

Brigitte Djie

Are you prepared for the next decade?

Workbook Day 3

Brigitte Djie

Let's get to work

Now, whilst you breathe deeply and expansively, imagine yourself at this same time but 10 years from now.
In 2030, how old will you be?

What I wish for you is a decade full of blessings, of meaningful relationships, of conscious health and living. We all want to make a difference and while it seems like a huge task; you know 'me, myself and I' seems like such a tiny proportion of the whole world population? Think of every single person that was unknown 10 years ago; they did what you are about to do right now. I am excited for you; when you start today, you too can make a difference by doing the right thing every day. The ancient 'a journey of 1000 miles, starts with a single step'. The same is true for a decade; the journey of 3650 days, starts with a single day. The journey of 87,600 hours starts with just one hour; the next hour. And i will let you work out the minutes and seconds.

Where will you live?

Who will be in your life? Any new people? Who will no longer be in your life?

Envision your physical situation, your biology, your inner and outer terrain. What can you see, what do you want to see, looking at yourself in 10 years time?

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What is your career like? Your business, your potential retirement, the teams you run, the legacy you built/are building?

The contributions you make, time wise, financially and/or intellectually? Have you written a book, created online courses, invented and developed environmental solutions, created charities for saving nature, animals, developing areas of the world in sustainable/healthy ways?

What are you grateful for in 2030? What will be some of your magic moments, some moments that touched you, some special times you have spent, trips you made, differences you made?

Brigitte Dye

The key is to go on a journey in your mind and soul and look forward in colour and envision all vividly; as if it has already happened. You can make a visionboard or write all down as if it's already in the past.

This is your life! This is your decade! Please share on the Facebook group High Impact Conscious Entrepreneurs. You will find a ton of free information as well as special offers there too. Also check out my website brigittedjie.com.

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