks).
- ___ Trust that even if what you are trying to change grasps you harder, it will let go and you will be free.

Embrace change and flexibility

- ___ It's time to allow your dreams to enter into your life.
- ___ It's time to see yourself as worthy of your dreams.
- ___ Set goals that stretch yourself: Be realistic but challenge yourself.
- ___ Be the creator; no need anymore to allow others to create your life for their benefit.
- ___ Every day your goals become a reality.
- ___ Be an empowering wizard who builds up everyone you meet.

Your success and happiness lies in you.

*Resolve to keep happy,
and your joy and you shall form
an invincible host against difficulties.*

Helen Keller