

Infinite Healing™

What I want in my life this year

Step 2: Become AWARE of what may be in my way

Use this worksheet for each item on your list.

- **What do I believe about my goal?**

- **Will it be difficult or hard to for me to achieve?** *(For example, if your goal is to be healthy but you have many physical ailments that may make it difficult or that you do not know how to HEAL, you may be interfering with accomplishing it.)*
- **Do I have enough time to commit to accomplishing it?** *(For example, if you want to lose weight and incorporating exercise is a key part to this for you, yet you believe that your schedule does not allow time in your day to work out, you may be in the way of losing weight.)*
- **Do my beliefs get in the way of me having it?** *(For example, if you are trying to attract financial abundance yet you have a belief that "wealthy" people are rude, selfish, and think they are better than others, and you do not want to be like "that," you may be in the way of attracting a lot of money.)*
- **What other beliefs do I have about this goal?**

**Do these beliefs come from past experience? Something I learned to believe as a child?
Something someone else told me that I accepted as true? Is it MY belief or someone else's
belief?**

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- **What am I afraid of** as it relates to this goal? *Fear attracts what you don't want strongly and quickly. If you are afraid of not having money, you attract financial deficiency; if you are afraid of not being able to lose weight, you attract more weight; if you fear you will never be able to feel better, you attract misery. If you fear or doubt that you may never get or achieve it, you are in the way. If you doubt that you can have it or that you can do it, you are in the way. HONOR what you are really afraid of so you can finally HEAL it!*

For those items that you checked **Highly Likely**, write down any reason you can think of why you don't already have it. If nothing comes to Mind, don't over think it. Move on to the next section.

For those that you checked **Likely** or **Not Likely**, you must have some doubts that you can achieve it and you are in the way, otherwise you would have marked Highly Likely. For each item, answer the following questions:

- **Why do I not already have it?**

