

# DAY 4- UNPACKING TRIP

**Today is all about our imagination.**

Close your eyes and imagine you are going on the trip of a lifetime. Maybe it's on a Safari in Africa, or a beach in the Maldives, wherever your dream destination is.

**You are headed there in your mind's eye.**

## WRITE IN YOUR JOURNAL

***What will I bring with me (Not material possessions but attitude and mindset such as gratefulness, openness, calm etc.)?***

***What do I want to leave behind (Fear, anxiety, stress etc.)?***

***What would it take for you to imagine every day as a trip of a lifetime?***

Every day is a new opportunity and with that comes a new choice.

You can choose what to take with you, and what to leave behind.

Your day, your week, your month, year and life will be a reflection of who you choose to be.

**Choose wisely. See you bright and early tomorrow for our last day together.**