



At This Time

© 2008 Debbie Lacy

Today's Date: _____

This is a particularly good exercise to do monthly to track increasing clarity about what you want, shifts in the amount of fear and excitement you hold, and the positive evidence showing up to affirm your vision.

1. In my life it feels like it's time to...

2. I know it's time because... *(list signs/evidence you've noticed)*

3. When this is in place, I'll feel...

4. I'm afraid that ...

Rate your fear on a scale of 1-10: ____

5. And, I'm excited about ...

Rate your excitement on a scale of 1-10: ____