

## DAY 16

### *Good morning*

I hope you filled in the chart I gave you yesterday. Because you're going to need it today. I want you to read the question I am going to ask very carefully and give yourself time to think.

What would your relationship with yourself be like if you were your ideal person? How would you behave toward yourself? What would you think every time you looked in the mirror? What would your morning routine be like? Would you wake up on a morning and enjoy the sun while drinking your coffee on the balcony? And, what would your evening routine be? Would you just spend it that way or would you light your favorite candle and watch your favorite show? What kind of music would you listen to? What would you do if you were alone with yourself? Would you be bored or could you have fun by yourself?

### *How would you feel inside?*

It is important that you behave to yourself the same way you were to your "ideal you" in your dreams, all day. At the end of the day, don't forget to write your experience on the worksheet. See you tomorrow!

### *Tasks:*

- Throughout the day, try to build a relationship with yourself, just as you would with your ideal you. Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.

