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How to Co-Create Your Amazing Life

Session 2

Up Today...

- o **Energetically aligning with your DMP**
- o What part you control and what part God controls
- o **Formulating Your Plan**

6 Dream Sabotagers

- o **Hopelessness**
- o Lack of Clarity / Focus
- o **Worrying About What Other People Think**
- o Holding Back
- o **Emotions That Block Receiving**
- o Not Harnessing the Slight Edge

The Trouble with Hopelessness

- o **We tell ourselves**, "This isn't possible. A dream is nice to have, but it's not feasible. There are too many obstacles in the way.
- o **Hopelessness paralyzes you...** keeps you from doing the little day-to-day things...
- o **We wonder if the little things are really going to make a difference.**
- o **Becomes a struggle** to find and maintain hope.

Hopeful Affirmations

- o **I have the power to create my own amazing life.**
- o I am secure in creating my wonderful life.
- o **It's okay with God for me to live my dreams.**
- o I'm filled with hope.
- o **I let go of having to know how my dreams will happen.**
- o I open myself up to solutions and opportunities coming from unexpected places and in unexpected ways.

Hopeful Affirmations

- o **My eyes are always scanning for open doorways to fulfilling my DMP.**
- o I am a success.
- o **I let go of looking at experiences as failures and see them as learning opportunities.**
- o Every experience helps me find my way to new and better destinations.



Hopeful Affirmations

- o I let go of feeling trapped.
- o I am open to positive change.
- o I look for the good in any situation.
- o I am free to choose my own way and create my own life.



Clarity & Focus



Clarity & Focus Affirmations

- o I have clarity about my DMP
- o I'm focused on my DMP
- o I set and achieve goals that support my DMP
- o I make small decisions about whether it will move me forward toward my DMP and choose those that will.

Clarity & Focus

Success comes in micro-choices. With every choice ask, "Is this moving me toward my DMP or away from it?"

Clarity & Focus Affirmations

- I make good decisions quickly and easily.
- It's safe for me to make decisions quickly.
- I trust my intuition.
- It's safe for me to trust my intuition.
- I have good discernment.
- When there looks like there's no way out, a way will open up.



Clarity & Focus Affirmations

- o I set and achieve goals that support my DMP.
- o I can select one primary DMP.
- o I create my own amazing life.
- o I'm clear on what I want and my direction.
- o I love planning.
- o I consistently plan.
- o I finish what I start.

Clarity & Focus Affirmations

- o I adapt and adjust as necessary while remaining true to my values and principles.
- o Change is a good thing.
- o I am an evolving progressing being.
- o I believe in myself.
- o People need what I have to offer.
- o There is a place in the world for my work and my message.

Clarity Affirmations

- o All the people, resources and things I need to fulfill my purpose come to me easily.
- o I trust my creative cycle.
- o I work with my creative cycle.
- o I stand up for myself, speak my truth and people like me.
- o I make room for my creativity.

Focus Affirmations

- o I am capable of acquiring the skills I need to be successful.
- o Saying No to what's outside my focus, opens me up to possibilities within my joyful purpose.
- o It's okay to say no to things outside my purpose.



Focus Affirmations

- o I stay focused to the completion of my projects.
- o I know what I want and I go for it.
- o I know what I need to do next and I act upon it.



Let Go Of What Others Think



Releasing What Others Think

- o I let go of worrying about what other people think of my DMP.
- o I trust my own judgment.
- o I let go of fear of failure.
- o I release fear of looking foolish.
- o I release any fear of making a mistake.



Releasing What Others Think

- o I recognize, give thanks for and magnify my gifts.
- o My light and joy are contagious.
- o I speak with courage, boldness and power.
- o I impact other people's lives in a positive way.
- o I am believable.



I release any need for obsessive perfectionism



Are You Playing Full Out?

- o Fear of Rejection
- o What if It Doesn't Work?
- o Fear of Having Your Heart Broken
- o What If I'm not Doing Enough?

Do you REALLY want the ball?



Are You Putting Your Heart Into It?



Commit 100%

- o I own my own power. I accept it all and use it wisely.
- o I throw myself 100% into my chosen path.
- o My spirit knows my chosen path.
- o I am fully committed to the path my spirit knows.
- o I am 100% committed to my chosen path.
- o I feel comfortable tweaking and adapting my goals as necessary.

