

Esateys....and Beyond!

www.esateys.com

info@esateys.com

503 630 3000

HOW TO WRITE A SCRIPT GUIDELINES

Preparation

- What are your dreams?
- How would you live each day if money, health, time, environment, skills, relationship, resume, family, etc., were not an issue?
- Make a list of what you desire.
- Move beyond your box.
- Think **BIG**

Write your script

Using your list and keeping the above questions in mind, write about the magical world you live in as though it is already so. Write as though you were telling someone just how wonderful your life is as you live your dreams.

Ideally, keep your script to about 1 page so it can be read easily every day. Read with all the emotion/passion of your desire, playing an internal movie of your life script as you speak.

Example

I awaken each morning with my life mate in a state of ecstasy and gratitude for my life. We live a life with all of our dreams completely fulfilled. Our work is our play. We have a deep connection with each other, our family, and all of those that we touch. We have more money than we could ever spend or give away, and the magic of our environment where we live is like a paradise. Our beautiful home, the grounds, and the animals that we have allow us to experience joy in every single part of life. My body is so healthy and vital that I feel excited about how much energy I have to do everything that I want to do.

This is just a smattering of the kinds of things that you might want to put in a script. Feel free to use any of these statements and expand upon them.

Copyright *Esateys....and Beyond!* 8/04

