

# *The Prosperity Game*

## Home Study Course



# Getting Started

*Ask and it shall be given to you; seek and you will find; knock and it will be opened to you.*  
Matthew 7:7

**H**old on to your seat belt! The Prosperity Game Home Study Program will take you to a destination from which there's no return. In this magical land, you hold the wand to create life as you please. No worries, only *Abbbbs* and sometimes *Obbbbs*. To make this journey, you'll need an open mind so you can go places you never thought possible.

## How to Use This Playbook



We want you to love this playbook and everything you write in it. We hope you come back to it over and over again. It's a **Playbook** rather than a **Workbook**. We want you to use your creative imagination and have as much fun as possible.

## Printing Your Playbook

First of all, print this book on nice paper. Print the cover on a color printer if you have one. If you have a view binder, slip the cover in the front pocket. Three-hole punch the book and put it in binder. Pick your favorite pen and get ready to explore your new world.

## Using Your Playbook

There's a chapter for each module.

- We suggest you do one module per week. Set aside a day and time each week to devote to this, just as you would if you were in the live program. This will ensure your best success. However this is your program and you can adjust according to your own personal schedule.
- Before each module, complete the Check-in section at the beginning of the current chapter.
- Each chapter includes a Lesson that describes the techniques and principles taught in that module.
- Once you've reviewed the Lesson, complete the Discoveries.

## Before the First Module

Before the first module, read the remainder of this chapter and complete the exercise: *Preparing for Prosperity* at the end of this chapter.

---

## Agreements

Every program works at its best when you are committed. We therefore ask you to read these commitments, consider each one and check it when you have agreed body and soul to what it says. Once you have checked every box, sign this page, print it, and put it where you will see it as you progress through this program.

- ┌ I agree to make The Prosperity Game Home Study Program a priority. Whenever possible, I will clear my schedule to be present for a chapter each week.
- ┌ If I must miss a week, I will reschedule as soon as possible.
- ┌ I will reflect on what I want to learn before I begin each chapter.
- ┌ I will complete the weekly Discoveries.
- ┌ I will do my best to complete the entire program in 4 months.
- ┌ I agree to pay the program fees in full, no matter what.
- ┌ I will seek change and allow myself to transform through this process.
- ┌ I will discard all habits that don't serve me.
- ┌ I will act as though this course is priceless and that I will receive a lifetime of abundance.

I agree to each of the items I have checked above.

---

Signature

---

Date

---

## Where It All Began ...

### *Once upon a time...*



There were two princesses who met each other in the woods. They had come together with others to seek to be authentic leaders in their kingdom.

The princesses were on similar paths, but did not realize it until the end of their nine-month journey. Jeanna Gabellini, the Italian brunette princess, asked if anyone knew a good resource for the Attraction Principle. Eva Gregory, the blond princess, passionately responded by giving her some Abraham-Hicks audiotapes. Princess Jeanna knew this was exactly what she'd been wanting. As usual, the magic kingdom provided for her every desire.

The two princesses became like sisters. They talked endlessly about how they used the Law of Attraction. Their clients were blessed and they found their lives overflowing with richness. One day they exclaimed in unison, "We should teach this and bring people to a place of personal power." Yes.

Some time passed and before you could wave your magic wand, they had a twelve-week program filled with leading edge people from around the world. This was so much fun! They felt as if they were playing while they were waking folks up to their powerful truth. The participants were remembering that all they had to do was ask for what they wanted and then receive. Ohhhh, it was like Christmas every day!

At the same time, something strange was happening. The princesses discovered that the more they taught the principles, the more they were in the flow themselves. Jeanna felt at peace more often than not, and all of her stress symptoms disappeared. She let go of her To Do lists. She started living her long-term dream career in the present. She tripled her income and took vacations all year long. This princess met her prince and the fairytale continues to unfold.

The Diva princess, Eva, bought her first motor yacht, *Prosperity*. She and her prince cruise the waters of San Francisco bay with abundant friends, food, and wine. She studied her financials and found she was worth over 2.7 million dollars. Roll out the red carpet! She now only does what she loves. She, too, learned that she could have her dream now. She totally automated her business and developed many passive income streams. She has slain the dragons, *Have-To* and *Should*. Now, she creates strictly from passion and want-to.

A few short years have passed and these princesses have used their eccentric styles and major enthusiasm to change the lives of thousands. The people of the lands

---

have noticed that they walk their talk and have a blast doing it. Jeanna's and Eva's partnership is effortless. Each thinks the other walks on water. They have found that everyone can have unconditional love, respect, wealth, ease, creativity, nurturing, friendship, and much, much more in a business relationship.

Each time they share the Prosperity Game on Steroids program there is a new-found excitement. The princesses know that all the people in the world want to believe that they can be, do, and have anything they desire. They know it can be effortless, joyful, and more fun than you ever imagined!

“Happy endings to all,” they say.

The End

# Preparing for Prosperity

Please complete the following exercise before you start the program.

**What do you want to attract by the end of the program?**

**Goal #1**

---

---

---

**Goal #2**

---

---

---

**Goal #3**

---

---

---

---

**Check each goal for the SASSY guidelines.**

**S**pecific (*Go back to your goals and make them specific: how much, by when.*)

**A**ligned with your life vision (*Is it? Do you know your life vision?*)

It's a **S**tretch but believable

Who will be on your **S**upport team?

**Y**ou own it—all of it. (Responsibility = Power)

**Who do you want on your support team? Next to each name, write the date you'll ask the person to join your team.**

**Support Team**

**Date Invited**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Describe your old mode of operation—how you have dealt with goals in the past.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What is your new mode of operation?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What questions do you have about the Law of Attraction?**

\_\_\_\_\_

\_\_\_\_\_

# Module 1: The Abundance Factor

**At the beginning of each module, please check in with yourself:**

How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

---

## The Lesson

This work is based on the Universal Law of Attraction, Law of Deliberate Creation and Law of Allowing ... using Universal principles for getting what you want.

### Law of Attraction

"Whatever you put your focus on expands" or "Like attracts like". Here's where Eva puts the emphasis ... "whatever you are focused on and the *emotion* behind the thought, is what is magnetizing to you whatever you are getting in any given area of your life." If you are focused on *not enough money*, what are you drawing to you? That's it, **not enough money**. If you are focused on *what's not working in your relationships*, what you draw to you is **more of what's not working in your relationships**. How do you turn it around?

The answer is so simple it is sometimes difficult to grasp: Make the conscious decision to focus on what you **do** want rather than what you **do not** want and then expect (allow) it to manifest.

### Law of Deliberate Creation

When you understand the Law of Attraction, you deliberately and consciously create your thoughts and feelings so all your wants and desires will flow to you. The Law of Attraction is at work whether you are aware of it or not, in the way the law of gravity works. Whether you believe in the law of gravity or not, it still exists. If you don't believe in it and decide to jump off a rooftop expecting to fly, chances are you'll crash on the sidewalk below. In order to utilize the Law of Attraction, choose to work with it, rather than against it. Create deliberately. When the Wright Brothers understood the law of gravity, they were able to invent the airplane by working with the law.



In every moment you can choose what you want to have. If you notice you are focusing on the lack of what you want, stop and consciously choose to focus on a thought that feels good around that topic, purposefully guiding yourself through your emotions. When your thoughts and emotions are aligned, you will get your desires.

## **What If - Up Game**

Let's look at the example of your wanting more money. What is *enough money* to you? Instead of focusing on *not enough money*, play the **What If - Up Game**. Instead of, "What if I can't pay my bills this month?" you say, "What if I received enough money to pay all my bills - or even the next 6 months of bills?" or "What if every month the exact amount of money flowed to me to pay my bills?" See what we're getting at? Use *what if* to take you UP to the next level (or up 2 or 3 levels).

A common knee-jerk reaction is to focus on the negative. That's the way we were brought up, so don't beat yourself up about it. In this work you learn how to turn around habits ingrained in you since the day you were born! Now, you can utilize this wonderful Law of Attraction and Law of Deliberate Creation to create something different.

Our challenge to each of you is that every time you find yourself focused on the negative "What if ... I can't meet payroll, ... I can't pay my bills, ... I can't complete this task, ... I can't have a wonderful relationship, ... whatever, you flip it around to "**what if it could be the way I want it!**" "What if I meet payroll in spite of the way things look in the moment?" "What if, as I focus on these Laws, money begins to flow to me and I can pay my bills in the way that I want?" "What if this task gets completed in perfect timing?" "What if we use the challenges of this relationship to build exactly what we want?"

## **Law of Allowing**

Once you have clarity about what you desire, you then **allow** it to come. This means relaxing about it. Trust that it's coming. You can stop wondering about how it's coming or when it's coming. Allowing is the *knowing* - **not hoping, praying** and *wishing* – that comes from a sense of lack and a place of not trusting. If you know something is coming, you'll focus on something else because you know all is well.

This is probably the most difficult Law to put into practice. Hence, our recommendation to start using these Laws in the less significant areas of your life first, and build from there. A smaller focus helps you see how well the Laws work so that you have the confidence to allow or trust the process when you want to attract bigger things.

Congratulations on claiming your twelve-week outcomes. We consider them yours already. Breathe in the knowing that these things are on their way. You don't have to do anything that doesn't feel good or right to have them happen.

## Discovery

This playbook has a Discovery section for each lesson that includes inspired actions that move you forward in your learning of the nature of the Laws. So, pour yourself a cup of tea or a glass of wine and read, write and communicate with your inner guidance.

Look at your 3-month goals for this program.

- Do they inspire you?
- Who do you need to **be** in order to manifest these goals?
- What actions are you inspired to?

If you're feeling any negativity, anxiety or lack, check it out within yourself. What is at the root of it? Use the following section to be with each goal and get in touch with what you really want and why you want it.

## Your 3-Month Goals

Goal #1 \_\_\_\_\_

Dominant thought about this goal:

---

---

---

Essence or qualities of this desire:

---

---

---

Goal #2 \_\_\_\_\_

Dominant thought about this goal:

---

---

---

Essence or qualities of this desire:

---

---

---

**Goal #3** \_\_\_\_\_

Dominant thought about this goal:

---

---

---

Essence or qualities of this desire:

---

---

---

**When you look at these 3-month goals, how inspired are you on a scale of 1-10?**

\_\_1 2 3 4 \_\_5 \_\_6 \_\_7 \_\_8 \_\_9 \_\_10

**If it is not a 10, what would make it a 10?**

---

---

---

**What 3 things are you willing to delegate to the Universe this week?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Inquiries**

Here are some thoughts to ponder.

