

Paving it Forward

HOW TO *PRE-PAVE* A LIFE OF ABUNDANCE

We have the power to create the life we want. It's a matter of choice. In reality, though, we spend more time choosing what we are going to wear in the morning, than we do choosing how we are going to connect with people, how we are going to feel or what we are going to accomplish. When you learn how to consciously *pre-pave* your day, you take the driver's seat of your life and the fun of consciously creating begins! Here's how it works.

A *pre-pave* is a statement or command that you think, say or write that tells it like it is. Your command becomes your intention, and the Universe begins to "line up the energy" to make it happen. Let's practice:

WANT TO CREATE MORE TIME?

Time is not found, it is made. If you want an abundance of time, stop talking about how busy you are — you're actually asking for it. Replace that mental "busy" chatter with this *pre-pave* instead: "I have enough time to do everything I need today."

Just watch how the energy opens up to support you. You will find that your day flows with ease — with time to spare. Sincerely try it, it works! And when someone asks you "how are you?" instead of answering: "I'm crazy busy," try this *pre-pave*: "I'm blissfully productive." With this thought, you choose balance.

WHAT ELSE DO YOU WANT...MORE LOVE?

When you go on a date with your husband or boyfriend, *pre-pave*: "We're going to have a great time tonight. We deeply connect with each other." Why leave date night to chance, when you can consciously choose ahead of time how you want it to play out? That's the power you have. Grab it!

You can use *pre-paving* in every area of life. What kind of job do you want? How much money do you want to make? What kind of relationship do you want to have? One powerful *pre-pave* can dig you out of a funk and change the outcome of any situation. As often as you can, become mindful during the day, and ask yourself: What do I want? Then *pre-pave* it, with conviction and belief in your power to create.

When you dream, anything is possible. When you are convinced, it becomes inevitable. The Universe is waiting for your next command.

What will it be?

Elisabeth Fayt

Elisabeth Fayt is the owner/founder of RnR Wellness and author of the best-selling book, *Paving It Forward*. She changes lives daily through radio, television and film, and through her mentorship programs, international workshops and retreats.

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