



In this exercise...

...we are going to create **CLARITY**. Clarity creates clear vision, clear direction, and peace of mind. When we worry or stress it is because we do not have clarity. Any change you want to create in your life will happen exponentially when you have clarity around what you really, really, really want.

In this Clarity Session, you are going to create THREE "Imagination Goals." You will choose the three things you worry about the most, identify the limiting belief, create a new belief and, then, turn them around into magical dreams of the future that you are about to step into...NO MATTER WHAT!

Imagination is our internal paintbrush of possibility. Many of us have not been taught how to create the images of what we want in our minds. I am going to share with you a way to do this thru the healing power of art.

The more time we spend imagining the possibilities that we want in our life...more financial abundance, fulfilling relationships and connection, more opportunities...the greater chance we have of bringing them into reality.

An important step in this process is identifying the LIMITING BELIEF that is at the root of our dissatisfaction. Without digging this up by the roots, we will continue to be hindered by this subconscious thought we have accepted as truth somewhere along the way. We will talk more about this together.

I am going to take a leap and share with you the three parts of my life that (in the Spring of 2014) I wanted to imagine being different in a moment.

But first, maybe these are some of your imaginings...

"I really want a partner that makes me feel good about myself, who celebrates my passions, BUT...I am stuck financially, my friends will hate me if I leave this relationship, what would I do on my own?"

"I really want to be in great physical shape, BUT I can't give up eating those things I love. I have tried before and always ended up back here, and I will never be able to look the way I want..."

I really want to grow my business, BUT I can never get all the details together professionally. I am really not even qualified. There is so much competition already, and I probably wouldn't be that great at it anyway..."

Why do we allow our minds to take us down when we are really here to BLOOM?

There's a thought form on earth that whatever resides in the realm of imagination is "not real" or "made up." Those who belittle the workings of the imagination are limiting themselves to a purely physical-based existence ~ DL Zeta, The Future is Now.

Is that powerful or what?

So here are my personal imaginations that I want to share.

Imagination goal #1...I am a regular keynote speaker to thousands alongside widely recognized leaders in the spiritual, creative, and self-realization arenas.

LIMITING BELIEF: I am not famous enough or a good enough speaker. **NEW BELIEF:** I have spoken in front of thousands of people and my passion for personal creativity always takes over and is infectious.

Imagination goal #2...My three kids are happy, healthy, and wise. They have been able to witness their mom and dad at their best even thru a divorce. In other words, I am no longer worrying about "screwing them up" and I choose to imagine the future I hope for them.

LIMITING BELIEF: Divorce screws up kids. **NEW BELIEF:** My kids will be more emotionally intelligent and more consciously loved by both of their parents because of our divorce.

Imagination goal #3 ...I am making smart financial decisions and am creating new products and value for others around personal creativity and ritual. I am building my own home, complete with art studio teaching space and many guest quarters, in a gorgeous area where I see both water and mountains from my back porch and can walk out my door to hike for hours and hours.

LIMITING BELIEF: I do not have enough business sense, enough number sense, or desire to focus on money. **NEW**

BELIEF: I have been in business for over 19 years, I am passionate about serving others, and I love the energy of numbers.

In our next session together...

...we will do some creativity exercises around these goals.

#1 PLEASE come prepared with your **THREE IMAGINATION GOALS** written down in your journal.

#2 CREATE THREE SCRIBBLE DRAWINGS...one for each Goal.

Here are examples from my scribble drawings.

Imagination goal #1

I will share with you why this is so magical!



Imagination goal #2



This gave me such peace of mind.

They WILL learn and grow into beautiful “butterflies” but I need to allow them their own timing!

