

30 THINGS

OK – so you’ve got a pretty good idea of what you don’t want in your life and, to be fair, this is where many people spend most of their time, without actually thinking about what they really do want. So now it’s time to really get your creative juices flowing and start visualising, thinking about and feeling what you really do want in your life.

As with all the exercises in this workbook, I highly recommend that you carry out tapping, either just on your hands or as feels appropriate while you do the work.

1. Write down – in handwriting – AT LEAST 30 things that you want to have, do, be or experience in your life. Most people can find many more than 30 and I recommend that you don’t rush this and DO NOT move on to the next stage until you have written AT LEAST 30 things

2. Once you have your list, take each item one at a time and with your eyes closed and tapping as you do so, take yourself to a time and place when you already have that thing in your life. Spend as long as you need to get a clear picture of what life will be like and pick up all the sensory information of how it feels, what you can see and hear and everything else about actually already being there. You can use the FUTURE GOAL IMPRINTING AUDIO to carry out this process if you wish. For each item, write down in particular the emotion that you felt and give it an intensity out of 10, with 10 being the most positive. If you notice any negative thoughts or feelings (eg I don’t deserve it or that’s never going to happen to me) remember to write them down as well, as they will be useful to tap on as well.

3. Now you have your list and they are scored out of 10, see if you can notice common themes to your desires. Categorise them by what they fulfil for you. Examples of categories could be Work, Family, Relationship, Spirit, Community, Creativity, Health and Travel and you may add any others that resonate with you.

4. Notice how many times each category is fulfilled by one of your desired items. You will also have a range of importance that you achieve the items. This will be useful when you start comparing options for your new business or career.

5. TAPPING EXERCISE

If you had any uncomfortable feelings or ‘tail-enders’ while carrying out the future visualisation exercise, explore these with tapping. This is a great opportunity to uncover limiting beliefs that could be stopping you from manifesting your life of choice.