Exercise No. 14

Describe a time when you felt excitement in your life because something new was about to happen. It can be a time when you met a new person and you felt it might be the start of a new romance. It can be getting a new job that you are excited about. It can be starting a new business. It can be expecting a new baby. It can even be buying a new house or car. Describe this day and everything you felt and thought of.

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Drop the feeling that something bad or dreadful is about to happen. Replace it with a feeling of desire for a new thing — the excitement of receiving or experiencing something brand new that you described in the last question.

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# commitment

Knowing that something new is about to happen, what are you committed to do differently this week?

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Knowing that something new is about to happen, what are you committed to seeing differently this week?

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Knowing that something new is about to happen, what are you committed to saying more this week?

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