**How do you know when you have enough?**

---

---

---

**What's the biggest amount of money you can imagine having at once?**

---

---

**What would you spend it on?**

---

---

---

### **Prosperity Checkbook Game**

Enjoy playing the Prosperity Checkbook Game. There is no right way to do this. Do it the way that brings you joy. As you play, notice when you're in resistance and when you're not. Do you skip days or do you look forward to each day? Use either a checkbook register and checks or a computer program to keep a record of your prosperity. The rules are simple:

- Begin today depositing \$1,000 and spend that \$1,000 by the end of the day.

- Tomorrow deposit \$2,000 and spend the \$2,000 by the end of the day.
- Each day increase the amount you deposit into your Prosperity Account by \$1,000.

It is your job to spend that \$ amount by the end of each day. For instance, Day 1, you deposit \$1,000 and by the end of the day you spend that \$1,000. Day 30, you deposit \$30,000 to spend by the end of the day, etc.

Spend time to visualize, fantasize, imagine, and make up what you'd want your life to look like and attach the dollar amounts to those parts of your life that are relevant. Each day, if you could have it any way you want, what would it look like?

Use the Daily Prosperity Checkbook to help you create the life you love. For example, would you be traveling 45 minutes or an hour or more each way to work if every day you have \$1000 more than the day before? How would you change it? Use the Prosperity Checkbook to do that. Perhaps you'd invest in a helicopter to avoid traffic by car or public transit. If so, where would you house the helicopter? Who would you pay to pilot it?

Or maybe you'd choose to be in another line of work. What would that be? What would it take to get into that line of work? Are there educational costs? Private mentors? Simply buying a franchise in something of interest to you? How would you be spending Prosperity Checkbook dollars on that?

Maybe you'd be a person of leisure. What would that entail? How would you be paying your bills and living the life you've become accustomed to? What would that take in dollars? Define the dream house, its yards, its maintenance, the cars, the limo perhaps and the drivers, the housekeepers, cooks, errand runners, and entertainment.

What about a first-class flight to New York for the weekend? Play the game investing in the areas that appeal to you. What else? What hobbies or activities would you love to jump into if there were no holds barred? Would you take up tennis or golf or art or skydiving or ballroom dancing or landscaping or architecture or piloting or world-class traveling? How would that play into your daily spending? Who/what would need to be attended to in your absence?

Our previous classes have shown that every individual is different and how we choose to play the game is as unique as we are. This is great learning for all of us.

# Module 2: Putting Yourself First

**At the beginning of each module, please check in with yourself:**

How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

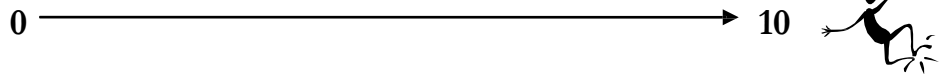
\_\_\_\_\_

Where are you with your goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

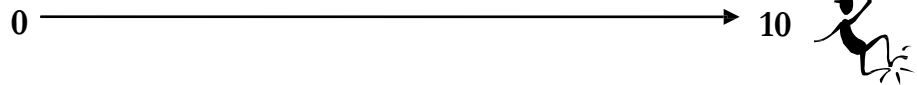
**Goal1** \_\_\_\_\_



**Goal2** \_\_\_\_\_



**Goal3** \_\_\_\_\_



**What questions do you have about the Law of Attraction regarding your goals?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Bottom line, what have you noticed and learned since the last module?**

---

---

---

---

**How is the Prosperity Checkbook going?**

---

---

---

---

## **The Lesson**

Once you understand the value in putting yourself first, you will wonder how you could have ever been any other way! Putting yourself first is not selfish (no matter what your mother told you). It's **not** about stepping on other people's toes or not caring about other people. It's about taking care of yourself first.

### **Putting Yourself First**

Have you noticed on airplanes when the flight attendant gives instructions for using the emergency oxygen masks, they always say to put yours on first and then help loved ones and other passengers? There's fabulous wisdom in that concept. If you don't take care of yourself, you can't take care of others effectively.

When you put yourself first, you do what feels good to you. It might be lounging around or charging ahead on one of your projects. It could be taking breaks and nurturing yourself. There's no right or wrong here. Putting yourself first is a major step toward having an abundant and prosperous life.

## Setting Boundaries

An integral aspect of putting yourself first is having boundaries. When you set boundaries for yourself, you are really protecting yourself, your heart, and your soul. Once you understand what your boundaries are, it's important to let those around you know about them. Ask for what you need from others. Those that care about you will honor your boundaries and actually care even more for you and respect you for it. And what a fabulous example you set for them! Simply by honoring the Law of Attraction and knowing what you need to take care of yourself, you are a valuable role model!

Be sure to give everyone time to get used to your new boundaries. It may take some time, so be patient with them.

## Notes and Burning Learnings

Where do you need to set boundaries within the context of your money and where do you need to put yourself first in order to be more effective?

---

---

---

Where do you need to set boundaries within the context of your personal life and where do you need to put yourself first in order to be more effective?

---

---

---

## Prosperity Checkbook

Be sure to play the Prosperity Checkbook Game daily. How do you feel as the amounts get bigger? What kinds of things come to mind when you consider spending the money?



## Daily Pleasure

Imagine allowing yourself to receive pleasure every minute of every day. Spend some time visualizing what that would be like. Imagine spending every day as you pleased. Notice what you feel. Are you feeling light and easy about it? Or is there any tightness or anxiety that comes up for you? What about your money gives you the most pleasure? How could you amp up those feelings? Write about how you are feeling when you think of living in constant pleasure.

---

---

---

---

---

---

---

If you have negative feelings about allowing yourself to feel pleasure, consciously decide to release those feelings and keep releasing them until you feel lighter. You could release your feelings into the universe. You could write down the feelings on paper and then burn them. You could imagine putting them all into an envelope and sending it to another planet. You could simply just decide to let them go.

**What do you need to let go of in order to put yourself first to be more attractive to money?**

---

**What do you need to let go of in order to put yourself first in your personal life?**

---

## Pure Pleasure Day™

Create and organize a day of pure pleasure which you will take before the end of the program. What would it look like, what would you do? Where would you go? Who would you want with you? It can be simple, serene, sensual, and/or decadent! It can be whatever would bring you pure pleasure.

Go as far as you can go with your imagination and then plan the reality. Push the edge of the envelope with this one. And as you plan this special day, notice what feelings you experience, either positive or negative, and then choose to release any negative feelings and celebrate the good. Remember, you are worth it—right here; right now.

---

---

---

---

---

---

---

---

---

---

**Do you have any resistance, worries, or obstacles to having this special day?**

---

---

---

---

### **Inspired Actions**

Take a look at your goals and create some inspired actions that will propel you toward reaching each goal before this program is over.

**Goal #1** \_\_\_\_\_

Inspired actions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Goal #2** \_\_\_\_\_

Inspired actions:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Goal #3** \_\_\_\_\_

Inspired actions:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What inspired actions will you take this week?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Who can help you reach these goals and what will you request from each of them?**

**Name:**

**Request:**

_____	_____
_____	_____
_____	_____

---

---

**In order to begin your journey of self care, what do you need to say “yes” to?**

---

---

---

---

**What do you need to say “no” to?**

---

---

---

---

**What resistance comes up when you think of honoring these lists?**

---

---

---

---

---

# Module 3: Paving the Way to Your Dreams

**At the beginning of each module, please check in with yourself:**

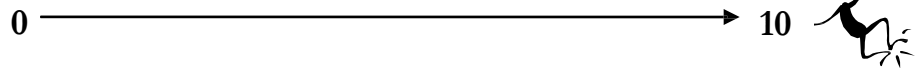
How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

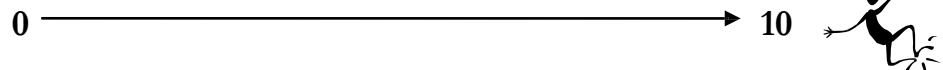
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

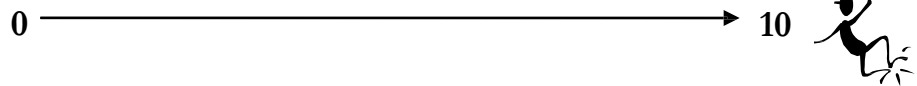
**Goal 1** \_\_\_\_\_



**Goal 2** \_\_\_\_\_



**Goal 3** \_\_\_\_\_



**What came up for you last lesson regarding putting yourself first?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What has been the impact of putting yourself first?**

---

---

---

**What has been the impact of requesting what you need?**

---

---

---

**How can your fellow participants support you in reaching your next level of abundance?**

---

---

---

**How is the Prosperity Checkbook going?**

---

---

---

---

## **The Lesson**

The following tools enable you to deliberately create what you want in this moment and in the future. *Being* is more important than *doing*.

**Being** is about allowing. There is nothing for you to do once you set your intention for something. Just go play. Leave the **doing** to the universe. When you allow the universe to deliver, it will feel like you're playing.

---



# ***Universal Order Form***

**Date:** \_\_\_\_ January 7 \_\_\_\_

\_\_\_\_ **Customer:** \_\_\_\_ Eva \_\_\_\_

**Shipping/Closing Date:** \_\_\_\_ February 7 \_\_\_\_

**Item:** \_\_\_\_ Beachfront Rental Property Investments \_\_\_\_

**Quantity:** \_\_\_\_ 2 \_\_\_\_

**Location:** \_\_\_\_ Grand Cayman Islands – East End \_\_\_\_

## **Item Description:**

1 2BR/2BA newly constructed villa and

1 4BR/4BA luxury villa – together sleep up to 18 people

Both located on a 30' bluff with cliff-edge pool (heated in winter) set into the bluff with outrageous views of the water and reef.

Trade wind breezes cool the villas in the evenings, allowing guests to sleep with open windows and transoms so they can fall asleep to the crashing waves below on the shoreline.

**Amenities:** Phone, Air Conditioning, Satellite TV, VCR, Stereo, CD Player, Full Kitchen, Microwave, Dishwasher, Refrigerator, Cooking utensils provided, Linens provided, Washer, Dryer, Private Pool, No Smoking.

**Activities (on site or nearby):** Golf, Fishing, Wildlife Viewing, Horseback Riding, Shopping, Restaurants, Museums, Sightseeing, Swimming, Snorkeling/Diving, Boating, Sailing, Windsurfing, Jet Skiing

## **How I will feel when I have this item:**

Incredibly excited and enthusiastic about landing such lucrative deals. Feeling highly successful; savvy investor with 2 properties that can be used for myself for vacations as well as creating a nice rental income at resort rental prices!



