


The Four Steps to Deliberate Creation

(Taken from the Book Excuse Me, Your LI FE is Waiting by Lynn Grabhorn)

My Mantra:

We get what we emotionally focus on! Focus on what we want with passion and excitement and presto - it's on its way.

Your Mantra:

Step 1:

I identify what you DON'T want

I DON'T Want _____

Step 2:

From that, identify what you DO want

I DO Want _____

Step 3:

Get into the feeling place of what you want

Step 4:

Expect, listen and allow it to happen