

# Your Most Glorious Life

Full Potential Brainstorming Exercise:

*You'll need something to write on or type in.*

1. Call in your glory including your soul's wonder, your body's wellness, and your mind's wisdom.
2. Take deep breaths while you feel powerful love radiating from all your cells.
3. Now picture your supportive world: a world without resistance or limits. Feel it.
4. Ask yourself and write down the answers to the following questions:
  - \* What does it feel and look like?*
  - \* What is the most glorious expression of my life?*
  - \* What are my most glorious sources and expressions of wonder, wellness and wisdom?*
5. Revisit this ideal often and repeat the exercise as needed. Some do so monthly, quarterly or annually.