

Crafting My Future

Life can be confusing, unsettling, even frustrating at times when the direction we've wanted to go in meets big obstacles and pitfalls along the way. It's easy to get demotivated and give up on your dreams. But there is a way to get yourself back on track. Let's navigate our way through obstacles and set a new path forward that is authentically connected to our own higher wisdom and awakening a power inside that is greater than anything we will encounter in the outer world.

As one begins to excavate this journey of self-discovery new opportunities will avail themselves and you will find yourself capable of moving your life from one of fear to freedom

Rate your life as it currently is in the below areas, with 10 being optimal and 1 being the lowest.

Career

1-----10

Health

1-----10

Relationships

1-----10

Spirituality

1-----10

Where am I ...

Consider these questions, and complete:

1. How do you feel about your current state in each area of your life? List your feelings for each area.

Career:

Health:

Relationships:

Spirituality:

Replace any negative emotions you wrote above with more positive emotions you would prefer to experience in each area of your life and list them below:

Career:

Health:

Relationships:

Spirituality:

All great results are created through thinking, passion and action.

The problem is that most people get entangled in the thought processes of the neocortex in our brains. This is responsible for all rational and analytical thought and language. It allows us to look at vast amounts of facts and figures, but it doesn't change behaviour.

The challenge for most people is that they are driven by this part of the mind that analyses thoughts and sets up obstacles - before the idea has been allowed to germinate and grow. This is the toxin that eats away your beliefs, and dreams before they've been properly created and allowed to develop and grow.

How to Unlock Your Desires

Deep inside us is an innocence, a knowingness of the dreams we have come into this life to fulfil, it's the part of us that is connected to our passion and purpose that makes us feel alive. Tapping into that imagination (the limbic brain – the middle two sections that are responsible for feelings, trust and loyalty) is linked to your "why" you can unlock the realm of new possibilities and connect to your own unique higher wisdom.

Your wisdom knows what you need, to be fulfilled, energised and happy. We are all capable of tapping into this unique wisdom and field of possibilities.

Let's tap into the world of possibility and take a fresh look at how you can craft your future.

Imagine you have the power to create magic and that you can make your wishes come true?

Consider your total in the first exercise. Now use the full power of your imagination and answer this question. In each of the four areas, what would my life look like as a perfect 10.

Career:

Health:

Relationships:

Spirituality:

Keep your 'new vision' perfect life somewhere close to be reminded often of what your future looks like. Make it the screen saver on our phone if you must – but allow yourself to see it and get emotionally involved in creating it.

What is your WHY?

Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question... "What do I have to do?" or "How can I make this happen?" When you set out on crating your future, the first question you should ask is not how, but rather, "Why do I want this?"

When you get in touch with your "Why", as Simon Sinek says "Why isn't just a word, it's a powerful concept" When you understand what's behind your "why" – your passion and driving force create something magical. Getting clear on your "Why" puts you on the same feeling / energy frequency as your dream and imagination. By connecting to the frequency of your dream, you begin to understand what Nelson Mandela meant when he said: *"Hope is a most powerful weapon, and no one power on earth can deprive you of it".*

As you get emotionally involved with your “**Why**”, by Universal Law, you will begin to see the “**How’s**” show up in your life. You’ll begin to receive ideas, resources, and connections that will transform your dream into a reality. Remember, you cannot go to your dream: you must **come from** it. How do you come **from** your dream? That’s easy – get a clear on your “**Why**”.

Connecting to your Why

When the Why is big enough, the How will appear.

My Why is ...

Career:

Health:

Relationships:

Spirituality:

Congratulations!

You have planted seeds in the harvest of your future!

You are beginning to understand your own power and your ability to craft the future of your dreams. Well done on having the courage to take these first steps into creating the mind of destiny you want. Remind yourself daily of your vision and why you are creating this life for yourself.

This journey of self-discovery will set forth a sequence of events that will amaze and gladden your heart. Notice the opportunities and offers of help that come your way to assist you in helping make your dreams a reality. Our job is not only to make our dreams happen, but more importantly to allow them to manifest.

As you reduce your resistance to living a life you want, you accelerate the manifestation of this dream into reality. Be still and know that the spirit within you is greater than anything in the outer world.

The power of your life is in your own hands, where it has always been.