# ***Universal Order Form***

**Customer:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Shipping/Closing Date:** \_\_\_\_\_

**Item:** \_\_\_\_\_

**Quantity:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Item Description:**

---

---

---

---

---

---

---

---

---

---

**How I will feel when I have this item:**

---

---

---

---

## Your Universal Team's To-Do List

This is a great process when you find yourself with a growing TO-DO list or when you're feeling overwhelmed. Usually, the more you have on your list, the more overwhelmed you get and the less freedom you feel. You feel like you'll never get it done as the list continues to grow.

1. Off-load those TO-DO's to a staff of thousands, Your Universal Team, who is ready and willing to help you. (More about the Universal Team on the next page.)

Only Things I Intend To Do Today	Universal Team's To-Do List

2. Trust your Universal Team to handle its list in perfect timing. Maybe you'll get inspired sometime in the future to handle some of it yourself. For the moment, though, just let everything on the Universe's side go completely. Focus only on your intentions for today.
3. As you are taking care of what's on your side, occasionally look at what's on your Universal Team's side and possibly choose what you are inspired to take on next. Notice which items got handled or became irrelevant on the Universe's side and mark those off. Notice how things do get handled without you if you simply allow it!

By the way, you don't have to re-do the list every day. You don't have to tell the Universe more than once. Your request is heard the first time. The Universal Team doesn't need nagging in the way your kids may. Trust the process!

---

## Creating Your Universal Team

As with every process we give you, have fun with this! Keep it light and make it a game. Although we make all this stuff fun, it is very **real!** It works!

Make up any name you want for each team member. For example: **Researcher Extraordinaire** is the team member that brings me the most ideal companies to do business with, delivering the perfect real estate agent, banks, investors, etc. The Researcher knows my values, desires, price range and needs, which means I can totally trust every choice that shows up.

The point of the team is to be able to delegate to the Universe with trust. It makes it easier for some people if they can imagine people getting the job done. It's more specific than just thinking of *magical powers* of the Universe. Creating a team makes it more real for our logical mind to grasp.

Once you've created your team, begin using them! They are at your beck and call 24 hours a day and are eagerly waiting to serve you. All you have to do is ask!

Below is a sample Universal Team. You can make your team as small or large as you feel. You can make their names witty, simple, normal, outrageous, powerful, etc. The point is to make it perfect for you!

**Creativity Zapper** Provides me with an abundance of creativity and new ideas in a flash.

**Client Finder Fairy** Goes out into the world and finds my ideal clients. Enrolls them and educates them so when they call they are ready to go.

**Mood Magician** Magically sprinkles me with mood changer dust when I am pissy or bitchy and just can't manage to shift on my own. Whenever self-limiting thoughts arise, he shows up to dust me with Positivity Dust.

**Rat Race Renovator** Takes the 'rat' out of the race so that the journey is a joyful one every step of the way.

**Risk Assessor** Helps me with all the information I need to assess a risk that has me always making perfect decisions about each opportunity.

**Vibration Vamp** She monitors my vibration. Makes sure I am in a pure positive energy flow at all times.

**New Opportunity Magnet** Uses his powerful magnetic attraction to pull new and exciting opportunities to me.

**Money Manager** Makes the money for me. Pays bills, balances my checkbook, brings in the income, tracks my investments. Makes sure there is always money there for me. Has a machine where he creates it himself.

---

**Intuition Expert** Has me always trusting my intuition so that every deal I do is right for me or notifies me when it is not.

**Sage** Keeps me at peace. Meditates with me. Keeps me grounded. Has me go deep in visualization.

**Perfect Partner Picker** Travels the world to pick the most perfect life partner, business partners and investment partners for me. And delivers them in the most perfect and right time.

**Bargain Basement Betty** Keeps my bargain-finding funnel full and flowing.

**Goddess of Gratitude** Enables me to be forever grateful for what I have and what I have created. And for the people who I share my life with.

**“Timey” Tim** Keeps me on time for all events. And keeps me aware of lucrative and joyful events that are coming up.

**Joy O’Meter** Joy has me having fun in life and business. Makes any occasion a party.

**Worry Witch Bitch** Casts spells on me so I stop needless and unwanted worrying instantly. Reminds me to lighten up.

**Erin for Errands** Erin takes care of all errands I don't like to do. Grocery shopping, post office, gas, bank, phone calls, etc.

**Busyness Buster Benny** Benny Busts me when I am doing too much ... helps me slow down and relax.

**Stock Picker Pat** Pat picks profitable stocks for me. Short term, Mid term and Long term investing is taken care of by him. He also checks in with me every other day on what is going on in my portfolio.

**Ego Fluffer** Fluffs me up. Acknowledges me for how wonderful I am. Notices my greatness. Loves me unconditionally.

---

**Now, it's your turn to Create your own Universal Team.**

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

Team Member's name: \_\_\_\_\_

Job description:

---

---

## **Discovery**

Take two inspired actions towards your Pure Pleasure Day™. Make it easy and enjoyable! This is all about you. Be completely and utterly selfish and really go for the gold on this one. It can be as simple or as elaborate as you want it to be ... the most important factor is that it **feels good!**

Imagine you **are** truly the center of your Universe. This is an opportunity to have the Universe support you with reckless abandon, so go for it. Leave your gremlins at home for this one!

---

Steps you're inspired to take to make your Pure Pleasure Day™ a reality.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

### **Prosperity Checkbook**

Continue to play the Prosperity Checkbook Game in whatever way feels best to you. What if you knew that simply by playing the Prosperity Checkbook Game for one year would guarantee you'd manifest \$1,000,000 in good old real American dollars? How would that change your perspective on the game?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Creating Balance

Let go of 10 things and delegate them to the Universe! Look for the energy drains/procrastination/stress/frustration/overwhelm items. They may be caused by things you really wanted which are now just adding up on your To-Do list.

Delegate items to someone else or to your Universal Team or just cross it off your list entirely—especially the ones you *think* you can't possibly let go of!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now that you've said "No" to those 10 things, what does that give you the space to say "Yes" to?

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  10. \_\_\_\_\_
-



# Module 4: Be an Extreme Creator

**At the beginning of each module, please check in with yourself:**

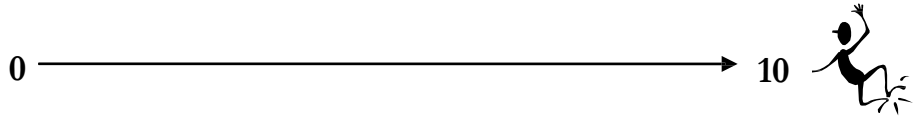
How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

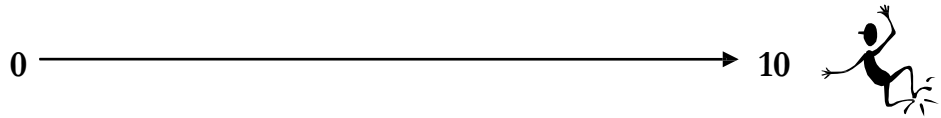
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

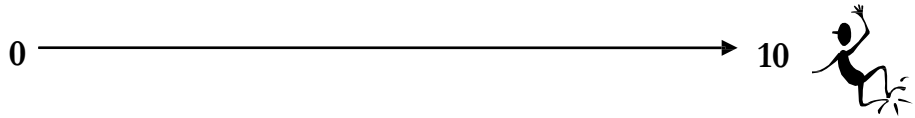
**Goal 1** \_\_\_\_\_



**Goal 2** \_\_\_\_\_



**Goal 3** \_\_\_\_\_



**What breakthrough have you experienced since your began the Prosperity Checkbook and how has it affected you and those around you?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

**On a scale of 1-10, how fully did you trust your Universal Team once you made a request?**    1   2   3   4   5   6   7\_\_8   9   10

**If it wasn't a 10, what do you need to do to shift?**

---

---

---

---

**What two actions have you taken for your Pure Pleasure Day™?**

---

---

**Have you scheduled your Pure Pleasure Day™?** \_\_\_\_\_

**How is the Prosperity Checkbook going?**

---

---

---

---

## **The Lesson**

Being an extreme creator is different than just making desires a reality. We say *extreme* because it's going beyond asking for what would be nice. It's asking for your most ultimate end result on a daily basis. It's about not settling for something that's just okay but requesting what would be truly wonderful.

For instance, we wanted to have a nationally known radio show. So, we found a radio station in San Francisco that had a time slot open that was perfect for us and we thought it reached our desired market. But, it turned out their listeners weren't

---

our perfect target audience and the station did not have internet streaming. We noticed we were settling. So, we decided to leave the station and envisioned a station where we were paid big bucks for our show and could be heard by people across the nation. We had to blow the lid off what we thought was possible for us as radio show hosts.

How did we do it? We used the processes below to create a Dream Scene™ that we truly bought into. We made it real in our minds first. Then we took action. An Extreme Creator is someone who doesn't live in reality when they are thinking about what they want. They go beyond their current reality. They make up a whole new world in their mind's eye. C'mon, take a trip to a land far better than you have experienced up to this point.

### **Dream Scene Process™**

The Dream Scene Process™ is much like journaling, only it is taking a situation - a circumstance or a desire you have - and literally writing out the scene or the story about it; the way you want to see it unfold, the way you want it to turn out. Remember, you are the star of your Dream Scene™. You can make it as subtle or outrageous as you want. Leave reality out of this!

Write as if you can see, taste, touch, smell and feel your desired end result. Know that you are already there in your mind's eye. The key is that it must **feel good** while doing this process. Get into the feeling place of the Scene and bring in as many of your senses as you can. The more detailed you can make it and still feel good about it, the better.

### **An Example**

If you are writing about a new car, you imagine how it feels to sit in the leather seats. You notice how good it smells. You feel the wind blowing through your hair as your convertible flies through the wine country. You pull over for a delicious wine and cheese break. Notice how you write as if you were already there? Pay attention to any resistance about what you're writing and then write a Dream Scene™ around that.

Eva was creating her Dream Scene™ around having a full coaching practice and full workshops. A little resistance came up and she realized her gremlin was saying, "So where are you going to find the **time** for all this and the other things you're wanting?" So she created a Dream Scene™ around that by including... "Noticing that no matter where I am or what I am doing, or how much is on my plate, time always seems to expand for me in ways that allow me to experience it all easily and effortlessly, and at the end of the day, I always have time left over! No matter what, there is always **more** than enough time in my life for everything I want to do."

