

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

Use this worksheet for each item on your list.				
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- 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.)
  - o 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.)
  - o 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 a quickly. If you are afraid of not having money, you attract financial deficiency; if you are afra of not being able to lose weight, you attract more weight; if you fear you will never be able feel better, you attract misery. If you fear or doubt that you may never get or achieve it, you in the way. If you doubt that you can have it or that you can do it, you are in the way. HON what you are really afraid of so you can finally HEAL it!	aic to are
For those items that you checked <b>Highly Likely</b> , write down any reason you can think of why you do already have it. If nothing comes to Mind, don't over think it. Move on to the next section.	ın't
For those that you checked <b>Likely</b> or <b>Not Likely</b> , you must have some doubts that you can achiev and you are in the way, otherwise you would have marked Highly Likely. For each item, answer following questions:  • Why do I not already have it?	



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•	What limits me from having it?
•	What thoughts do I have that are attracting what I don't want? When you think about what you don't want, you attract what you don't want. For example, if you are trying to attract financial abundance but you often think you don't have enough money, fear that you won't have the money, are angry about your current financial situation, or you dread seeing your account balance, then you are consistently attracting financial deficiency. You must HEAL the negative thoughts in order to attract financial abundance.
•	Why is it not Highly Likely?



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Did this appear on previous years' lists?	■ Yes	■ No (skip this section)
<ul><li>Why is it here again?</li></ul>		
• Why did I not achieve it before?		

I may be able to lie to myself but it is <u>impossible</u> to lie to the Universe!

So the more I learn to HONOR **everything** about ME, the deeper I will HEAL!