

# Infinite Healing™

## What I want in my life this year!

1. **Make a list** of the things you want to see in your life this year!  
For each item, ask yourself: “What are the chances that I will accomplish this?”  
 Highly Likely     Likely     Not Likely
2. **Become AWARE** of what may be in the way of you having what you want!  
 Highly Likely—is there anything you can think of that might be in the way? Limitations? Fear? Doubt?  
 Likely—why do you not already have it?  
 Not Likely—What’s in the way—Fear? Limitations? Doubt? What thoughts do you have that are attracting what you don’t want?
3. **HEAL** what’s in your way!  
There are three parts to TRUE HEALING:  
**HONOR** what you *really* think and feel.  
**ACTIVATE ALL LESSONS** (AAL) you are to learn from not having this in your life (because if you don’t learn the lesson, you *will* get another chance).  
**TRANSFORM ALL SOURCES** (TAS) of everything you identified in Step 2 to Unconditional Love & Unconditional Gratitude™.  
In order to HEAL at the deepest levels, you must do all 3!
4. **Navigate** where you want your life to go!  
**ACTIVATE ALL SOURCES** (AAS) that create what you want. This is telling the Universe what you want and setting in motion the energy to get it.  
“I ACTIVATE ALL SOURCES that create me to live in financial HARMONY.”
5. **Re-write your list** without the chances that you will accomplish it and **keep it visible!**  
Display it where you can **see** it regularly,  
where you **HEAL** often,  
where you **activate** frequently!  
The more often you **HEAL** what’s in your way and AAS that create what you want, the higher the possibility of you getting what you want!