---

## Writing Your Dream Scene™

The beauty of writing is that it helps focus your mind on what you are doing, where sometimes in visualization, your mind may tend to wander and other thoughts come in that interrupt the flow. Write for the fun of it and have a real 'imagination-fest'. You can come back to it later and get into that feeling place simply by reading what you've written before. Or come back to it and pick up right where you left off and write more.

In many cases, ideas and other storylines begin to form that take you on new adventures and things can begin popping in all sorts of areas of your life. You might want to start with one situation, like landing a deal, closing a huge sale, developing a relationship, etc. Then expand on it. Or as other things come up in life, other issues, build on your Dream Scene™ to weave it in or create a completely new Dream Scene™ around each subject.

Remember, there are no limitations in your Scene. So, just when you think it couldn't possibly get better, then what? Then relax and allow the Universe to work its magic. And remember, **the Universe doesn't know the difference between reality and your imagination.** The Universe is reading your **vibration.** When you write joyfully, the Universe accepts it as if it's real and then yields it to you. When you develop a Scene, do it for the pure pleasure of it — to the point you could say, "Who cares if it happens or not; this just feels so good!"

Be sure you let go of how it will manifest or expectations about how it'll show up in your life. It may not be exactly the way you write it, but the results you're wanting will be perfect. One of our favorite quotes is "Have no expectations, but rather, abundant expectancies".

This is one of Jeanna's favorite processes and she does it regularly. Eva is not as religious about it, yet when she does it, it gets her creative juices flowing. It definitely puts you in a feel good place! Not to mention the actual manifestations that are created will thrill you!

### Dream Scene™ Example

As I sit out on the upper Beluga Deck of the ship, cozied up in a lounge chair in my favorite robe with a steaming mug of coffee - my morning latte - I feel the brisk air on my face and the breeze in my hair. I breathe in the salt air and smile. It is the break of dawn and most of my friends and guests are still snuggled up under the covers in their cabins. It is peaceful and quiet. I feel utterly content as I watch the sun slowly rise on the horizon, the brilliant reds and pinks streaking the sky like party streamers to greet the day - in stark contrast to the deep blue of the sea it rises above.

It is January 3rd and my 2nd day at sea with a group of my close friends and loved ones. I am in awe when I think back of all that we accomplished over this last year, individually and many of us together. This cruise couldn't have been a more wonderful way for us to celebrate the success of the past year!

---

As I think back over the last year, I find it amazing how far I've come - particularly in light of what it looked like at the beginning of the year. I can remember feeling so much overwhelm that first week in January as I looked around my office at all the papers and books and things on my To Do list! Clearly, I was spinning my wheels in a rut.

In fact, early last January, when I began letting things go, I made an inner shift. Abundance truly does abound. Wondrous possibilities were before me, flowing to me in the 'space' I opened up in letting go of the things that were holding me down. And EVERYTHING that I handled, I began to deliberately question as to WHO ELSE CAN HANDLE THIS? Or how can I handle this in one step? Back then those were very bizarre ways of looking at things for me! But I loved the idea of it and it was worth sticking with until it began to sink in. It really was that simple. I kept at it and damn if it didn't work! Immediately I began expecting positive results from EVERY effort at allowing that I made - and just like THAT! Talk about getting into a feeling place of what I want! It was proving itself over and over. I was dancing all over my office! I was tossing papers left and right, knowing, trusting that if there was anything I needed as I moved forward, it would show up for me just at the right time...just as easily as all the financial opportunities that showed up seemingly 'out of the blue'. I almost couldn't contain my excitement when I received my copy of the book, *Make It Big! 49 Secrets for Building a Life of Extreme Success*.

In fact, by the end of April my income was tripling every month! What an AWESOME feeling that was! I continue today to grow my income from several diverse areas and every one of them provides me with huge amounts of residual income!

My business partner, Jeanna and I began getting booked in **\$10,000-\$35,000** speaking engagements almost every month! In fact we did 15 gigs last year...WOW! Where did we find the time? It all seemed so easy! I can't tell you how much fun it has been speaking to such open and eager audiences! They were like sponges just soaking up everything we had to say. And how cool that Jeanna and I could just be ourselves up there, having fun, bouncing off each other's and the audience's energy. The high energy music really set the tone for our talks as folks came into the room and got seated. Jeanna and I are laughing and dancing around on stage as we waited for everyone to get settled and THEN! The level of interaction from our audiences has been incredible! We got standing ovations and requests to come back for longer sessions. They wanted so much more! We've learned not to book our flights too soon after our talks because sometimes we end up spending an hour or so just connecting with the participants, answering questions and selling our programs and products afterwards. Now we have our fulltime assistants that travel with us and handle all the 'administrivia' - but we still love to hang out and talk to our participants. We've received incredible business opportunities from these engagements and made some wonderful new friends.

In fact, we've got so many requests to speak that we ended up branching out. Let's see ... we have a total of 12 folks working for our organization now - most of them are here on the cruise with us.

What's really cool is the types of organizations we were invited to speak with ... so PERFECT for who we are and what we're about. And they know how to have fun! I'm amazed actually at who we managed to attract!

In fact it was our talk at one of Walt Disney's Professional Development Programs that helped us really get clear on who we wanted to be in front of. Walt Disney organization is our kind of organization ... hi quality, hi energy, hi integrity, hi about their people, hi fun! Actually, when I think about it, all the folks we spoke to were right in alignment with this. There was a lot more creativity in this group than say, The Prosperity Institute in Virginia ... but they had their own 'personality' - a little more subdued than Disney, but rich and deep and loving - and it was that group that got us involved in the Choose to Lead Conferences. I'd say the most exciting and at the same time intimidating gigs we had was playing with Bob Proctor, Mark Victor Hansen and Robert G Allen!

And to think I wondered HOW I would get to a million dollars profit for this past year! Man, when I look back now, how could I NOT! Much of it is on our product line which is out in stores and on Amazon.com as well as on QVC of all places. We just recently signed a deal with Nightingale-Conant for our tape and video series for this upcoming year. What a learning process THAT has been. I'm beginning to feel like an expert in so many areas I wasn't even aware existed this time last year! It's pretty amazing.

I KNOW when I told my honey, Robin, my intent to make a million dollars in profit this year, he was kidding me when he said "Great! When can I retire?" and I was *not* kidding when I told him "SOON! Hold that thought! Just 12 months to go!" And here we are ... MULTI-millionaires!

---

## **The 17-Second Process**

(an Abraham-Hicks process)

Pick any subject and spend 17 seconds of pure positive thought on that subject. Let yourself feel the way you would, if you had already acquired or achieved whatever you are thinking about.

At the end of that 17 seconds, spend another 17 seconds unleashing more positive thought around the subject. Then spend another 17 seconds ... and another.

If you notice a negative thought intruding while you're doing this or you get side-tracked onto another subject, begin again. Your objective is to create a funnel of pure thought going right towards a particular desire or outcome.

Did you know ...

- 17 seconds of pure positive thought is the equivalent of 2,000 hours of action?
- 17 seconds more is the equivalent of 20,000 action hours?
- 17 seconds more is the equivalent of 200,000 action hours?
- 17 seconds more equals 68 seconds of pure positive energy flowed to any subject, which is the equivalent of 2,000,000 hours of action?

If you really knew how powerful this process is, you would sit down this moment and spend 68 seconds on everything you want in your life. Once that's done, your work is to remain unattached to the outcome and allow it in.

## **Deliberately Setting Intentions**

The point is to identify what you want, and then to deliberately set an intention that attracts your desires moment-to-moment.

When you first awaken in the morning or just before you move through your day, stop for a few seconds and set your intention for what you want to have happen, how you want to feel, and the outcome. What do you want? Use the Law of Deliberate Creation to allow you to flow through conversations and interactions with others and circumstances and events in harmony with what you are wanting.

---

Note: Because there's often a time lapse between thought and manifestation (although it doesn't have to be), this new method of creating may take a little time. So don't take inventory too soon and think the process isn't working. If something doesn't come out the way you intended initially, it is only a matter of time before things shift. The process will work. The trick is—letting it!

Before you know it, deliberately setting intentions will become a habit. Notice when this process is working, and let it be a confirmation that more of your desires are coming.

Play with all these processes. Have fun with them! They are all geared towards getting you into a vibrational match to your goals, dreams and aspirations.

### **Prosperity Checkbook**

Continue to play the Prosperity Checkbook Game in a way that makes it enjoyable. Feeling good is what this is all about and if that means breaking all the rules, so be it. You are the creator of your reality. But then you knew that. This could mean playing the game every other day. You might put something big on lay-a-way, making payments daily until it is paid off. It could mean that every time you see a magazine with goodies in it you save it. Then on Saturday morning you go through it and spend your prosperity money on your dreams. It might be visualizing for inspiration and then playing. You get to choose! Make it up!

### **Create Your Dream Scene™**

Create a Dream Scene™ and send it to the group. Write about one of your Prosperity Game 3-month goals as though it has already happened.

### **Big Win**

What is an intentional big win for you in the next week? Fill out a Universal Order Form™ for it.

Use the Dream Scene Process™ with the win you've intended. Remember it's all about having it your way; what you want. You can create exactly what you want.

How far can you take it? How many places in your life can you make use of these processes to have your life be easier, freer, more fulfilling and joyful?

Remember to make it a game and have fun with it!

---

# Module 5: Changing Your Perspective to Radically Change Your Life

**At the beginning of each module, please check in with yourself:**

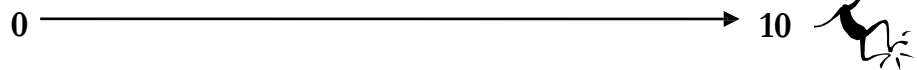
How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

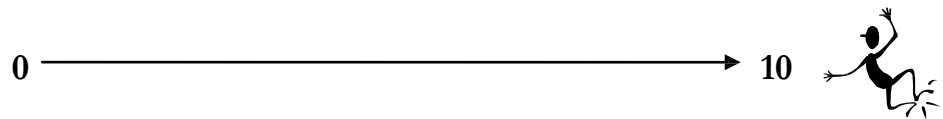
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

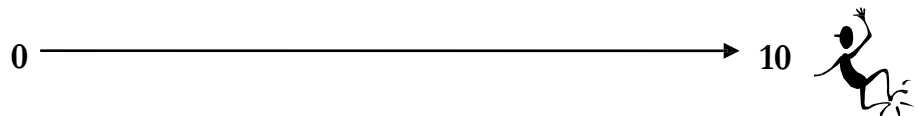
**Goal 1** \_\_\_\_\_



**Goal 2** \_\_\_\_\_



**Goal 3** \_\_\_\_\_





**RELATIONSHIPS THAT FLOW**

**What did you learn when you did the 17-Second Process?**

---

---

---

---

**What have you noticed and learned from Deliberately Setting Intentions and the Dream Scene Process™?**

---

---

---

---

**How is the Prosperity Checkbook going?**

---

---

---

---

**What were the most effective processes for you from last week?**

---

---

---

---

## The Lesson

### ***The Work***

This process by Byron Katie, reveals that what you think *should not* have happened actually *SHOULD* have happened. It should have happened because it did, and no thinking in the world can change it. This doesn't mean that you condone it or approve of it. It doesn't mean that you become passive. It just means that you can see things without resistance and without the stress of your inner struggle. No one wants their children to get sick; no one wants their partner to leave them; but when this happens, how can it be helpful to mentally argue with it? We've innocently done this because we haven't known another way.

