

# Ted Carr's Life Vision Script

No amount of "hard work" can beat the ease and grace of manifesting your dreams into reality by using the power of the Law of Attraction.

To deliberately harness the power of this Law, I suggest using a Life Vision Script.

Below is ONE example of a Life Vision Script that you can customize.

Why am I sharing this with you?

Because when I was broke AF, I used a life vision script very similar to the one attached below to create financial freedom for myself with my business online.

**Note: The life vision script linked below is written in the "He/Him/His" form, but if you're a woman you can change it to "She/her/hers".**

## Here's how to use this script:

Step 1: Customize it.

Spend a solid 30+ minutes rewriting parts of the script below, adding in what you want, removing what you don't.

Use [focusmate.com](https://www.focusmate.com) to block out time to get this done.

Step 2: Record it.

- Record it yourself by reading it into a voice recorder. (Your phone already has one built in)
- OR, pay someone to record it for you ([fiverr.com](https://www.fiverr.com) or [upwork.com](https://www.upwork.com))
- OR, [get your computer to read it to you](#) and hit record with your phone or Zoom.
- OR, download the "Natural Reader" app on your smartphone and copy/paste your text into it for it to read to you.

Step 3: Listen to the recording at least twice a day.

Listening to your recording first thing in the morning & right before bed/naps is the best time. But you can also listen to it whilst driving, walking, or working out.

Step 4: Notice how your life begins to reflect that which is written.

Pay attention to the signs in your life that reflect what you are thinking and feeling about.

Step 5: Change/edit it as time goes on to reflect your new & changing desires.

Come back and revise, edit and update this script at least once a month to reflect your new desires and feelings.

## **Begin:**

<Your name> is changing lives for the better every single day with every single piece of content he uploads.

He's extraordinarily wealthy.

He earns \_\_\_\_ a month by selling \_\_\_\_ and loves looking at his bank account and seeing over \_\_\_\_ dollars in there.

He lives in \_\_\_\_ and loves it there.

He travels to \_\_\_\_ periodically with ease.

He finds beauty all around him and has access to the best fruits and foods in the world.

The air he breathes is fresh and crisp.

His evening routine consists of \_\_\_\_.

It's what sets him apart and makes him so happy, healthy, strong, and productive.

At the end of each day, he takes advantage of the greatest life hack known to man.

It's his simple routine known as planning and reviewing.

He plans out the next day the day before.

Then, when he wakes up, he grabs his paper and feels excited knowing exactly what he wants to do.

In the evening he also reviews his one big lesson learned that day, as well as one thing he's proud of.

Every day in every way he becomes more and more self-aware.

Everything he does in the evening sets him up for major success the next day.

He always makes sure to take the last hour of the day to himself to focus on his life's vision.

He begins his evening routine by unplugging from the internet and writing out his genius ideas.

He gets into a state of mind identical to the greatest thinkers and achievers who've ever lived.

In the morning when he wakes up, he feels excited for the day.

He feels amped up and energized.

He grabs his paper that he wrote on the night before, and he gets excited to complete the list.

At the top of his list is visualization where he visualizes the day ahead going just as he wishes.

Once he's visualized his day, he begins to visualize his goals completed.

After all of this, he is in an exceptionally high vibrational state.

From that state comes energy that allows the day to be the best day ever.

In the evening, he puts himself to sleep feeling as if everything he wants is already his.

Once asleep, his subconscious mind goes to work on rewiring his brain to make sure he wakes up feeling amazing.

He always wakes up feeling amazing.

Happiness is his default state.

When he wakes up, he feels a surge of excitement for life.

He feels super energetic from the moment he opens his eyes.

He jumps out of bed and celebrates every morning.

He is always clear on what he wants to do and enters a flow state every day.

After a quick deep breathing walk outside, he starts out his day by sitting comfortably and meditating for 30 minutes.

He gets into a state of flow as he brings his attention back to his breath each time his mind wanders off.

After 30 minutes of meditation, he performs 4 minutes of light hamstring and lower back stretches.

He is extraordinarily wealthy.

He earns \_\_\_\_\_ a year and loves looking at his bank account and seeing over \_\_\_\_\_ in there.

The internet and he do not connect until at least 2 hours have passed upon rising.

The first hour of the day is his golden hour of self-development.

The second hour of the day is what he considers his dopamine fast.

Some days he even dopamine fasts until 12 noon.

Once he does connect with the internet, he does so with clear intention on completing the hardest task of the day first.

Completing the hardest task of the day first when his willpower is highest is one of his keystone habits.

He always works from a list and immediately begins checking off the most important tasks on the list as soon as he connects to the internet.

He enjoys providing the highest level of value to those who need it by cranking out valuable content on a regular basis that's purely aimed at helping others achieve results with their health, happiness, and finances.

One way he helps people is by sharing with them things they can DO to obtain a set objective result, like changing how they feel.

He does this by sharing with them captivating, emotional stories to break and then re-build their beliefs about what they think is possible for them.

He has a system that guides people to getting the results they want.

When it comes to feeling amazing, he uses state changers.

He knows he is the creator of his reality, and he is always able to control how he feels, and he prioritizes feeling good.

His habits leave people absolutely awestruck.

He has a perfect spinal curve.

He speaks with power and conviction.

When he speaks, it's slow and deliberate.

He speaks clearly and enunciates each word eloquently.

He speaks smoothly and is extremely articulate.

When he walks outside, he sees a black Tesla in the driveway.

And when he walks up to it, the silver door handles glistens.

And when he sits in it, he loves how it feels.

He loves how it drives.

He loves the ease of accelerating on the highway with it.

He loves seeing the best food ever in his kitchen and loves that it's all made for him.

Eating the best food ever allows him to feel the best ever.

His health is fantastic and all of his organs are functioning optimally.

His intestinal walls are glistening.

His organs are sparkling.

His blood is pristine.

His molecules reflect sheer vibrancy.

His atoms are pulsating with vitality.

His emotions are radiating with love.

His posture stands strong and erect.

He radiates vitality and he fasts regularly to keep his body free from diseases and infections.

Intermittent fasting helps him stay lean and look good.

He has the body of a beautiful, natural magazine model and he loves the way he looks and feels.

He is happy with his life overall and strives to help others feel happy with theirs, too.

He laughs a lot and feels creative with his work.

He's very confident and exudes confidence wherever he goes.

He stands tall with great posture.

He feels at peace in his mind and feels in control of what he thinks and every action he takes.

He is aware of the actions he can take that get him ahead and those that can leave him feeling stuck.

Every day he takes pleasurable action that gets him further and further ahead.

He thinks better thoughts by listening to the people who have the results he wants.

He lets their thoughts become his thoughts by reading their books and watching their interviews on repeat.

He also thinks better thoughts by listening to this recording every day at least twice a day.

He loves his house and his yard.

He loves his neighborhood.

He and his family get along great.

He loves his friends, family, and relatives.

His friends are super positive and supportive, and they make him laugh a lot.

He enjoys what he does for work and is always crystal clear on what needs to get done, and he thoroughly enjoys getting it done.

He makes plenty of time for his family and enjoys playing and laughing with them.

He wears the most comfortable, sustainably sourced clothes.

He can do 25 pull-ups and 100 pushups.

He can also do 100 squats under 2 minutes easily.

He enters states of flow daily.

The present moment is where flow reigns supreme.

He listens to this at least twice a day.

Once in the morning, once in the evening, and every time he's about to fall asleep for a nap.