

Creating Clarity

Instructions: In the column on the left, make a list of the things that you don't like or desire in an area of your life, with a particular person or situation. Now, read through the list and in the column on the right list the opposite of what you don't like, listing it in a positive way, stating what you desire including how you want to feel. Now cross through everything you listed on the left. Next, complete the title. My Ideal _____ by stating it in the positive, ie . My Ideal Relationship, body, health, job, home, financial situation, work environment, etc. **Read this list daily.**

What I don't Like	What I Desire
	<p>My Ideal: _____</p>