*The Work* offers us a way to stop our painful war with reality so that we can see clearly. Using specific, penetrating questions, we investigate our thinking and become aware of our confusion. This is self-realization. It's a chance for the mind to meet itself, to stop itself on paper and, through inquiry, realize the cause and effect of arguing with "what is."

If this doesn't make sense, don't worry. As you continue, it will get clearer. For now, let's begin with the first step in *The Work*: our judgments.

### **Judge Your Neighbor**

For thousands of years we've been told not to judge, but we do it all the time—how our friends should act, whom our children should care about, what our parents should feel, do, or say. In *The Work*, rather than suppress these judgments, we use them as starting points for self-realization. By letting the judging mind have its life on paper, we can discover through the mirror of those around us what we haven't yet realized about ourselves.

To experience *The Work*, choose a situation, past or present, that feels unresolved in your life - someone you are angry at or haven't completely forgiven - and fill in the Judge-Your-Neighbor Worksheet on the following pages. Do not write about yourself yet. Be uncensored and petty. Please don't be "spiritual" or kind. Use short, simple sentences, trust this process, and give your mind the opportunity to express itself on paper. No one will read it but you.

---

## The Judge-Your-Neighbor Worksheet

Judge your neighbor • Write it down • Ask four questions • Turn it around

Fill in the blanks below, writing about someone whom you haven't forgiven one hundred percent. (Do not write about yourself yet.) Use short, simple sentences. Don't censor yourself—try to fully experience the anger or pain as if the situation were occurring right now. Take this opportunity to express your judgments on paper.

**1. Who angers, confuses, or disappoints you, and why? What is it about them that you don't like?** For example: I am angry at Paul because he doesn't love me. I am confused by Susan because... etc.

---

---

---

---

---

---

---

---

---

---

**2. How do you want them to change? What do you want them to do?**

I want \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

**RELATIONSHIPS THAT FLOW**

**3. What is it, that they should or shouldn't do, be, think or feel? What advice could you offer?**

\_\_\_\_\_ should/shouldn't \_\_\_\_\_

---

---

---

---

---

**4. Do you need anything from them? What do they need to do in order for you to be happy?**

I need \_\_\_\_\_ to \_\_\_\_\_

---

---

---

---

---

**5. What do you think of them? Make a list.**

\_\_\_\_\_ is \_\_\_\_\_

---

---

---

---

---

**6. What is it that you don't want to experience with that person again?**

I don't ever want to \_\_\_\_\_

---

---

---

---

---

## Instructions for Doing *The Work*

Do you really want to know the truth? Investigate each of your statements using the four questions and the turnaround below. *The Work* is a meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

### The Four Questions

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you think that thought?
4. Who would you be without the thought?

Here's an example of how the four questions might be applied to the statement, "Paul should understand me."

1. **Is it true?** Is it true that he should understand you? Be still. Wait for the heart's response.
2. **Can you absolutely know that it's true?** Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what's in his best interest to understand?
3. **How do you react when you think that thought?** What happens when you think "Paul should understand me" and he doesn't? Do you experience anger, stress, and frustration? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? Does that thought bring stress or peace into your life? Be still as you listen.
4. **Who would you be without the thought?** Close your eyes. Picture yourself in the presence of the person you want to understand you. Now imagine looking at that person, just for a moment, without the thought, "I want him to understand." What do you see? What would your life look like without that thought?

### The Turnaround

Next, turn your statement around. The turnarounds are an opportunity to consider the opposite of what you believe to be true. You may find several turnarounds.

---

## RELATIONSHIPS THAT FLOW

For example, “Paul should understand me” turns around to:

- Paul shouldn’t understand me. (Isn’t that reality sometimes?)
- I should understand me. (It’s my job, not his.)
- I should understand Paul. (Can I understand that he doesn’t understand me?)

Let yourself fully experience the turnarounds. For each one, ask yourself, “Is that as true or truer?” This is not about blaming yourself or feeling guilty. It’s about discovering alternatives that can bring you peace.

### **The Turnaround for Number 6 on the Judge Your Neighbor Worksheet**

The turnaround for statement number 6 is a little different:

“I don’t ever want to experience an argument with Paul again” turns around to:

- I am willing to experience an argument with Paul again.
- I look forward to experiencing an argument with Paul again.

Number 6 is about welcoming all your thoughts and experiences with open arms. If you feel any resistance to a thought, your work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life—you see everything as a gift that can bring you self-realization.

©2002-2012 Byron Katie, Inc. All rights reserved. For more information about *The Work*, visit [www.thework.org](http://www.thework.org).

---

## Written Self-Facilitation Worksheet

On a separate sheet of paper, answer the following questions:

What is your belief: \_\_\_\_\_

### 1. Is it true?

*Possible follow-ups:*

- What is the reality of it? Did it happen?

### 2. Can you absolutely know that it's true?

*Possible follow-ups:*

- Can you really know what is best for his/her/your path?
- Can you absolutely know you would be happier now if ...?

### 3. How do you react when you think that thought?

*Possible follow-ups:*

- How does it feel physically inside of you when you think the thought?
  - Where do you feel it in your body? Notice how that feels.
  - How do you treat others when you believe that thought? Make a list of what you do and say.
  - How do you treat yourself when you believe that thought?
  - How have you lived your life because you believed that thought? Be specific.
  - Where does your mind travel when you attach to that thought? (List any underlying beliefs that surface, and inquire later.)
  - Whose business are you in when you think that thought?
  - Does this thought bring peace or stress into your life?
  - When you hold that belief, what do you get out of it?
  - Can you see a reason to drop that thought (and please don't try to drop it)?
-

## RELATIONSHIPS THAT FLOW

- Can you see a stress-free reason to keep this thought? If yes, make a list. Are these reasons really stress-free? How is the stress affecting your life and work?

### 4. Who would you be without the thought?

*Possible follow-ups:*

- Who would you be in the same situation without the thought?
- Close your eyes and imagine yourself with that person (in that situation) without this belief. How does it feel? What do you see?
- Who would you be right now sitting here without the ability to think that thought?
- How would you live your life without that thought?
- Who would you be in \_\_\_\_\_'s presence if you didn't believe that?
- How would you treat others differently without that thought?
- How would your life be different without that thought?

### 5. Turn the thought around. (Statements can be turned around to yourself, to the other, and to the opposite, wherever it feels as true or truer for you.)

*Possible follow-ups:*

- Is this turnaround as true or truer than your original statement?
  - Where do you experience this turnaround in your life now?
  - If you lived this turnaround, what would you do differently?
  - Do you see any other turnarounds that seem as true or truer?
-



## ***The Work* with a Partner (Conflict Resolution)**

The following is a powerful exercise that can be done by two (or more) people who seek resolution and the end of conflict. The key when working with another person is to be clear that *The Work* is for **you**, not for the other, and to **end the conflict within yourself**. Both people are there to go inside and discover their own freedom. It is the truth that sets us free.

You may be tempted to use this exercise as a forum to get your partner to change. Having such a motive is manipulative, and leads to frustration and further misunderstanding. *The Work* is not for people who want to be right. It's for people who want to be free. We have been other-realized forever. *The Work* is about self-realization.

**Choose a specific relationship you want to take to the next level. Who is it with?**

---

### **Step 1 - Fill out a Worksheet**

Each person involved in the conflict fills out a Judge-Your-Neighbor Worksheet (available from Katie's book, *Loving What Is*, or from [www.thework.org](http://www.thework.org)) with their honest, direct, and petty judgments of the other.

### **Step 2 - Take turns reading the Worksheets**

Decide who will be Partner A and who will be Partner B. Partner A shares his or her Worksheet aloud, statement by statement, without cross talk, speaking directly to Partner B in the second person. For example, "I'm angry at Paul because he doesn't love me" becomes "Paul, I'm angry at you because you don't love me." After each statement, Partner A pauses and makes eye contact with Partner B.

Partner B's job is to meditate on each statement, one by one, and see where Partner A is right. Regardless of what Partner B discovers, he or she replies only with "Thank you." Only that—no more and no less. Partner A has just shared the gift of his or her painful thoughts. Partner B notices any desire he or she has to justify or defend. Stop, listen, and feel, and respond only with "Thank you."

When Partner A has finished reading all the statements from the Worksheet, switch positions so that Partner B now reads his or her Worksheet aloud, and Partner A listens, following the same procedure outlined above.

---

## RELATIONSHIPS THAT FLOW

### Step 3 - Facilitate inquiry

If a third party is present to facilitate, this facilitator helps both partners to question their Worksheet statements in turn after Partners A and B have completed reading their Worksheets to each other.

If there is no third party present, Partner A facilitates Partner B through the entire Worksheet, going through all four questions and the turnaround for each statement. At this point, Partner B reads the Worksheet as he or she wrote it, in the third person ("I'm angry at Paul because he doesn't love me").

When asking question number three, you may want to add these sub-questions:

"How does it feel when you think that thought? Where do you feel that thought in your body? And notice in your life if this is when you go to the refrigerator, cigarette, shopping, alcohol, or wanting a different partner."

"How do you treat Partner B when you think that thought? Be specific. How do you treat yourself?"

"How does it feel to treat Partner B that way?"

"Does that thought bring stress or peace into your life?"

Partner A's job is to listen only. Notice the temptation to add or subtract something. Stop. Go back to listening. This is an active role; remember that this inquiry is for you, not for the other.

When Partner B has finished questioning the Worksheet, the roles are reversed. Partner B facilitates Partner A.

