The Story of My Future Life

Create a future-oriented story about your life. Write the story in the present tense, using *presence of* statements. (If you don't remember what those are, review the section about initiating a new thought in chapter 4.) If it seems strange to write a story about your future in the present tense, you can phrase it this way: *In the future I am successful*—which is more powerful than saying *I will become successful someday*. When you are done, remove the words *In the future*, and you will have a future story of your life written in the present tense. Repeat this story to yourself and everyone else you know as frequently as you can.

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