

HOW TO WRITE YOUR POWER STORY

Let me make it clear from the beginning: I won't be going into details about how your brain works in this document. That is a subject I cover more in depth in my programs, and especially in my Signature Program, [The Female Life Design Academy](#) (you will find more info about this and my other services on my website www.elsekosberg.com). Just trust me when I say that by using your thoughts with INTENTION, and at the same time try to be a VIBRATIONAL MATCH to what you intend to experience in your life, you have the power within you to change your reality, no matter how bleak it may seem at the moment.

Writing your **Power Story** is a wonderful and powerful tool to start manifesting the life you want, and this is how you do it, step by step:

STEP # 1:

Write a script for your life, - the life that you really, really want - and write it *as if you are living your dream life right now*.

Example: «I am living with my soulmate in a wonderful spacious house on the beach. We have a wonderful, passionate relationship based on mutual love, trust and respect, and we spend our days doing activities together that bring us such joy and pleasure. We travel the world together and experience new and exotic places, and our friends and family are often with us on our adventures. I work when I want to and always have more than enough money to cover all our expenses and we can allow ourselves whatever luxury we choose to. I contribute to charities and causes that I believe in, and it makes me feel fulfilled and blessed to be able to do that.... » **Include all areas that are important to you.**

Use passionate and enthusiastic words when you describe your life!
Think about how it will feel to live that life, and describe what you feel.

STEP # 2:

Carefully examine the script to make sure you have described your life in as much detail as you can.

STEP # 3:

Record your script, and make sure you do it with enthusiasm and passion. Put your **EMOTIONS** into it!

STEP # 4:

Listen to the recording 7 times each and every day (or as often as you can). Play it in your car when you're on your way somewhere, or in the background while you're doing your household chores.... You get the picture.

Hearing it over and over will make you really **believe** in it, and that's really powerful!

Listening to your Power Script just before you go to sleep, will make it even more powerful.

I HOPE THIS HAS BEEN AN INSPIRATION TO YOU!

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