

Be The Change Play Sheet .*

(You can print this or, to save resources, Print → PDF to save your completed answers xo)

Get ready to envision your world, as colorful, shiny, and quirky as you want to see it!

(I did the first one for you as an example. Just delete my answers and replace with your own shiny gems.)

1. What would you like to see for your **body**?

.* How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

.* 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

2. What would you like to see for your **bedroom**?

.* How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

.* 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

3. What would you like to see for your **home**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being.

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

4. What would you like to see for your **street**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being.

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

5. What would you like to see for your **family or chosen community**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

6. What would you like to see for your **city**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

7. What would you like to see for your **country**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

8. What would you like to see for your **world**?

. * How would this feel? (Use a quality of being word(s).) Dare you to say it aloud!

I am being

. * 1 joyful action that will get my wish-ball rolling :

This check box is a magic button, which ignites my above wish + ways of being in the world. By selecting here, I commit to completing the above action + I let go of the timing, trusting that it will naturally happen at the right time. I vow to listen carefully for it and wholeheartedly follow my inspiration when it arises.

Congratulations and sweet job creating your world! This is going to be amazing!

I'd love to hear about your adventures as your magic unfolds.*

Leave a comment [here](#) or drop me a line: nicole.j.casanova@gmail.com