

Create It.

Week Four.

This week's creative project is also a follow up from Tara Mohr's *Playing Big*. After you have visualized and journaled with your future self / inner mentor let's create like he or she would.

1. Choose a day this week to dress like your inner mentor. What would they wear - the future you? See how it impacts your day and alters you.
2. Make *one* change in your home or office environment to reflect his/her taste or style.
3. Make some art about your inner mentor or their home: a collage, drawing, poem, photo — whatever lights you up.
4. Block a window of time during the week and spend it as your inner mentor would. How would she spend a Sunday evening? A Tuesday afternoon?
5. Think about what you inner mentor eat for breakfast, lunch or dinner and prepare that meal for yourself.
6. Identify a difficult situation in your life and check in internally: How would my inner mentor see this? See how that shifts your perspective. If it helps, physically walk to a different space in the room, imagine standing next to him / her and seeing what they see. How does the situation look from here?