



# TAKE BACK THE POWER OF YOUR BODY



## 4 STEP MINI COURSE

DESTINY TUNING



## **STEP 2**

### **TOOL: MEDITATION + DILTS OBJECTIVE: GET OUT OF THE VICTIM MODE**

Close your eyes, imagine yourself in the near future, happy and healthy. Where are you? What do you see? What is the climate? Who is there with you?

What are you doing? What are you doing when you are not alone? What are you doing just for you?

What competencies do you have? Which ones have you developed thanks to the sickness you have? What have you learned about yourself which you didn't know before?



What is important for you?

What are your values?

How do they describe you?

Who have you become?

Which super hero have you become?

If your future you were to send a message to the you today, what would this message be?

**HOW CAN EVERYTHING YOU HAVE  
SEEN AND LIVED BE TRANSLATED  
INTO WHAT YOU WANT TODAY?**

**WHAT IS THE HIDDEN MESSAGE?**