



Exercise 15: How to create what you want in your life

There is a form for you to print at the end of the explanation of the exercise

HOW TO CREATE WHAT YOU WANT IN YOUR LIFE

Here in a nutshell is my simple seven step process to create (rather than attract) what you want in your life. Yes, it really is this simple! With a little practice you should soon master the technique:

- 1) Define your passion, calling, talent, gift, vocation or whatever you want to call it. Start to believe in yourself, or *act as if*.
- 2) Create your goal and write it down succinctly, unambiguously and in the present, *using only positive terms*. Start to visualise yourself doing or being or having whatever your goal is.
- 3) Make a list of options, perhaps with the aid of some self-brainstorming, and choose the few that you feel the most attracted to as potential action points.
- 4) Create your action plan. *Write it down*, even if you only know the first two or three steps, and put dates by when you will have actioned each step. Make sure your steps and dates are realistic and achievable.
- 5) *Take your first step*. Then your second step. Then the third, and so on. Keep going.
- 6) Keep monitoring yourself as you go along to make sure that what is happening is still exactly what you want (*ask yourself, "how do I feel about this?"*)
- 7) Know when you have achieved your goal and celebrate!



Exercise 15 cont. /

CREATE WHAT I WANT (FORM)

Use a separate form for each goal or aspiration.

Name:

Date:

My passion:

My goal:

Options:

Shortlist of options:

Action plan:

My first step(s):

How do I feel?

Goal achieved?