

# Neville Goddard Daily Practices

This guide offers simple daily practices inspired by Neville Goddard's teachings to help you align your imagination, assumption, and feeling with your desires. Apply these consistently to transform your reality from within.

## Daily Neville Goddard Practices

### 1. Morning Visualization (SATS Style):

Upon waking, spend 3-5 minutes in a relaxed state. Imagine a short scene that implies your desire has been fulfilled. Feel it as real, see it clearly, and embrace the joy of its completion.

### 2. Inner Conversations:

Throughout your day, revise or create inner conversations that support your goal. Assume that others are congratulating you or affirming your success.

### 3. Revision at Night:

Before sleep, review your day. If any event felt out of alignment, revise it in your imagination as you would have preferred it to happen. Fall asleep in that new assumption.

### 4. Living From the End:

Move through your day as if your wish were already fulfilled. Make choices, speak, and act in alignment with your assumed reality.

### 5. Emotional Check-ins:

Pause several times during the day to ask yourself, 'Am I feeling from the state of my wish fulfilled?' If not, gently shift your focus.

*Consistency is key. These simple daily acts of imagination, assumption, and feeling are the foundation of conscious creation.*