

A Worksheet to Help You Unlock Your Inner Genius

Inspirational art, even art that you create yourself, will remind you to focus on what you intend to create in your life. Know that you can create more of what you want in your life with the power of your mind... the magical power of belief. (See the chapter on placebos). Meditation and exercises (such as yoga) help calm the body and busy mind to allow you to use your mind to focus on your goals.

Intention + Positive Emotion + Mental Focus = Access to Inner Genius

For example, let's assume you intend to have more prosperity in your life. Imagine how you will feel *when* you have attracted the prosperity you desire. *Feel* that emotion of success. *Experience* the feelings of having your dreams come true. Keep your mind focused on the outcome and not on the obstacles. Ask yourself, "Is this what I want to think about?" Your inner genius can be more readily accessed through mental clarity.

Emotions are powerful accelerants. Have you ever noticed that when you are angry your thoughts keep cycling on the person that upset you and your world gets even more upsetting? Your emotions are triggering more things to upset you. God/Goddess/Spirit/Universe is sending you what you focus on with emotion. Changing your mind changes everything.

What do you want to create in your life? Perfect health? Romance? Soul Mate? Prosperity? Identify the qualities and characteristics of what you want:

How will you *feel* when it arrives? Describe in detail:

Why do you deserve your wishes to manifest? Identify as many reasons as you can think of:

What action steps are you willing to take to magnetize your goals and draw them into this reality more quickly?

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