

Wellbeing inspr thatz
practical, not preachy

love, Louise x

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WELLBEING WARRIORS

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~ Manifest Your Best ~ Worksheet 1 - February 2025

WRITTEN VISION CREATION

STEP ONE: I want you to write ME a letter...

Imagine it's now today's date, but 1 year/ 3 years/ 5 years from now (you will FEEL what is the right timeframe for you). Write me a letter, tell me all about your life! I want to know everything!

Tell me what has happened, both in your work and personal life, for you to feel so happy and fulfilled. Who are you as a person now? Tell me about these 8 key areas of your awesome life:

1. Living Environment
2. Physical Health
3. Money
4. Career
5. Personal Growth and Mental Health
6. Hobbies, playtime and fun
7. Partner/ primary relationship
8. Family and friendships

Remember it's all about *emotional connection*: make this a really engaging read for me! I want to know how it all FEELS – use lots of *emotion* words to let me know.

Try and incorporate all the *5 senses* and be as descriptive as possible (tell me about the smell of the new leather in the new BMW, the feel of the texture of the sheets, the sound of the sea, etc.)

You can have anything you want in this exercise so *dream big*, leave your Lizard at home and let rip! Remember – this isn't all on you, THE UNIVERSE will help you create this amazing life, it's your PARTNER in this, so don't get hung up on the HOW of these things unfolding (you might not know how, that's TOTALLY fine) I'm not interested in the HOW it comes about, I just want to know WHAT is happening in your life and how it feels! You can type it or write it old school fashion with pen and paper. You can do it on the notes page on your phone. Whatever works for you. Get. It. Done!

START YOUR LETTER EXACTLY LIKE THIS:

Put the EXACT date of TODAY, 1, 3 or 5 years from now (your choice) like so...

"Dear Louise, it's ME, XXX (your name) it's now the XXth of XX, 20XX, and I wanted to write to you to tell you...."

And then...away you go! Cover all 8 areas and tell me how each area makes you feel. What's so great about it? What's MAGICALLY just worked out for you?

The elves have made you a blank worksheet you can print off with this starter text on it and get started!

FINAL INSTRUCTIONS:

Most people cover at least 2-3 sheets of A4 paper. Relax and don't try too hard, get the first few sentences out, and then you will find *the letter will almost write itself*...it's an enjoyable process ☺

Creating the life we dream of starts with knowing what it IS: dream big! No limits! Don't worry about the HOW's, it's you AND The Universe remember - it takes care of a LOT of the HOW. *Your job is to get really clear on the WHAT would light you up!*

STEP 2: ONCE YOUR LETTER IS COMPLETE - DAILY RITUAL

When you have finished (get it done!) I want you to create a DAILY RITUAL. READ THIS LETTER TO YOURSELF ONCE (or more if you want) EVERY DAY and access the happy feelings it gives you.

Find a time you can do this reliably each day: maybe when you wake up? Before you meditate? With your morning coffee? On the bus commuting to work? In your lunchbreak? Once the kids are in bed? Before you turn out the light?

The KEY here is to FEEL what the future you in the letter is feeling as she experiences that life, and that you dedicate 3 or 4 minutes each day as a micro-habit to connecting with her. This should feel GOOD and can be a real escape from "now" life. PLEASE make the effort to do this...the more you connect with her, the faster you call in your future.

THIS IS AN INCREDIBLY POWERFUL TOOL. Literally one of the most valuable ways you could ever invest your time is crafting this letter. Enjoy ☺