

Subject: Getting my house ready to list for sale

My Goals/Intentions To Awaken My Potential

1. Create your intention. What do you want to receive or accomplish? Be realistic but, aim high and stretch for your goals.

I intend to list my house for sale by May 30th 2017

2. Discover any disempowering beliefs and transmute them into positive, empowering beliefs. Use the Transparent Belief Exercise to discover hidden (transparent) beliefs.

Disempowering belief(s): I am too busy and have too much to do to get the house ready to show by then

New empowering belief(s): I can manage my time well enough to get everything ready by May 30th 2017

3. Formulate and outline your plan. Decide what it will take and how you will go about completing your intention. Create specific steps you will take to move yourself steadily toward your goal. Finish this step by scheduling a completion date for each item.

It will take dedication and commitment to time management for me to get things done. I will watch less TV spend less time on social media while focusing on the tasks at hand. Tasks: replace old azaleas, paint guest bathroom, clean entire inside of house, tidy up closets, weed all planting areas, mulch planting areas, replace burnt out light bulbs, trim trees, pressure clean exterior, clean up garage, take old clothes to Care Center.

4. TAKE ACTION! Awaken your potential by taking deliberate actions to achieve your goals. Do it anyway, even if it intimidates you. Every small success creates inspiration to continue moving forward. List and number the steps you will take, in order of sequence, and schedule your completion dates for each intention. Word the statement in present tense along with the emotion evoked.

1. I replace burnt out bulbs on March 3rd and feel good about getting started.
2. I go through old clothes and take them to the Care Center on March 3rd and like the warm feeling I get.
3. I tidy up all closets on March 9th while feeling on point.
4. I buy and replace old azaleas on March 17th and enjoy how nice it looks.
5. I paint the guest bathroom on April 1st and feel great about getting that done.
6. I trim all trees in the yard on April 8th and I enjoy how manicured it looks.
7. I get the house pressure cleaned on April 12th and it feels good seeing the results.
8. I clean the garage out on April 19th and it feels really good finally getting it done.
9. I weed the planting areas on May 3rd getting ready for mulch and I feel good about that.
10. I buy mulch and spread it on May 12th feeling great about how nice it looks.
11. I get the entire inside of the house cleaned on May 19th and 20th and it feels great completing my list.

5. Monitor your choices. Become aware of all the choices that arise each day that may hinder you or advance you in the direction of your intentions. Ask yourself some or all of the following questions every time a choice comes into your awareness that may move you toward or away from your intentions.

- Am I making the very best choice right now?
- Are there any alternative choices that would move me toward my goals that I should consider?
- How will this choice improve my ability to achieve my goals?
- What is the most productive use of my time at this moment?
- Are there any adjustments I need to make in order to reach my goals according to the schedule I committed to?
- Who can I count on to assist me in reaching my goals?
- Are there any additional steps I need to include to help achieve my intentions?
- What can I do to shift my attention toward success?

6. Review your plan often, daily is preferable, to assure constant attention and awareness of your dreams and desires.

Be deliberate in your actions. Be honest with yourself. Be proactive with your future. Be diligent in your efforts. Be the change you wish to see in your world. Be the real you. You are as you decide to be!