

How to Lift Off!

As you work through the process, each step facilitates a subtle yet powerful shift in your energy.



1) Pick a topic/challenge/fear which is making you feel less than good. **Write down everything about that subject that you DON'T want - into the cloud space.**

For example - if you were feeling anxious and overwhelmed you might write - I don't want to feel overwhelmed. I don't want to have too much on my to do list. I don't want to miss my deadline. I don't want to have so many appointments this week. Write all the things you don't want related to that subject.

Now read those things and identify how you feel when you read them all. (No need to write these feelings down.)

In the above example it might be anxious, overwhelmed and under pressure.

2) **Next identify what the OPPOSITE of those feelings are.**

Write those good feelings in the small balloon - wouldn't it be nice if I felt.....

In the above example it might be calm, confident and in control.

3) Use the things you don't want (from in the cloud) to identify what it is that you DO want. **Write what you DO want within the big balloon.** This could be things, feelings, outcomes - absolutely anything you DO want.

In the above example it might be - I want to feel relaxed. I want to feel calm, confident and in control. I want my 'to do list' to be manageable. I want to meet my deadline with ease. I want to have fewer appointments this week.

Keep writing until you've covered all the things you do want/would rather experience, related to this particular challenge.

4) Next, read all those statements in the big balloon and imagine for a minute that they had all happened/were all done/had all come true/had all manifested. Say them in your head in the present tense.

In the above example it would be - Once this has all happened I am relaxed, calm, confident, in control. My 'to do list' is manageable, I meet my deadlines with ease, I have the perfect amount of appointments for me this week.

Now fill the sky around the balloon with - who you get to be, and all the things you get to be, do, have, feel, attract, and allow - if that were true/done/manifested.

In the above example it might be;

*I get to **be** relaxed. I get to **be** calm. I get to **be** confident. I get to **be** in control. I get to **be** the CEO I was born to be. I get to **be** the boss. I get to **be** accomplished. I get to **be** successful. I get to **be** respected.*

*I get to **go** chill. I get to **go** on holiday.*

*I get to **have** a successful business. I get to **have** a highly profitable business. I get to **have** great work life balance. I get to **have** fun. I get to **have** lunch with the girls. I get to **have** plenty of me-time.*

*I get to **feel** relaxed. I get to **feel** calm. I get to **feel** confident. I get to **feel** in control. I get to **feel** accomplished and successful.*

*I get to **attract** my ideal clients. I get to **attract** prosperity and abundance,*

*I get to **allow** my dream life and business to flow to me.*

Write what is true and feels good to you.

You are harnessing the power of the Law of Attraction as you write.

Notice how your mood lifts as you move through the stages. You are literally raising your vibration as you put pen to paper. Notice any subtle physical changes such as; yawning, sighing, taking a deep breath, your shoulders relaxing, your stomach gurgling, or your eyes watering. These are physical signs that you are releasing resistance.

You can do this process any time you are feeling less than good, to get you into a better feeling place before cracking on with your to do list!

If you have any questions about the process, do get in touch, I'd Love to hear from you!

