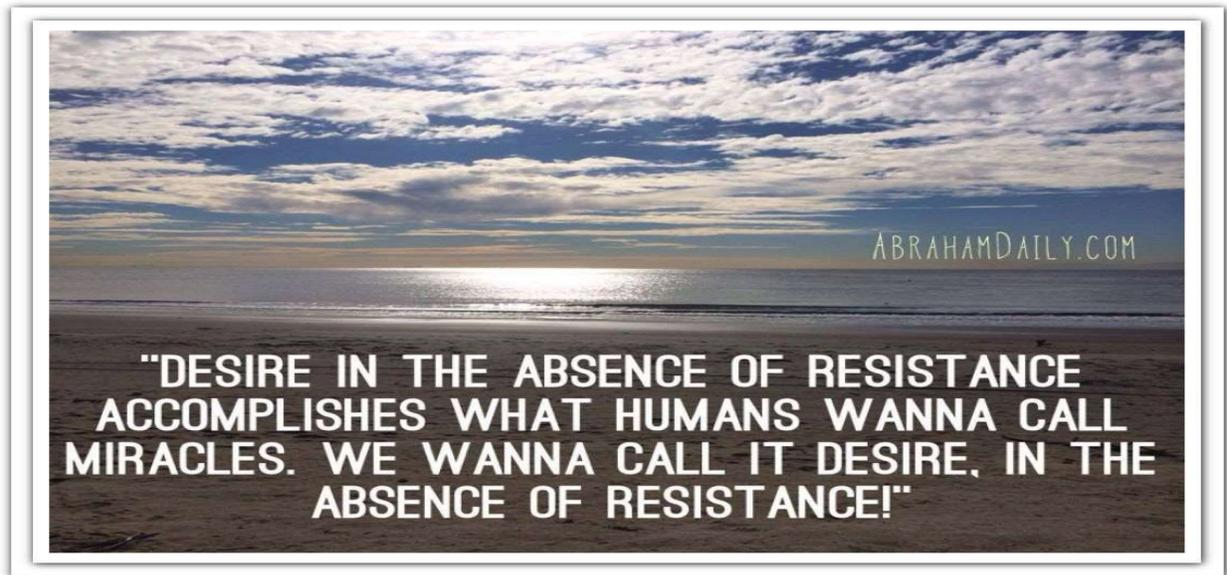


**Desire plus no resistance = Desired result.**

**Is it this simple.**



Yes, it is. There is a time lag between the doing and the having.

Before commencing any DOING activity, it's beneficial to understand what your end game is.

Business/careers are DOING activities.

Here is an exercise we do with our clients that gives you the way to create your desired outcomes in life.

The object of this exercise is to create the foundation for your vision for your life.

Having a vision (what I call your **must haves**) is key.

To begin, you write a short answer to each of the following questions.

The concept is to write what first comes to mind. This will be from your "gut feelings", which is your intuition speaking to you.

Once you have done the initial short answers (one or two sentences) you have the framework of the life design you want for yourself.

**Don't limit yourself and try to be specific.**

For example, on the money question it's not okay to say I want enough.

You must be specific. How much.

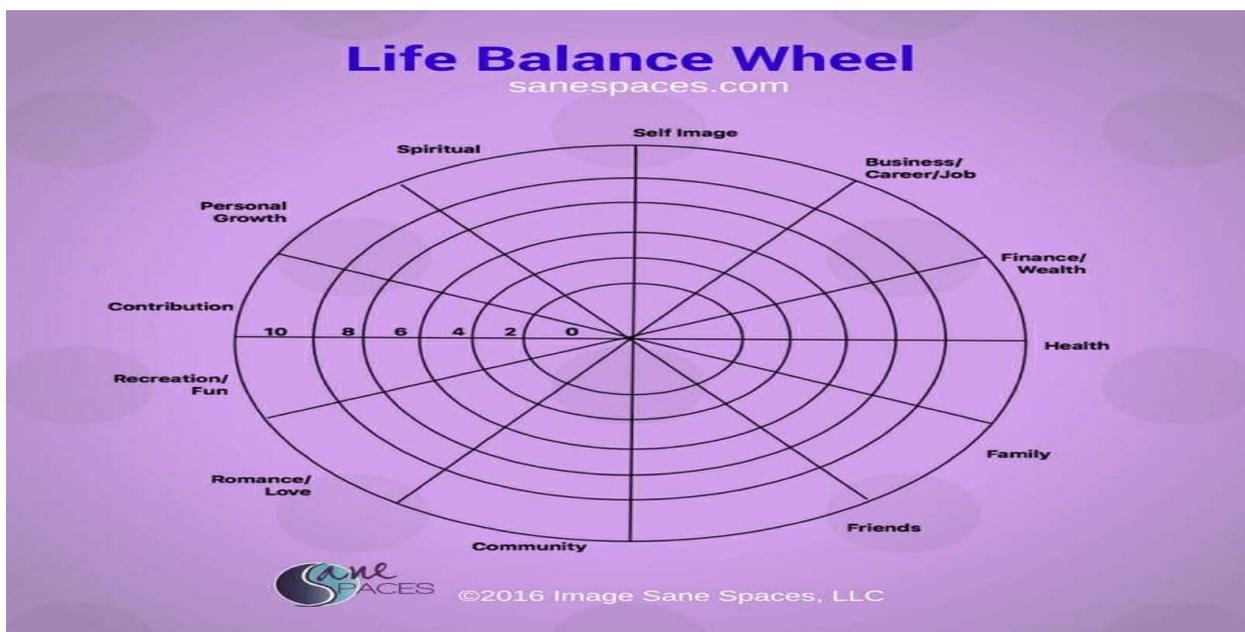
Environment question... try on the first run to be close to the ideal outcome.

**There will be lots of internal resistance when you answer the questions, particularly if what you desire is different to what you have.**

And that's a good thing. Resistance is what you are looking for.

Resistance is the reason you do not have what you desire. That resistance can be changed with our path of least resistance training.

The questions are from our wheel of life coaching /understanding.



**Questions: remember the first thoughts that come to mind.**

Self-Image:

Business? / Career?

Finance / Wealth

Health:

Family:

Friends:

Significant other? (Romance/loved one)

Community:

Recreation and Fun:

Contribution to the world:

Personal Growth:

Spiritual / Faith:

This may take some time as resistance will try to limit your thoughts.  
That's okay.

Once you have short answers to the questions that in your dream life  
you would like to be TRUE for you

**You have the foundation of your vision document.**

Your vision document can be as detailed and specific. The more  
detailed the better. Give your self-time: time to study and expand  
your vision.

Time spent here will shorten the road to your end result.

**Then ask yourself this question:**

Who must **I BE**, and what ways must **I BE** to be able **to DO** the activity  
that will give me the results that I **have** clearly articulated.

I know that at this time you may be experiencing (usually for most people) large amounts of resistance.

Thoughts will be coming in all directions saying things like that's not me, that won't happen, this is bull dust, etc.

**That is a good thing:**

Becoming aware of the resistance is the first step to making thoughts real for you.

You can feel those negative thoughts already trying to convince you that this is not possible for me.

If you believe those thoughts, and hang on to them, those thoughts will become true for you.

**This is how thoughts become real.**

Our course and learnings in the Path of Least Resistance is a good place to start.