



“The Universe Exercise”

The Purpose of this exercise is to help you navigate and understand the energy that you are trying to curate from the universe. It is to help you understand what you truly desire for yourself and your life. Many of us don't truly know what it is that makes us happy and brings us peace. This exercise was designed to get you to think and dig deep into what it is that you truly want from the universe. I'm a huge believer in you get what you put out into the universe.

Below are a few questions that the universe is asking you. Answer them with gratitude and conviction in what you desire for yourself.

- 1. What is an ideal life FOR YOU?*
- 2. What do you see as a peaceful existence? What is a peaceful existence to you?*
- 3. How would you describe your current life? What changes are you seeking to make?*
- 4. What are the things that have the ability to move you emotionally?*
- 5. How much money is enough for you? Please write down a specific dollar amount and explain why.*