### Step 4 - Discussion

Now discuss what you realized about yourself, how you, not your partner, could live differently, and how those changes might contribute in a positive way to your own life as well as to the relationship. As you share from your heart your own possible changes, ask for your partner's help in this process. Ask him or her to help as you make changes in your life by reminding you each time you slip back into your old patterns—but ask only if that is what you truly want. Make it a game to see if your partner can catch your slips before you catch them yourself. Discuss subtle signals to use in this process and kinder ways of communicating. Pointing out the other's patterns without kindness may feel hurtful. Also, the agreement can end at any time. Be gentle and respectful when your partner is too fragile for reminders and does not want your feedback or help. Don't try to do this exercise perfectly; have fun instead. Change doesn't have to be a stressful experience.

---

## RELATIONSHIPS THAT FLOW

When you notice that you step into your partner's business without permission, stop and move back into your own again. Notice the stress that comes from being mentally out of your own business, the stress of trying to change another human being before he or she has sincerely asked for your assistance. This process is the beginning of the end of war with your partner.

### Conclusion

**Simply reading Worksheets to each other can seem uncaring if you are not deeply committed to questioning your statements through inquiry.** This is an opportunity to use another person to get closer to the parts of yourself that you may not have seen clearly, and thus allows the possibility of more intimacy with yourself and the other person. By relating more deeply and honestly to ourselves, we find freedom and joy in relating to the world. Couples fight, separate, and divorce - this often seems to be the way of it. However, in these situations, there is no reason not to love and support in the deepest way, the one you are with, the one you are leaving or the one who is leaving or has left you. Until there is nothing anyone can do to keep you from loving your partner, your work isn't done. Your partner's job is to test you each day just by living his or her life. Have fun, and welcome to *The Work*.

©2002-2012 Byron Katie, Inc. All rights reserved. For more information about The Work, visit [www.thework.org](http://www.thework.org)

### Discovery

Review your 3-month outcomes here.

Goal #1 \_\_\_\_\_

Goal #2 \_\_\_\_\_

Goal #3 \_\_\_\_\_

Do you detect any resistance to any of them? If there is resistance, do *The Work* around each limiting thought.

---

## Module 6: Relationships that Flow


**At the beginning of each module, please check in with yourself:**


How are you today on a scale of 1 to 10? \_\_\_\_\_ OR


What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

Goal 1 \_\_\_\_\_  
0 —————→ 10 

Goal 2 \_\_\_\_\_  
0 —————→ 10 

Goal 3 \_\_\_\_\_  
0 —————→ 10 

**What did you like about The Work?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RELATIONSHIPS THAT FLOW

**What was challenging about The Work?**

---

---

---

---

**What did you discover about yourself?**

---

---

---

---

### **The Lesson**

Imagine if all of your relationships honored your values and boundaries. Imagine that in each one of your business and personal relationships ...

- You communicated in a way in which each of you was heard and understood.
  - You were supported in being the best you can be and to have all that you want.
  - You created a total heart connection with the other person.
  - You only play from a "win-win" perspective.
  - You are inspired to new heights and growth after each interaction together.
  - There is 100% vulnerability.
  - You feel loved and appreciated in your personal relationships and neither of you could do any wrong. You trust that no matter what conflict comes up that it will bring you closer together.
-

**RELATIONSHIPS THAT FLOW**

- No matter where each of you are or the mood you're in, you still hold that person in a bright light.
- You constantly acknowledge the gifts each of you bring to the table.
- You tell your truth from a place of serving the highest good for all.

**The 5-Star Attraction Process™**

This process allows you to get very clear on the individuals you want on your team.

**Step 1: Getting Right Down To the Real Nitty Gritty: Defining the Ideal Relationship(s)**

Identify the person you are wanting to attract. (Ideal client, employer, employee, personal relationship, etc.)

---

If you could have the perfect person(s) on your team in this category, what characteristics and qualities would they possess? List them, being as detailed as possible.

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

**Step 2: Defining the Reputation for YOU to Live Up To**

Who do YOU need to be in order to attract the quality person you are wanting as a team member? List all the qualities and characteristics you are willing to bring to the table. What would you want to have them expect of you?

<hr/>	<hr/>
<hr/>	<hr/>

**RELATIONSHIPS THAT FLOW**

---

---

---

---

---

---

---

---

**Step 3: Walking Your Talk!**

Review the list of YOUR qualities and characteristics in Step 2 that you want your folks to expect of you and begin by identifying the ones you already hold – where you truly walk your talk.

---

---

---

---

---

---

Next identify the qualities and characteristics in which you could improve.

---

---

---

---

---

---

What steps do you need to take in order to be up to speed with the expectations you want others to hold of you?

---

---

---

---

---

---





## RELATIONSHIPS THAT FLOW

What we really want you to get here is that you can create any relationship the way you want it. It doesn't matter how your relationships have been in the past or how they are right now. All that matters is that you focus on what you want from this point forward and be the kind of person that has ideal relationships in every area of your life!

### Short Cuts to Harmonious Relationships

- Be totally authentic. Being you is much easier than putting on an act or trying to be all things to all people.
- Appreciate the things you like or admire about the other person . Even if you have to reach far back in your memory for the good times you've had together.
- Visualize the way you want them to be. The essence is what you are looking for. For instance, "My partner is totally compassionate and hears me with an open mind".
- Focus on making yourself happy rather than looking to the other person to give it to you.
- Be the type of person you want the other person to be. If you want a more open, direct relationship with your colleagues, be more open and direct with them yourself. If you want more romance in your personal relationship, you be romantic. If you want your partner to acknowledge you more, then acknowledge him or her *and* yourself.
- Give people a reputation to live up to versus a reputation to live down to. Always expect the best from them, rather than expecting negative results or interactions.
- Regardless of what is happening in any relationship, it's only your perspective of it that makes it good or bad.
- Use *The Work*.
- Use the 5\* Attraction Process™ for attracting ideal relationships.

The Universal Laws apply here even though we are now involving another person. It's your job to stay happy and connected, no matter what the other person is acting like. If you keep looking at what's not working in any relationship, you will create more of the same. If you put a ton of attention on what **is** working, you will get even more of that. In addition, you will start letting all positive aspects of that

---

**RELATIONSHIPS THAT FLOW**

person flourish. Remember that everyone you know has beautiful aspects to them. If we were all the same it would be very boring!

**Discovery**

**What would you need to shift about you to take your primary relationships (family, friend, business associates) to the next level?**

---

---

---

---

---

**Describe the relationship(s) you are working on, in the way you desire them to be.** Write it in present tense. Use the Dream Scene Process™ to write it as if you were writing a letter to a close friend describing in detail how wonderful your relationship is.

---

---

---

---

---

---

---

**What do you appreciate about the person you are focusing on?**

---

---

---

---

---

## RELATIONSHIPS THAT FLOW

Using the aspects you came up with above, use the 5\* Attraction Process™ to create an ideal relationship.

**Have you had your Pure Pleasure Day™?** Take time to see how you feel about it. If you've already done it, what did it give you? If you haven't done it, what would make it the most amazing experience? When will you have it?



## Module 7: Perfect Health

**At the beginning of each module, please check in with yourself:**

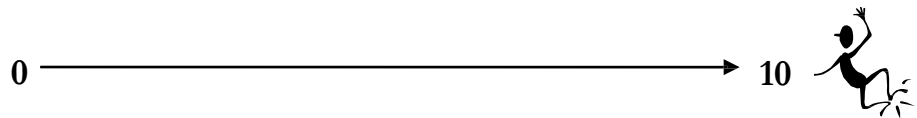
How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

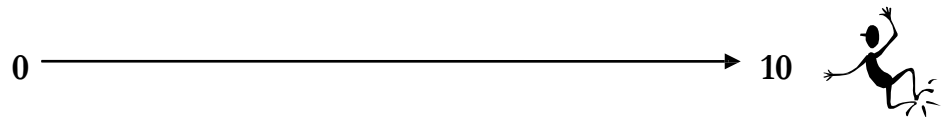
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

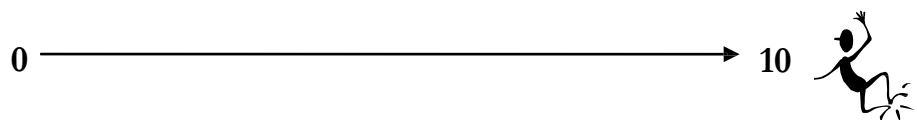
Goal 1 \_\_\_\_\_



Goal 2 \_\_\_\_\_



Goal 3 \_\_\_\_\_



## RAISING YOUR VIBRATION

**What is different in the relationship you are focusing on shifting?**

---

---

---

---

**What is your dominant feeling/thought regarding this relationship?**

---

---

---

---

### **The Lesson**

Health is one of the most powerful things to impact with the Law of Attraction. Notice what happens when you get stressed, scared, or joyful. You usually will feel tight in your muscles, butterflies in your tummy, or sheer exhilaration. That is constant proof that your body is responding to your emotions.

You always have the choice of how you want your body to be. You can choose vitality, energy, fitness, strength, pain, fat, sluggishness, or injuries. How you know where you are focused (dominant thoughts) is by what is manifesting in your body.

### **Shortcuts to Perfect Health**

- Relaxing into what is happening. Ok, so you're not feeling how you want to feel. Know that getting upset about what is so only adds fuel to the fire.
  - Redirect your focus away from your health. You may need to actually not look at your body.
  - Appreciate what is perfect about your health and appearance.
  - Stop talking about the problem. Talk about what is working or how great it's going to be when you're in a size 7!
  - Act as if you have perfect health now. Be more energetic, walk like you are sexy and preparing to do a marathon.
-

## RAISING YOUR VIBRATION

- Eat a variety of food and beverages. Mix it up. Ask yourself, "What do I want to eat right now" and eat it! Drink water; your body wants more than you usually give it.
- Let go of figuring out the way to have the perfect health and just allow it. Sometimes we overuse the processes because we are still resisting the pain or our appearance.

Alternative health is not necessarily the best way to support your health. The best way is the way that feels best for you. A lot of people resist eating or using anything that is not *natural*. There is an abundance of well being. As Abraham says, "You can eat dirt and get the same effect as eating vitamins if you believe, it is so."