Imagination goal #3

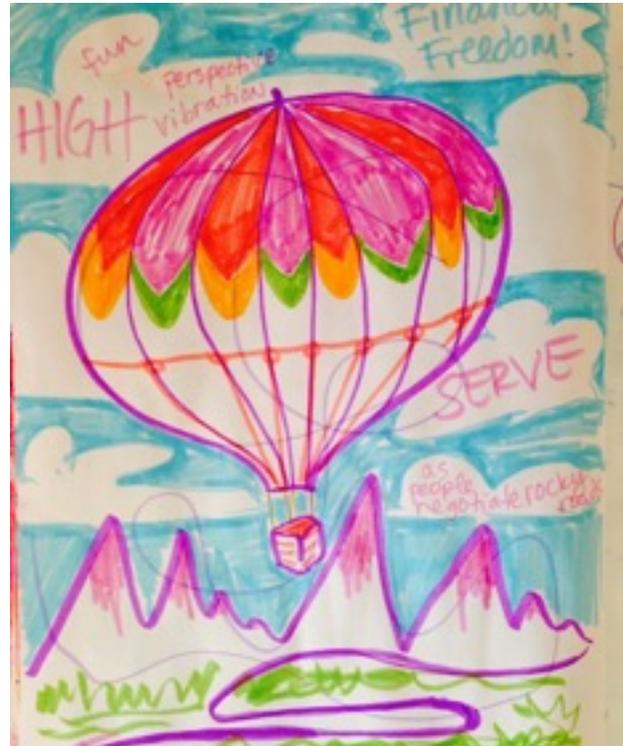
This scribble REALLY taught me a precious truth. Financial independence is really about FREEDOM! The balloon spoke to me saying: “When you keep your vibration HIGH, you will rise above any rocky roads (&

be able to help others over their own), into the blue sky of personal freedom!

LOVE this!

Following is a handout we will use.

Can't wait for our next session! See you then!
~Whitney Freya



Sample Coaching Questions to Use in the Clarity Session

As a reference I have found the book, Coaching Questions, A Coach's Guide to Powerful Asking Skills by Tony Stoltzfus, very helpful.

By the time you get through these three "layers" you will be ready for the Scribble Drawing! CLARITY! Love it!

3 Things you Spend the Most Time Worrying About:

- When you are not feeling happy or at peace, what are you thinking about?
- What keeps you awake at night?
- If I gave you a magic wand, what would you make go away?
- What are you afraid you will never experience, never achieve, never feel?
- What makes this significant to you?

Helping to Identify the Limiting Belief:

Limiting beliefs create a pattern of experiences in the art that is our life. If we treat the worries (above) as one-time or limited events, we will never get to the root and the pattern will repeat itself. I am more and more convinced that if we don't uncover our own limiting beliefs, any other efforts will ultimately fail. Doing this exercise yourself is SUPER important. We all have worries, limiting beliefs, and dreams we are scared to dream. That never ends. We just get through one layer to the next! I know! 😊

- What's behind this?
- What led up to this?
- Please share the background behind this worry with me. How did this become a source of stress for you?
- In the last couple of years, has this been a frequent source of worry or stress?

- Is this the first time you have dealt with this worry or stress, or have you faced it before?
- *A Course in Miracles* says that at any given moment we are either coming from fear or love. Any worry or stress is, of course, rooted in a fear. What is the fear behind this worry for you?
- What I am hearing you say is this....

Creating the NEW BELIEF:

This is really about creating a new statement that ALIGNS with where they want to be, how they want to feel. Vibrationally, until you align your belief with what you desire it will be very difficult to realize that desire. Imagine a radio. You WANT to listen to a country music station, but you are tuned in to a heavy metal station. First, you have to change the dial in order to align with the frequency of the country music station—you will never hear it otherwise. AND it is like, instead of changing the dial, we continue to listen to the heavy metal station, complaining about it, worrying that we will always have to listen to heavy metal, etc. instead of taking action to change the dial. This is VERY Law of Attraction and I highly recommend reading any of the Abraham-Hicks books on the subject.

In these questions, we are prompting them to realize for themselves that their limiting beliefs are simply stories that they've been telling themselves based on out of date info., someone else's opinion, or a fear of getting what we want. If you have a desire it has the potential to be realized—it wouldn't be there otherwise. We want to help them understand that the desire and the worry are pointing them in the direction of their dream, not trying to hold them back. It is the resistance we talk about—the resistance is our Highest Self waving the red flag—"Slow down here! I have something for you. We need to get stronger here."

I always start by sharing my own examples. It creates harmony in the conversation. You will know when they land on the perfect NEW BELIEF. They really have to BELIEVE it. Don't stop until you hit that sweet spot!

- What are all the ways you have already experienced this desire?

- What have you already done towards this goal that let you know you want more?
- What are all the reasons that you believe this desire has been placed in you?
- What is a new story you can create around this topic? What is a new angle that we can use to make this an empowering energy for you?
- What experiences have you already have that have guided you to this point?