Future focused
What we want to DO
Emphasis on what we DON’T have
Not in complete control or power

Present moment
How we want to BE
Emphasis on authenticity
We are in control and power

YOU-CENTRIC
Your intention is YOUR call to action: "I am..." My intention is..." I now... Meaningful and believable.

FEEL
The activating power comes when you turn in to how you would feel when you meet the possible the dream: feel loved. Feel creatively inspired. Feel welcomed. Wake up and give your day a name! :)

ABUNDANT
Start from a place of unlimitedness and openness. The difference is in the extent of my money obligations: "I am easily experiencing financial abundance." This allows for bigger elements of abundant.

POSITIVE
"I am not overweight" may be bumped for "I love the lightness of my ideal body weight." Avoid "always, never, and instead" because it automatically puts limits on.

ENERGETIC FLOW
Told to my coach "I am not good at learning languages." She challenged me to say that, "Languages are accessible to me," to remove the word "not" from your everyday practice - especially no problem or no worries!"
TREASURE HUNT

1. WRITE DOWN A HUGE GOAL OR ASK
   HOW WILL YOU FEEL?
   WHAT ABOUT THIS MATTERS?
   REALLY, WHY?
   TELL ME MORE.

2. CORE EMOTION, ELEMENT, OR WORD

3. START: WELCOME
   CORE: LOVE
   AMPLIFY: TELL ME MORE
   INTENTION

S + C + A = I
What is possible?
xxx is accessible to me.