

# Alchemic Evolution Methodology Worksheet

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1. What is your dream? What do you genuinely want in your life? Articulate in as much detail as possible. Once you vividly have an image in your head, that is where the magic begins. (This is an ongoing process & you will build upon it as you evolve)
  
2. Define specific characteristics of your dream. What goals have you achieved? Where do you live? What personal relationships do you have?
  
3. Close your eyes and imagine what an average day will look like. Take a few moments to really imagine & deeply envision what a normal day will look like. Now write it down in as much detail, from dawn to dusk.
  
4. What are the daily actions & behaviors of your biological avatar that enabled you to achieve this dream? Be very specific. This is the thing you have been searching for on the internet, but deep down you already know the answer.

5. Briefly articulate the self required to achieve your dreams & goals.

6. What skills does this new self possess that makes achieving your dream effortless?

7. What weaknesses is this new self free of that you perceive your current self to possess?

8. What characteristics & personality traits does this new self have?

9. What positive habits does this new self practice that the current self does not?

10. What negative habits is this new self free of that the current self possesses?

11. What fears is this new self free of that your current self suffers from?

12. What positive thoughts does this new self experience?

13. What negative thoughts is this new self free of that the current self suffers from?

14. What activities does this new self crave & love to do that the current self hates doing & avoids doing it at all costs?