### **Discovery**

**What would perfect health look like and feel like to you?**

---

---

---

---

---

---

---

---

---

---

**What are five aspects of your health that you truly appreciate?**

---

---

---

---

---

---

---

---

---

---

**RAISING YOUR VIBRATION**

**What are you doing that promotes your health?**

---

---

---

**On a scale of 1-10, how much do you enjoy the ways you enhance your health?** 1 2 3 4 5 6 7 8 9 10

**What do you need to shift to make them all 10s?**

---

---

---

---

---

**RAISING YOUR VIBRATION**

~~~~~  
**ON REFLECTION**  
~~~~~

**You are halfway through this program; what is your next prosperity breakthrough?**

---

---

---

---

**On a scale of 1-10, how do you feel about where you are with each of your goals?**

**Goal #1**     \_\_1 \_\_2 \_\_3 \_\_4 \_\_5 \_\_6 \_\_7 \_\_8 \_\_9 \_\_10

**Goal #2**     \_\_1 \_\_2 \_\_3 \_\_4 \_\_5 \_\_6 \_\_7 \_\_8 \_\_9 \_\_10

**Goal #3**     \_\_1 \_\_2 \_\_3 \_\_4 \_\_5 \_\_6 \_\_7 \_\_8 \_\_9 \_\_10

**What is holding you back, if anything, from moving forward on your goal(s)? What are the doubtful/worrisome thoughts, big or small, that you feel about each of your 3 PG outcomes?**

---

---

---

**What or who would inspire you towards reaching your goals?**

---

**What makes your heart sing the most about achieving your goals?**

---

---



**RAISING YOUR VIBRATION**

**What are the burning learnings you've gotten since setting your goals?**

---

---

**What are you most committed to around achieving your goals?**

---

---

**What values are you honoring by setting and achieving your goals?**

---

**On a scale of 1 to 10, how aligned are your values with your goals?**

   1   2   3   4   5   6   7   8   9   10

**What do you need to shift to make them all 10s?** \_\_\_\_\_

---

Let's annihilate your defeating thoughts so that you are open to allowing what you want to flow to you.

---

## Module 8: Raising YourVibration

**At the beginning of each module, please check in with yourself:**

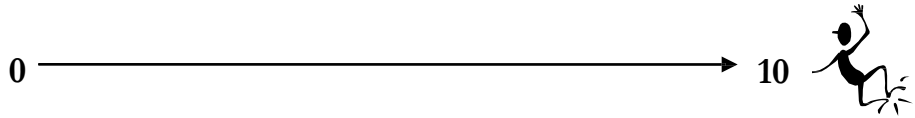
How are you today on a scale of 1 to 10?\_\_\_\_\_OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

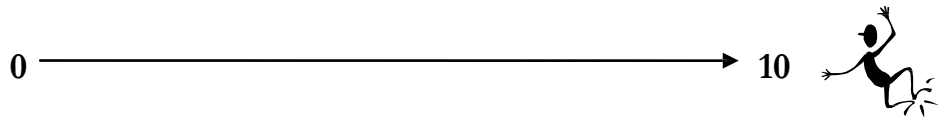
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

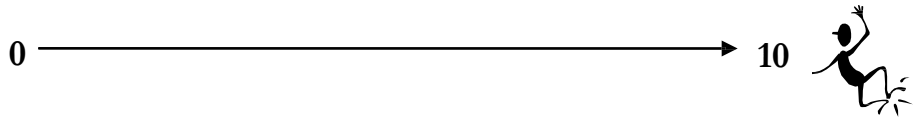
**Goal 1** \_\_\_\_\_



**Goal 2** \_\_\_\_\_



**Goal 3** \_\_\_\_\_



**How has your thinking changed over the course of this program?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RAISING YOUR VIBRATION

**What have you noticed and learned since we last met?**

---

---

---

---

**How is the Prosperity Checkbook going?**

---

---

---

---

### **The Lesson**

Raising your vibration means you take your "joy-o-meter" to new heights. Many times we have a desire and we are very clear about how we want it to show up. But every time we think about it, doubt or anxiety take over. That produces a low vibration. When you are in a high vibration you are a magnet for all that you desire. When you are vibrating low, things slow down.

You can deliberately move yourself into a higher vibration by doing the Focus Track™. It will help you bridge the gap between where you are and where you want to be. It will increase your believability about a desire so that your feelings are in alignment with what you say you want. Your "joy-o-meter" goes off like a bell. Ding, ding, ding, ding, ding, ding, ding! Before you know it, you are seeing lots of proof that your intent is on its way, which raises your vibration higher. Then, wham! Your desire arrives like a beautifully wrapped gift.

### **The Focus Track™**

Use the Focus Track whenever there is an end desire or belief that you can't quite get your thoughts around in the moment—something that you want to be passionate about or a belief you want to hold.

1. Choose a topic in which you feel stuck.

---

## RAISING YOUR VIBRATION

2. Next, stand in an area where you have a clear 10 foot path to walk on the floor. Where you are standing is point "A" (This represents 0.) This is where the beliefs you hold are the furthest from the desire you want. The end of the 10 foot "track" represents point "B" (This represents 10.) This is the place where you are in total belief that your desires are manifesting. Every 12 inches on your track represents another level. For example, level 1 on the track is 12 inches out from point "A". Level 3 is 3 feet away from point "A".
3. Identify the desire or the belief that is represented by the number on your Track. For instance, you might be stuck around having a full coaching practice. Let's say that if you had a full practice of 20 clients, you'd be at 10 on your Track.
4. Identify where on the Track you are stuck. For example, your belief is that you've never had a full practice with all clients paying your full fee, so your emotional level and belief system might be a 3 on your Track. Physically stand at Point 3 on your Track.

0\_\_\_1\_\_\_2\_\_\_\*3\*\_\_\_4\_\_\_5\_\_\_6\_\_\_7\_\_\_8\_\_\_9\_\_\_10\_\_\_

**“There is no way I can have a thriving practice of 20 full paying clients.”**

5. Begin reaching for thoughts that feel better. For example, "I remember how easy it was to get the clients I have now and it felt really good."
6. For each thought that feels better step forward on your Track.

Remember, you're wanting to gain momentum forward, so any thought that feels even a little bit better is plenty. You can tell as you're making the statements whether you're on the right track or not, based on how you feel.

For example, if you were to say in your first statement, "I now have a full practice of 20 clients", you might feel more negative emotion or disbelief because you know you don't really have 20 clients right now. Sometimes, if you get too specific too soon, it backfires and doesn't help you.

Reach for another thought.

"Having 20 clients right now is easy for me". Okay, you've generalized a little and maybe you still feel a little negative emotion. You think, "I don't know how that's going to happen or how to go about it." You

---

## RAISING YOUR VIBRATION

have a belief that says in order to have that I must do those specific things and you don't want to do those specific things.

Keep reaching for a thought that feels better.

Let's say your next thought is, "My friend gets clients easily and always has a full practice, so why can't I?" That doesn't feel so good, so take a step back on your Track.

Reach for another thought. "Okay, I know other coaches have been where I am right now and have eventually filled their practices, so I can too." Now, you've moved forward on your Track.

Reach for another thought that feels good.

Continue to make a series of statements, checking in with how you feel as you say it. You want your vibration or energy to feel a little purer.

Change from one thought to the next, continuing to reach for thoughts that feel better regarding this subject.

Once you've gotten as far as you can go and still feel good, let it go. You've just raised your emotional vibration around the subject, so the next time you think about it, you will be holding it in a much better space.

7. Later, when you come back to your Focus Track™, beginning where you last left off, you can go through the process again, and you will be that much closer to changing your beliefs and reaching your goal.

Eventually you will put yourself in the space of actually believing the focus you were striving for, and will feel what it's like to be in that space! Now you are in the place of having your full practice!

### **Discovery**

**Choose an area right now where you feel you have been (past tense) stuck or avoiding movement.**

Old reality: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RAISING YOUR VIBRATION

**Now set your intention on the solution.**

New reality: \_\_\_\_\_

\_\_\_\_\_

Decide to focus your energy in another way and get into the flow now for our next module. Decide that it's a done deal and it will be easy no matter what the old reality was. Use the Focus Track™ to work through the issue and notice how your vibration becomes easier around it.

### **Pay It Forward**

"When in doubt, focus out." Take the focus off yourself and focus outward. Do something unexpected for someone else. It doesn't have to be extravagant, complicated or time-consuming. It should be spontaneous and a delight for you to do. Notice how appreciative the other person is and bask in that appreciation. In doing so, you are moving yourself forward and getting into the energy flow for what you want to come to you! (If you want, the receiver doesn't even have to know who did this nice thing for them.)

**How I Will Pay It Forward**

**Date**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### **Appreciation**

Look for things to appreciate about where you are right now concerning an area where you felt stuck. There's always something to appreciate about the contrast between what you have and what you want! Contrast sparks inspiration. Notice the contrast, find 10 things to appreciate about it and then redirect your focus to what you want.

1. \_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

**RAISING YOUR VIBRATION**

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

---

## Module 9: Choosing and Claiming

**At the beginning of each module, please check in with yourself:**


How are you today on a scale of 1 to 10? \_\_\_\_\_OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?


\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.


**Goal 1** \_\_\_\_\_

0 —————→ 10 

**Goal 2** \_\_\_\_\_

0 —————→ 10 

**Goal 3** \_\_\_\_\_

0 —————→ 10 



**EXTREME INSPIRED ACTION**

**What was the breakthrough around the area where you were stuck?**

---

---

---

---

**What was the impact of Paying it Forward?**

---

---

---

---

**How is the Prosperity Checkbook going?**

---

---

---

---

**The Lesson**

When you have been wanting something and it's not showing up, what do you do?

Stop putting up with old patterns and results! This will be a pivotal point. Something snaps. You realize that you cannot go on anymore getting the same ole, same ole. No more Mr. Nice Guy! No more settling for what has been. Remember **you** are in control of your point of attraction.

Rather than acting 'as if' until it becomes real ... "Vibrate **as if** and it must be." – Abraham-Hicks. If you say you are claiming \$5 million in revenue this year, you start taking immediate action that supports that. Every decision you make must be aligned with that intent. You ask yourself, "How committed to this intent are you on a scale of 1-10?". If you're not a 10, you haven't yet claimed the desire. You can use the Focus Track™ to help move you closer to your desire.

---

## **EXTREME INSPIRED ACTION**

The essence of Choosing and Claiming feels like wild horses couldn't detour you from this desire. You don't care about what has happened in the past or what anybody is telling you. **It is yours!** You talk, walk and breathe this desire. It is real to you. You live your virtual reality out loud. You **be** in virtual reality.

When you claim something as yours, take an action to support that claim immediately. This locks in the expectation. Any time you take action on a desire, it makes it more real and impacts where you're vibrating. You are telling the Universe this intent is yours, right here, right now.

If you ever find it hard to actually choose and claim your desire the following RELIEF Process™ is a great way to identify where you're stuck and move you through it so that you can be clear in what you are Choosing and Claiming for yourself!

