

DAY 16

We've gotten great so far, right? We've done so much that what could be left?

I answer: TO BE!

Yes, 'to be'. It's time to be YOU who achieve your goal! Maybe you've always tried in this way until today:

- "Let it be first, then how I will take care of myself."
- "I will smile every morning when I wake up!"
- "Don't mind that I am sad now, if my dream comes true, I will be a very positive person."

After today, I offer you to use the system correctly, what do you think? Just like you said; take care of yourself first, smile every morning when you wake up, and firstly, be a very positive person! Because you have 'to be' first. First you have to convince yourself! You have to say "I am ready!"

So think about...

How would YOU be if you achieved your goal?

- How would you get up in the morning?
- How would you feel when you woke up?
- How would you communicate with people?
- How would you say "Good morning" to people?
- Who would you be in contact with? What kind of environment would you have?
- How would be your relationship with yourself?
- How would you spend your days? What would your daily routine be?
- What thoughts would you go to bed with?
- Who would you be in your new reality?

Whoever you will be, it's time 'to be' right now. BE first, then relax and watch what happens!

Task:

- How would you be when you reached your goal? Write it down on your study agenda in full detail. After that, try to make real one of them each day.

I can't believe that we have come to the end of our journey, how quickly time passed...

First of all, I want you to know how proud I am of you for having the courage to start and finish this program!

We set out on a great journey together and participated in a great adventure. We have experienced how to make the right goal, how to draw a roadmap, how to stick to the plan, how to form a habit, how to deal with resistance and limiting beliefs, how to increase motivation and many more.

Now you know very well how can be a path to a goal! It was a great pleasure for me to be your companion, to be a part of all your wonderful goals that you will set yourself from now on. I hope you enjoyed this as much as I did.

The fact that we have reached the end of this road does not mean that we will not meet again. I will continue to be here for you, with other projects. You can reach us at any time at havassacademy.com!

We will be proud to watch your success! See you again,

With all our hearts.

