

CLARITY

GETTING CLEAR ON WHAT YOU DO WANT AND WHAT YOU DON'T WANT

Only you can own your future

Write what you DO want here. Need help? Considering what you truly want can feel difficult, but it's very simple! Be as specific as you can. The more specific and concrete your wants are, the more likely you are to receive it! If it feels good to want it, write it down! Trust me, you'll want to start another page, because there isn't enough room here to express everything. No judgement, this is yours. For your personal reference, to remind you of what you truly want and add to it as you'd like.

Starve it!

Conquering a fear? Eliminating trauma or guilt from your past? This is where you will list what you DO NOT want. Simple, you do not want the stress of bills or debt anymore? Write it here. Without realizing it, we focus so much on what we don't want and that's what we are creating and attracting every day. Write it all down so you can focus on the results you desire most for your life.

Believe it, the hard part is done! Now we clear it!

Visualize what it is you want with feeling and emotion. Become aware of your body and how it feels. Ask yourself if this feeling, this thought, is supportive or unsupportive? You will most likely turn what it is you do want into a don't because that's what we are used to. You say you want more money or financial freedom, but when it's offered, you turn it down because of fear, assumptions, or judgement. Three things no one wants to face, but that's why listing what we don't want is so valid. Now that you are aware of what you don't want, become clear on what you do want and turn your thinking around to identify and commit to what serves you. Hold on to that flipped feeling!

Trust

Trust yourself that you make good decisions and trust the Universe to do its work without interference from, guess what...YOU. Realize that we are programmed from children based on different perceptions of right and wrong and no one is at fault here. Once you realize that our beliefs are self-limiting based on our past, it is your responsibility to do something about it and trust! If not you, who? It's you that will be doing the work to correct a lifetime of conditioned behavior patterns. Trust in yourself and the Universe that you can overcome this with an open mind. Be teachable and vulnerable because the map the Universe has drawn up for you is truly beautiful and will transform your life.

Journal it

Write everything down! Get a journal to jot down all the junk that doesn't serve you. Write it on napkins if you must but write it down. If it does serve you, then still, write it down! Accept personal responsibility for everything in your life. You don't even need to understand why, just take responsibility and remind yourself that you are worthy of love.

5 STEPS

ALIGN AND ACT

GET CRYSTAL CLEAR ABOUT WHAT YOU DO NOT WANT

Be specific about what you **don't** want to experience materially and emotionally

CLEAR AS WATER ABOUT WHAT YOU DO WANT

Be specific about what you **do** want to experience materially and emotionally

IDENTIFY AND RELEASE

Limiting Belief-Starve what you **do not** want.

REWIRE NEW EMPOWERING BELIEFS

Visualize it with positive emotions and energy. **New Belief**-To feed what you do want. Feel and assume it's already happening and that you are already there!

LET GO

Surrender, love. Let go of emotional attachment to the outcome and turn it over to the Universe. Allow this or something better! Accept your blessings and let go.

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FEEDBACK

Feedback is always appreciated! Tell us about your experience with this worksheet and share your story.

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QUESTIONS

Do you suddenly have the desire to learn more and have questions? Write them down here so you can ask!

SOCIAL MEDIA



