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ARE YOU READY FOR TAKEOFF?





THESE 4 STEPS WILL DETERMINE YOUR TRAJECTORY

If you've read self-help books or taken courses before, but you haven't realized the results you expected, it's not your fault. Most "gurus" tell you *what* to do, but they don't tell you *how* to do it.

When I coach clients, I show them *how*. I walk them through it step by step. This process can literally change the course of your life ...as long as you are willing to make the change.

This is going to sound simple, and it is, but so few people actually do it. I'm going to tell you exactly how to do it so it will take you less time than it took me. My clients have told me that this was a game changer for them.

HERE ARE THE 4 STEPS YOU MUST FOLLOW:

-  Clarify your heart's desire with absolute precision.
-  Identify the biggest obstacles that could get in your way.
-  Create new beliefs that cancel out the obstacles.
-  Construct a new self-image based on those new beliefs.

Please complete the 4 steps on the back. (See reverse.)

HERE ARE THE 4 STEPS YOU MUST FOLLOW:

STEP 1. CLARIFY YOUR HEART'S DESIRE WITH ABSOLUTE PRECISION.

Ask yourself, "What do I really want?" Don't worry about how you will get it. *Just decide what you want and write it down in as much detail as you can.*

STEP 2. IDENTIFY THE BIGGEST OBSTACLES THAT COULD GET IN YOUR WAY.

As soon as you decide what you really want, your mind is going to start coming up with all the reasons why you can't have it. Things like, money, time and other circumstances and conditions. *List what you perceive as the obstacles.*

STEP 3. CREATE NEW BELIEFS THAT CANCEL OUT THE OBSTACLES.

The obstacles you've identified are based on beliefs that you have about yourself and what you believe is possible for you. The old beliefs are holding you back. This may be difficult for you to realize because these beliefs are so much a part of your way of thinking. Ask yourself, "What would I need to believe in order to have what I really want?" For example, "I have all the time and all the money I need." You may not entirely believe this to be true right now. It is however what you *need* to believe in order to make your dream a reality. *Write your new beliefs.*

STEP 4. CONSTRUCT A NEW SELF-IMAGE BASED ON THE NEW BELIEFS.

Here you create a new picture of you and your life as if you are already living it. It's like daydreaming when you were a child. *Write down your daydream as if it were true.*