Commit 100%

- o I'm open to serendipitous situations and new opportunities that guide me in the right direction.
- o I accept my power to choose.
- o I choose greatness.
- o I see the good and greatness in everyone and everything.
- o I create health and joy for myself and others.

Commit 100%

- o I am 100% present and self-aware.
- o I energetically take inspired action.
- o I am doing enough.
- o I am doing what I need to do.
- o I let go of worrying about whether I'm doing enough.
- o I let go of worrying about getting hurt.
- o I trust that as I give my all, I always receive something good in return.

Release the Blocks

- o I release guilt over past mistakes or choices.
- o I release guilt over not doing what other people want me to do.
- o I release guilt over not doing what I said I was going to do.
- o I am worthy and deserving of success.
- o I let go of any shame.

Release the Blocks

- o I value myself.
- o I see the good in myself.
- o I have a positive self-image.
- o It's okay with God for me to live in joy.
- o I let go of feeling like God wants me to suffer.
- o God is supportive of my dreams.
- o I can achieve my dream alongside other people.

Release the Blocks

- o I let go of thinking I have to do it alone.
- o I am of infinite worth.
- o I am worthy and deserving of a wonderful life.
- o I'm always divinely guided and protected.
- o All of creation is friendly to my plans.
- o God and angels are on my side as I live my divine purpose.
- o I invest in my dreams.

Release the Blocks

- It's safe to invest in my dreams.
- Investing in my dreams pays off.
- I'm fully connected to investing wisely in my dreams.
- I know when and the best ways to invest in my dreams.
- My dream is valuable.

What's the First Step?

- Who would you need to be to receive the vision?
- What are 1-2 things you might do now to become that person?



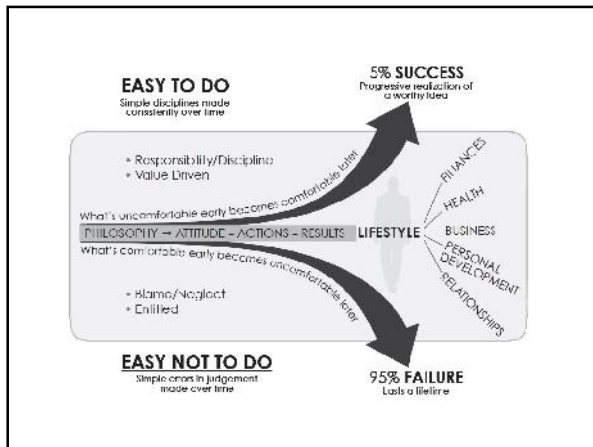
Your definite major purpose will lead you to take daily action that leads to the end objective. Your DMP becomes the lens through which you see everything you're doing in your life. You start to ask,

"Is this going to lead me to my vision?
Or is it going to detract from it?"



The Slight Edge





	Personal Growth Practice	Family Time	Exercise	Volunteering	Give Gratitude	Weekly Date Night	Weekly Family Night
Monday, December 8, 2011							
Tuesday, December 9, 2011							
Wednesday, December 10, 2011							
Thursday, December 11, 2011							
Friday, December 12, 2011							
Saturday, December 13, 2011							
Sunday, December 14, 2011							
Monday, December 15, 2011							
Tuesday, December 16, 2011							
Wednesday, December 17, 2011							
Thursday, December 18, 2011							
Friday, December 19, 2011							
Saturday, December 20, 2011							
Sunday, December 21, 2011							
Monday, December 22, 2011							

Work in 90-Day Segments

- o Create a 90-day plan.
- o Get accountability.
- o Keep your momentum going.
- o Find someone to help you through negative thinking, roadblocks and challenges.

“You can’t take anything to a higher level of order without creating some chaos – not a closet, a house, a life or a planet.”

- Marnie Pehrson



Keep the Momentum Going



<http://www.MarniePehrson.com/momentum>

Who's In Control?

	Set Intentions For	Let Go Of
Who	you	others
What	X	x
Why	X	
When		x
Where		x
How	Make a plan	x

Assignment



- Pick 1-2 things you can start doing daily that will help you become the person you need to become to achieve your DMP.

Questions?



In Our Next Class You'll Learn

- **The ONE THING** you can do that will literally bring anything you want into your life.
- A powerful universal law, that when put to work in your life, will draw abundance to you like a magnet!
