

## THE 7-YEAR OLD EXERCISE

*"I have infinite time, infinite money and the infinitely free mind of a child! What can I do with my time and my life?"*

---

### DO THIS:

*When you want to discover more about your true passions, desires and the things that are part of enjoying YOUR journey*

#### 1. Write this statement & question down on a piece of paper/etc.:

*"I have infinite time, infinite money and the infinitely free mind of a child! What can I do with my time and my life?"*

#### 2. Set a timer for 7 minutes.

#### 3. Start the timer and write as fast as possible.

NOTHING is off limits and logic & reason need to play elsewhere for a while!

#### 4. Repeat this process for 7 days.

#### 5. At the end of 7 days, circle the top 3-5 things that keep showing up - these are passions.

Take notice of the top 10 as well - these are fun things that are still wonderful to include in your life that are important to you. Everything on the list, however, can be like puzzle pieces to help you get more in touch with you 8^).

This is a stream of consciousness exercise that can help to bypass the filters of "should" and limitations, enable you to gaze into a window of your true heart's desires, and move into absolute freedom - if you LET it.

Even after my first test run of this exercise several years ago, I discovered things about my true desires that stimulated a whole new thought process (and career!) for me and started me down the path of all I do today. I still do this exercise from time to time to "check in" with myself as it always offers something expansive, wonderful and insightful!

#### NOTE:

*Be sure to do this when you are already feeling good, as your emotional starting point will have a great influence over what you permit to be expressed.*