



The Mind Dump™

I want you to take a few minutes and think of everything you ever wanted to be, do or have. This should include ideas you have for health, relationships, finances, travel, spirituality, houses, cars, time management, and your career. Don't consider any restrictions you currently have - just dream and think BIG! Set the timer for five minutes and write everything down that pops into your head as quickly as you can. Do not worry about order, just dream and write it down.

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