

What do you want different in your life?

You probably know what you don't want but
what DO you want?

Figuring out what you do want is the first step to attaining your goal. It's like going on vacation. If you don't know where you are headed, you're never going to get there.

What do you want?

Write a statement that is first person, present tense, powerful, and emotionally meaningful. (ie...I am so happy.)

Once you have that goal, ask yourself, if I had this goal, what would LOOK different in my life? Remember this is not feel different, it's LOOK different. What would you SEE different? (different check book balance, new office etc.)

1. _____
2. _____
3. _____

Now ask yourself, what positive things would others say about you if you had accomplished that goal?

What positive things would you say about yourself if you accomplished this goal?

How would you feel if you had accomplished this goal? Pick one word to describe how you feel. Close your eyes and get in the feeling of that word.

Now that you have a very clear idea of what you want and you described to the subconscious what that goal looks like, sounds like and feels like, how are you going to get that goal to become your new programming?

Consider a method of subconscious change to program this goal into your mind so it becomes your new automatic operating system. Then, 95-99% of the day you will be automatically enjoying the benefits of this new belief.

Here's to happy and accomplishing all your goals!

P.S. Want to know more about Balanced You? **Call 800-809-5772** or go to **BalancedYou.org** and schedule a complementary Balanced You Intro Call through the appointment button.

“Throughout life we grab hold of limiting beliefs that prevent us from living Extraordinary lives. I believe some of these thought patterns can be changed through book reading and listening to audio books. But the beliefs that have been lodged deep in the depths of our minds need an extra touch, a human touch. Balanced You offers that personal touch, that extra nudge to break free from the beliefs that hold you back.” Orlando