



IGNITE MY FUTURE

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Step 1:

Choose a goal. Each morning, Ignite Your Future by listing things you are grateful for having or wish to have. Whether you actually have it in the present moment or not is irrelevant. The practice is still the same. Once you decide on a goal and give gratitude for having already received it, then it is already on it's way to you. Remember, the universe does not question what it delivers, it only matches what you ask for. Every word you speak is a request to the universe of what you would like to invite into your life. What do you desire to invite in?



Step 2:

Choose a time in the future, allowing your intuition to guide you. Decide on a season, time, and place that feels right for you. It may be different each day—just be open and allow. Once you have your future time and space set, each vision will begin with, “I am so grateful that I now...”



Step 3:

Begin writing your Future Vision. The more gratitude you give towards something, the more you will receive. Where focus goes is where dreams grow. The Ignite Your Future Method is a 3-step process that guides you through gratitude and zones in your focus to quickly and effortlessly Ignite Your Future. The universe does not question what you desire, it only matches it. Good or bad. This is why it is imperative to choose your thoughts carefully and consciously invite in what you desire. Conversely, it is equally important to release or reframe thoughts that are not serving. Ignite My Future is a simple yet powerful way to invite more of what you desire. Get ready to IGNITE!

HERE ARE SOME IDEAS TO GET YOU STARTED:

Set the stage...

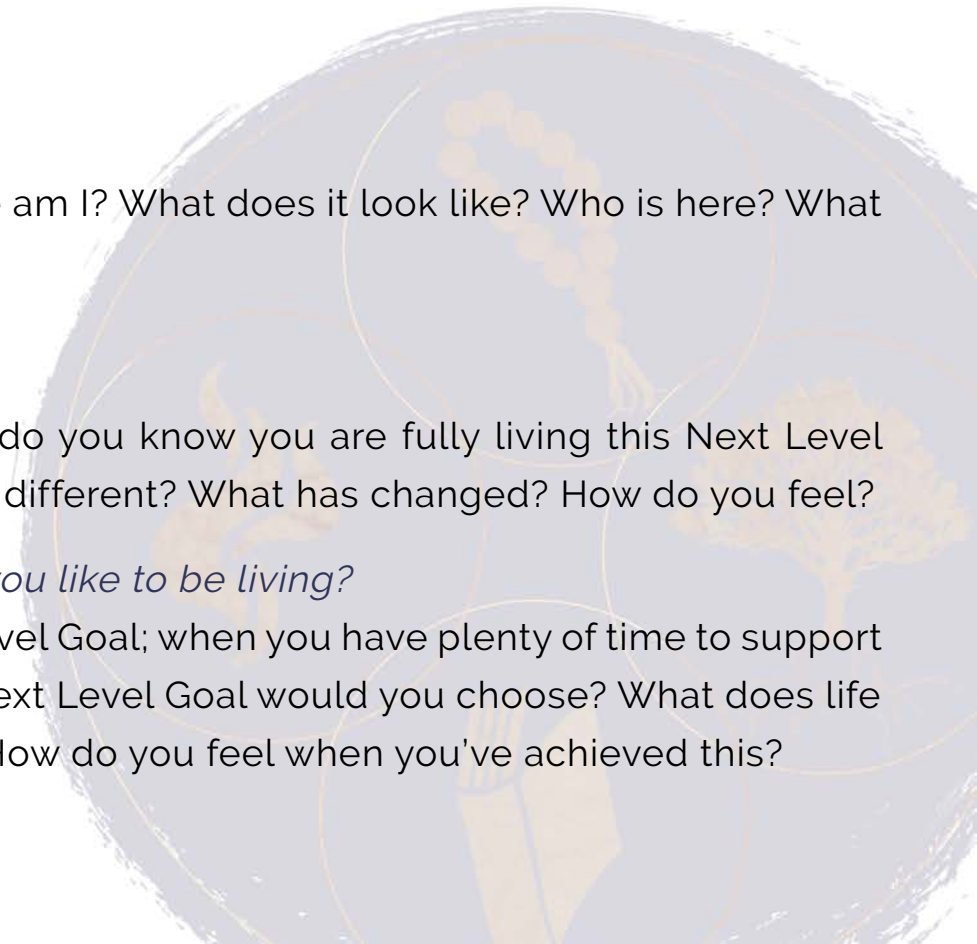
What season/month is it? What day and time is it? Where am I? What does it look like? Who is here? What am I doing?

Imagine you are fully living out your Next Level Goal...

Look around. What do you see? Who do you see? How do you know you are fully living this Next Level Goal? How do you know you've accomplished it? What is different? What has changed? How do you feel?

When anything is possible, what Next Level Goal would you like to be living?

When you have endless resources to support this Next Level Goal; when you have plenty of time to support this Next Level Goal; when success is inevitable—what Next Level Goal would you choose? What does life look like when you have achieved this Next Level Goal? How do you feel when you've achieved this?



You have been given three magic wishes...

Anything you desire, anything in the world is yours. All that is required is your request and your wish is granted. What are your three wishes? How will you know that they are granted? What will be different? How do you feel now? How will your daily life be different? How will you spend your weekends and free time differently? How will this impact your family? What is different about your surroundings? How are you different? What new things do you notice?

Embrace the ideas and flow into the possibilities. And it is ALL possible, my friend.



6 MONTHS IN THE FUTURE

I'm so grateful that I now ...



1 YEAR IN THE FUTURE

I'm so grateful that I now ...



3 YEARS IN THE FUTURE

I'm so grateful that I now ...



5 YEARS IN THE FUTURE

I'm so grateful that I now ...



FOR MORE INFORMATION ON HOW KATE CAN HELP YOU
EMBRACE YOUR PURPOSE AND IGNITE YOUR FUTURE ...

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