

The Spirit of Wealth

mastermind AND masterclass

WITH AMIRA ALVAREZ

The Now-Then Exercise

- 1) Pick a category.
- 2) In the left hand "Now" column, write how that area of your life is now. Although there may be LOTS that's great in that area we are looking for the places where you want it to be better. What are you experiencing now that is not yet how you want it?
- 3) In the right hand "Now-Then" column write the desired results and feelings you'd like to experience.
- 4) What is the vibration of the "now then"? What does it feel like? How does your body respond?

Category: _____

Now

Now-Then

What is the vibration of the "Now-Then"? What does it feel like? How does your body respond?

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