

# Intuitive Business. Real Money.

## Free Training Series – Handout # 1

### Create a Clear Vision

Some people are they kinds of folks who can visualize a dollar amount or the house or the car or vacation and it starts putting things into motion.

After all, we hear all of the time “Don’t worry about the how.”

Then there are others who are more process oriented (I’m one of those people). We need to know the general flow then we can stand back a little more and receive.

When you study Human Design – a really cool modality to help you understand the way you wired, there are some people on the planet who are not made to know what they want in the moment. It takes them some time to know what they want.

I say all of that to help you see that if you aren’t an “instant manifestor” then don’t worry. What does that even mean anyway! Stop judging yourself.

A client and friend of mine told me that she manifests by “creating space and opening her consciousness.”

She’s a vocal coach and when she has room in her schedule for a new client, she puts the space in her calendar (and in her mind). Then she starts visualizing that spot being filled. She told me “Usually by the end of the day I will get a message or phone call from someone who wants that exact spot.”

Cool right?

So how do you start activating what you want so it comes to reality?

1. Know what you want
2. Feel the Why
3. Move your feet

Here we go →

# 1. Know What You Want

Without thinking about it, just start writing down the things you THINK you want. \$900 pairs of shoes...artwork for your home...a wine tour in France...a specific dollar amount...

What do you want? Just write. Use the back of this page if you need more room.

Now get up and move around. Walk outside. Get out of the physical space you did the first part of this exercise. Go to a room in your house or office that inspires you. (If there isn't a room that inspires you, then you have discovered the first problem to resolve right away.)

BEFORE YOU MOVE ON, write some things in the above space. Do it. Trust the process.

Now after you took a little break (even if it was just for a minute or two). Take a few deep breaths.

NOW, write down what you want. Some things may be repeated, some new things may come up...just write it down. Use a new piece of paper if you need.

**BEFORE going on to step #2, look at how you wrote things out.**

Did you even do it? Is everything in straight rows? Did you want to get out your colored pens and write things in different colors? Do you feel frazzled, excited, worried? Where do you feel it in your body? Notice what you notice. Just pay attention.

How you do anything is how you do everything...so notice how the patterns you see are either helping or hindering you from creating a clear vision for your life.

## 2. Feel Your Why

Why do you want those things? Go back to your list and cross out the things that you were told you SHOULD want and you believed it.

Circle the things that you can feel in your bones that you want. Be willing to feel materialistic if that comes up.

Now go through each item and what feeling do you want that thing or experience to bring to your life? Freedom, peace, joy....etc.

Write the feeling next to or on top of each item in a different color of pen if possible.

Another great question to ask yourself is "why do I want this?"

I asked myself that question when I WANTED to pay off credit card debt. When I tuned in deeper it was because I am a woman of my word and I do what I say I'm going to do. I follow through. My why was INTEGRITY. When I connected on a soul level to that debt, it was easier to pay off. But as long as it was something I "should" do, my inner rebel showed up and wanted to party instead of do the "responsible" thing.

What feeling words are most common on your list?

Chances are, that is your motivation.

So now the cool part – what can you do in the next 24 hours to create that feeling?

P.S. Feelings are a choice. Choose to feel wealthy, free, joyful, blissful...Choose.

### 3. Move Your Feet

A colleague told me one time that reaching a new income goal would mean that she would feel FREE. To embody that feeling, she went rock climbing.

Now, rock climbing wouldn't be the first thing I think of when I want to feel free. 😊 But that is the power of YOU doing this in your unique way!

**It's time for inspired action baby!**

What is ONE thing you can do in the next 24 hours to embody the feeling you want?

What is ONE thing you can do in the next 24 hours to put into motion one of the things you want to create? Is it to follow up with someone or find a new networking group?

WARNING – this is not the excuse to work on your website and get stuck in perfectionism. This is not the time for analysis paralysis. Choose an action and do it.

Tip: If you are waiting to feel more confident before you take action, then you will be waiting a long time. You need to give yourself new proof of a new possibility and that comes from action.

If you want to do more speaking for example and you know that you need to update your speaker sheet to give to event planners and groups, then an action you can take is to put together your list of 5+ places to contact by a certain date. And get it done by that date.

Doing THAT will make you feel more confident.

Write down the action you will take in the next 24 hours:

Imagine what is possible if you did this for each thing on your "Want" list? You hold the power my friend – it's in your hands.

See you on the inside of training #2 where we go into some nuts and bolts of your business and getting out there to share your gift. See you there!

