



## **Step/Week 1: Start Unlocking Your Potential...What do you wish for?**

Manifesting your W.I.S.H.is a creative process. The first part of the journey is the preparation stage where you identify what you want to create and lay the groundwork for creating it. What we want to create could be based on a problem we have, something we need or want that we do not have yet we believe would lead us to experience greater happiness. Let's take a moment and look at what is happiness really.

Most studies on what creates happiness show that it is experiences, engagement, and well-spent leisure time with people we care about that is the most fulfilling. In fact, all the studies suggest that after a certain level of income, where you are no longer struggling to just get by, any further increases in income alone do not lead to any more happiness. Studies show people want more flexibility, saner hours so they can have more control over their time... the feeling of being involved and engaged in your life. Involved means connected or committed to someone or something, on an emotional or personal level. If you want to be happy, you must start getting clear on what it is that will make you happier. The goal is to break it down into something specific.

Wanting to change something or get something we do not have often begins with dissatisfaction, a powerful messenger to which you want to pay more attention. While dissatisfaction or a perceived problem is a starting point, you must have a "positive expectation of success" that you can have or get what you want. You don't want to get mired down in the dissatisfaction of not having it yet. What you want to do is to recognize there is a gap between

where you are now and where you want to be, but you have to make that gap work for you which is meant to motivate you to take action. This is called the creative tension that fuels the creative process. W.I.S.H. helps you to learn how to use the tension to make it work for you not against you.

The process starts with the pursuit of the right goals for the right reason. Having the right ‘why’ you want what you want, is critical. In other words, you have to feel as if you REALLY want something but for the right reasons. For example, if you always had a secret desire to write creatively, your desire would not necessarily be to write so you can become rich and famous. While that may be an outcome, there should be a deeper reason; because you have a passion and desire to write creatively... to tell your stories and touch other people with those stories. Writing creatively makes you feel good. Having the right why or the right motivation behind what you want, will give you courage to pursue the right goals. Being true to yourself means assessing and re-aligning your goals to what really matters to you. Once you do that, you understand that if you can imagine it, it can become real when you re-learn how to use your imagination as a partner and to transform any inner resistance or self-doubt that might emerge.

So, what is your wish?

**To begin:** Download and complete the Reflection for Week 1 and listen to the Guided Hypnotic Meditation Unlock Your Potential every day.