

# LIVE YOUR MOST FREE, WILD AND MAGICAL LIFE

Everyone has a different definition of what it means to live a free, wild and magic life.

So let's start discover what it means for  
YOU.

I create for you some playful exercises to rediscover your inner self and tap into what you truly desire. ✨

JessicaRebecca



# WHAT DO YOU WISH FOR?

**If you had a magic wand or a genie which lets you grant unlimited wishes, what would you wish for?**

**Where do you wish to be in 6 months?**

**Where do you wish to be in a year?**

**Where do you wish to be in five years?**

When considering these questions, do you feel overwhelmed or like why should I even consider this, it will never happen anyways.

This is completely normal, and you are not alone in this. I used to feel the same way. I didn't really know what I desired or that I even was allowed to desire something totally different than others were talking about.

Most of the time we think we need or desire something, but actually this doesn't really come from our most authentic self. It is rather a belief, that we think we need or desire something to be happy and free. These beliefs can come from our upbringing, our families or friends who talk about certain ways of how life should be lived or what is considered to be the standard. And, from society and media in general. On our planet exist so many different cultures and ways of living. One way of living might feel right to one person and completely wrong to another one.

Therefore, we should try and embrace this diversity and try to explore what feels right for us. Because you can choose how you want to live your life, how you want to feel in this life and what you want to do with it.

I know it can be difficult to understand that you are in total control and then even more to incorporate another way of thinking in your life.

Therefore, I designed this playbook for you to rediscover your authentic inner voice and tap into what you really desire in this lifetime. ✨

JessicaRebecca



# TAKE A SELF-INVENTORY OF YOUR PRESENT SELF

**Who are you as a person right now in this current moment?**

**How do you show up in your life personally and professionally?**

**What strengths do you see?**

**What weaknesses do you notice?**

Let's start with one of my favourite exercises, which can support you in many ways.

Stand in front of a full-length mirror and stare at your reflection for a few minutes. **Simply observe.**

What do you see staring back at you? Journal everything you noticed about yourself. Go beyond the physical and reflect on your life now.

In the beginning this can feel a bit uncomfortable because yes, we look in the mirror several times a day but when do we really look at ourselves and especially our eyes? Think of the famous quote by Paul Coelho "The eyes are the mirror of the soul". Therefore, looking in your eyes can be magical and reveal things from deep within you. ✨

Another benefit which I also experienced with this exercise is that I gain more confidence by becoming more aware of my physical appearance combined with my inner presence.

**Let me know what came up for you.** I would love to hear about your journey and if you are interested in, also share my story with you as I believe it helps so much to hear what others are experiencing. ✨

JessicaRebecca



# IMAGINE YOUR FUTURE SELF

**Who would you like to be peering back at you in one year, five years, ten years, and beyond?**

**If you could be your ideal future self, who would you choose to be on the inside and on the outside?**

**How would you show up in your life personally and professionally if you were your ideal self?**

Having reflected on your present self and your values. I hope you feel now a bit more aware and connected to your inner authentic self. And with this connection you have now, I want you to think about the future and consider the questions above.

Stand in front of a full-length mirror again and stare at your reflection for a few minutes, but this time think about your future self. **Simply observe.** ✨

Journal about everything you hope to see in the mirror. Go beyond the physical and consider what you wish to embody. ✨

This can be scary and I want you to know that I am here for you on this journey. **Send me a message about** what fears and self-doubt came up for you while doing this exercise.

Or what kind of wild and magic you see in yourself. **Feel free to tell me about it** 😊 I always love to hear about others visions of themselves and share experiences, because I believe that everyone can feel the way how they truly want to feel. And I love cheering people on, on their journey to incorporating these feelings. Because let's be honest here, it feels good when someone believes in you 😊



# CONTINUE YOUR SELF-DISCOVERY JOURNEY

Reflect on the notes you took about your present self and your future self. Begin to notice what qualities you already share in this moment with your future self or that you hope to become a very different person.

Consider what feelings this activity brought up for you. Are these feelings of insecurity or made you feel inspired about where you're headed?

**Whatever that came up for you in these exercises is valid and was exactly what you needed in this moment. ✨**

Take time to process your feelings, identify their source, and journal about them to explore where they lead.

**HONOR WHEREVER YOU ARE ON YOUR JOURNEY RIGHT NOW.**

I believe in the power of affirmations because they are a starting point to redirect our thoughts and patterns. Use the following affirmation or adapt it to reconnect to your most authentic inner self.

"I love myself fully in the now. I accept that I am doing the best that I can, and as I know better, I will learn to do better."

This is not a one-off exercise but something you can do whenever you feel like it as we always continue to grow so do our visions of ourselves.

**I would love to hear from you and what these exercises revealed to you and support you in going the next step to bring your vision of your future self to live. ✨**

**[BOOK YOUR FREE DISCOVERY CALL WITH ME](#)**

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