



Ideal Scenes

Ideal scenes are the blueprints of what we would like to see happen in our life. When we set positive intentions and take time to visualize the future, we lay the ground work to manifest quickly and easily our the life we want. By crafting an ideal scene, we set a clear positive intention towards a particular outcome, making a powerful inner determination to call in the results we want. Because negative outcomes are often the result of unclear intentions or overly focusing on what you want to avoid, positively affirming what you intend to create through ideal scenes can help move you towards that goal seamlessly and easily. Ideal scenes are a great alternative to traditional goal setting or resolutions because they aren't concerned with how to achieve the outcomes, but rather provide a strong picture to your subconscious of where you want to go.

Instructions for Creating Ideal Scenes

Start by choosing the areas of your life around which you want to create your ideal scene. Pick areas that are important to you, that you would like to see grow in the next 9-12 months. For example, you can create an ideal scene around romance, friendship, health, career achievement, family, spirituality, travel, etc. Begin by titling your ideal scene with an exciting, aspirational statement, ie. "I am enjoying an abundant and inspiring professional career." Follow the headline with a minimum of 8-10 statements that describe in creative and enthusiastic words a vision of what you are doing as you experience this ideal scene. This is an opportunity to participate consciously in the process of co-creating your life, so get as detailed and descriptive as you can.

A few tips for creating ideal scenes:

- Use vivid, descriptive language and be creative - ie. I am having boisterous fun as I joyfully and proactively gather diverse friends weekly for a game of tennis.
- Make each ideal scene at least 50% believable to you.
- Note that ideal scenes are powerful images of outcomes, not lists of action-steps.
- Include yourself first in your ideal scene - start each statement with "I am" - ie. I am delightfully meeting my date with sparkling eyes, relaxed palms and an open willing heart.
- Give yourself permission to listen to your heart and include statements about what you're doing and how you're feeling as you do it.
- Post your ideal scene somewhere you can see it regularly.
- Typically, ideal scenes should be achievable in the next 9-12 months, but you can also create mirco-ideal scenes for upcoming work meetings, events, even errands!



Sample Ideal Scene

Mindful Health at Every Level: I am delighting in and savoring delicious food to feed and nourish my body

- I am eating delicious, whole foods, grains and vegetables that nourish my body
- I am rested and energized by my food choices
- I am eating with grace and ease, grateful for where my food has come from
- I am making food choices that consider the impact on the environment and sustainable farming
- I am tenderly growing food I can eat and understanding more and more about plants
- I am dedicated to patiently and joyfully preparing and consuming my daily meals
- I am frequenting farmers markets and quality food sources and I delight in choosing local and organic raw ingredients
- I am playfully experimenting with different ways to enjoy, smell and cook food that harness my creativity and bring delight to myself and others
- I am mindful of eating animal products while considering the impact that choice has on the greater food chain
- I am savoring the delicious flavors of each bite of food lovingly prepared
- I am having fun in the shopping, preparing, cleaning up of food, delighting in gratitude for this sacred ritual
- I am lovingly sharing food with friends on a regular basis, deeply appreciating community, prep, laughter at the table
- I am abundant with easy time for making food
- I am excited by learning more and continuing my education about food
- I am traveling to food sources and farms to learn more