### **The RELIEF Process™**

Begin by identifying what you are choosing or claiming for yourself:

---

#### **The Steps:**

**Resistance** – Notice any resistance you may be feeling.

**Emotions** – What are the emotions attached to the resistance?

**Let it go; Let it flow** – Let go of the resistance.

**I Am Statement** – Identify your new “I Am” statement

**Emotions** - Identified with the new “I Am” statement

**For the sake of what...**

Notice any relief you got and check in to see if there is any resistance left. Repeat the process until you feel a significant amount of relief take over. Now you are free to focus on what you want from a powerful place.

---

## Notes and Burning Learnings

---

---

---

---

---

---

---

---

---

---

Doing **The Work** with the desire you've claimed is another good way to clear negative feelings about your desire.

- What do you want to change?
  - Turn the statement around.
  - What is that you shouldn't or should think?
  - What do you need in order to be happy?
  - What do you think of you, them or it?
  - What is it that you don't want to experience again?
  - Now flip it to what you **do** want.
  - Is that true?
  - How do react when you think that thought?
  - Who would you be without that thought?
  - What is your truth now?
-

**EXTREME INSPIRED ACTION**

Live that truth this week. Notice when you fall off the horse and how it feels. Then get right back on. This is a new practice (sometimes minute-to-minute).

**Discovery**

**What extreme action are you willing to take to support the desire you claimed:**

---

---

---

**This will set you up in attraction mode. When will you take this extreme action?**

---

---

---

Be honest. If you aren't going to do it in the next 24 hours, check your believability on the desire. On a scale of 1-10 where does your desire fall?

   1 2 3 4 5 6 7 8 9 10

---

## Module 10: Extreme Inspired Action


**At the beginning of each module, please check in with yourself:**


How are you today on a scale of 1 to 10? \_\_\_\_\_ OR


What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

Goal 1 \_\_\_\_\_  
0 —————→ 10 

Goal 2 \_\_\_\_\_  
0 —————→ 10 

Goal 3 \_\_\_\_\_  
0 —————→ 10 

What has shown up for you since you have claimed your intent?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EXTREME INSPIRED ACTION**

What percent of this week did you totally believe that what you claimed would manifest? \_\_\_\_\_

What have been your dominant thoughts about using the Prosperity Checkbook?

---

---

---

---

Is there another perspective that would have made the Checkbook more fun and powerful for you?

---

---

---

---

**The Lesson**

You are now ready for **extreme inspired actions**. Inspired actions come from your soul; your heart; your intuition. They pop into your brain as a download from another place. Sometimes they make no sense. Sometimes you won't know how to carry out the action. Sometimes it will seem like a bigger task than you are ready for. But here is the truth: If you thought of the action, you **do** have the means to carry it out. Really!

**The ABUNDANCE Technique™**

Awareness: Present moment awareness

Belief that's holding you back from Extreme Inspired Action

Unlimited belief to replace the limiting belief

New mode of operation based on your new unlimited belief

---

**EXTREME INSPIRED ACTION**

Direction in which you now choose to focus

Allowing in more of the new unlimited belief

Next step – Extreme Inspired Action

Check-In/Confirm that's the step to getting into Extreme Inspired Action

Expect to exceed all expectations!

What will seem extreme is the fact that you are going to do it right now, when you think you aren't ready. It's extreme because you may have never done anything like this before. It's extreme because you have to trust in yourself and the Law of Attraction in a more powerful way. Now is the time.

If you follow your wildest inspirations, you will skip over many small steps. Your extreme inspired actions are your shortcuts to everything you want. They will create a vortex of manifestations. You will have to step into who you really are, which is powerful, magnetic, brilliant and abundant. You are up to this kind of game.

The key to taking inspired actions is to just go for it. You must let go of the outcome and do it for the sheer thrill of it. Take action for the fun of it. The ride is the destination. You cannot fail. Just taking the inspired action is success. The outcome is irrelevant and not up for your judgment. You have honored yourself when you follow your intuition. The Universe is responding to your joy and movement.

**Discovery**

**Do a What If-Up exercise around inspired actions that would manifest your 3-month goals.**

What If... \_\_\_\_\_

What If... \_\_\_\_\_

What If... \_\_\_\_\_

What If... \_\_\_\_\_

---

**EXTREME INSPIRED ACTION**

Write down everything you think of, even the most far-fetched ideas.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Look over your list and highlight the top three that catch your eye.

Now, just take the action. Step into your big girl and big boy shoes. **JFDI!!!**  
(Just flippin' do it!) This is where the rubber meets the road!

---



## Module 11: Relaxing, Doing Nothing

**At the beginning of each module, please check in with yourself:**


How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?


\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.


**Goal 1** \_\_\_\_\_

0 —————> 10 

**Goal 2** \_\_\_\_\_

0 —————> 10 

**Goal 3** \_\_\_\_\_

0 —————> 10 

**RELAXING, DOING NOTHING**

**What was your overall experience when you took extreme inspired action?**

---

---

---

---

**What was your dominant thought or self-talk before you took the action?**

---

---

---

**How did you feel while you were taking the action?**

---

---

---

---

**What did you notice in the days after you took the action?**

---

---

---

---

**What must have occurred for you in order to have made taking the Prosperity Game Home Study Course everything you wanted and more?**

---

---

---

---

Is there a request you must make or an action you must take?

---

---

---

## The Lesson

You've been in action and now we're asking you to explore doing nothing. Okay, so it's really not doing nothing. Relaxing your grip and letting go of attachment to a result is something. This may be one of the most *out-of-box* things we ask of you in this program. Now, why would we ask you to do this?

There are several reasons to let go. One reason is because when you are so attached to a desire it brings up negative and/or anxious chatter. You may even be checking the clock ("Why hasn't this goal manifested, yet? What am I doing wrong?"). If you totally surrender to the moment and stop any thoughts around your goal, you will have peace. Remember, there are no problems in your now. By giving yourself a break, you will open new opportunities.

When you feel abundance, there is no rush to get anywhere or do anything. That perspective will feel good. Guilt or shoulds do not fit. There are times when action is what will give you juice and there are times when it will drag you down.

Another time to do nothing is when you don't know how to get to a different vibration or you don't know the next action to take and/or how to carry it out. When you relax, you are allowing inspiration to come. Inner peace is a welcome mat for inner wisdom to be heard, but you have to be still in order to hear it. In order to completely relax you may have to do one or more of the processes from previous lessons.

If you are hearing any Gremlin chatter (shoulds, guilt, pushing, self-defeating thoughts, etc.), listen to the overall dominant thoughts or themes. Then take those 2 or 3 statements and do The Work or the RELIEF Process™. Using the Universal Team's To-Do List is also great for letting go of excess stress by turning over any stress-inducing activities to your Universal Team.

## Discovery

Anytime you feel yourself pushing for anything—an answer, a result, or someone to give it to you your way, relax. Let the dominant driving thought go. You may even shut your mouth right in the middle of a conversation if that's what it takes for you to let go and be peaceful. Claim peace as your focus this week. If there are any particular desires you have been mulling over in a negative and/or doubtful way, let them go. You are not letting go of what you want, only letting go of giving them attention. Allow yourself to be in the moment so that you may enjoy your life to its fullest right now.

### Our Deepest Fear

Our Deepest Fear is not that we are inadequate.  
Our Deepest Fear is that we are powerful beyond measure.  
It is our light, not our darkness that frightens us.  
We ask ourselves,  
Who am I to be brilliant, gorgeous, talented, and fabulous?  
Actually, who are you not to be?  
Your playing small does not serve the World.  
There is nothing enlightening about shrinking  
so that other people won't feel insecure around you.  
We are born to manifest the glory that is within us.  
It's not just in some of us.  
It is in everyone.  
As we let our own light shine  
we unconsciously give our people permission to do the same.  
As we are liberated from our fear,  
our presence automatically liberates others.

by Marianne Williamson  
quoted by Nelson Mandela in  
his inaugural speech

---

# Module 12: Jump and the Net Will Appear

**At the beginning of each module, please check in with yourself:**

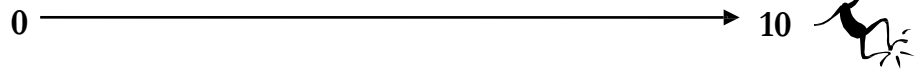
How are you today on a scale of 1 to 10? \_\_\_\_\_ OR

What's a metaphor for how you feel right now (for example, like a soaring bird, like a squished slug)?

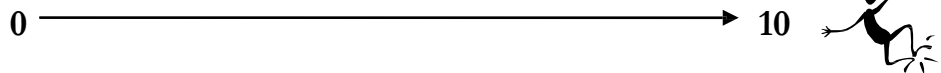
\_\_\_\_\_

Where are you with your 3-month goals? Name your goal and mark the arrow to show how you feel (your alignment) with your goal on a scale of 1-10. 1=Feeling Fear or complete disconnection and 10 = Feels Awesome whether you've manifested it or not.

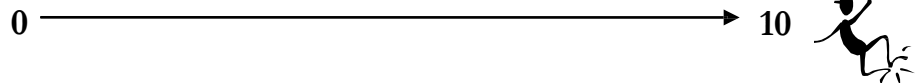
**Goal 1** \_\_\_\_\_



**Goal 2** \_\_\_\_\_



**Goal 3** \_\_\_\_\_



**JUMP AND THE NET WILL APPEAR**

What percentage of your time last week was spent in peace? \_\_\_\_\_

What supported you to make relaxing choices?

---

---

---

---

What was the dollar amount of the last deposit in your Prosperity Checkbook?

---

Did you complete your Pure Pleasure Day™? \_\_\_\_\_

What did your Pure Pleasure Day™ teach you or give you?

---

---

---

What were the aha's about your 3-month goals?

---

---

---

---

What were your dominant beliefs before the Prosperity Game and how do they contrast your beliefs now?

---

---

---

## The Lesson

### Prosperity Game in Review

Today we want to check in with the BEFORE and AFTER picture of you in the Prosperity Game.

Think back to your first call in this program, who you were being, your goals and aspirations.

What did your BEFORE picture look like? What was your mode of operation and belief system?

---

---

---

---

---

Today, how is your AFTER picture different? What has shifted for you? What is your new mode of operation? Your belief system? What else?

---

---

---

---

---

We're back to the *being* before the *doing*. In order to have things you desire, sometimes it will feel like you're jumping off a cliff with no sight of a net.

If you have any fear about jumping, remember who you are. You are a wise, intuitive, abundant, powerful person and a gift to the world. Step back into your magnificent self. Get into the vision of what you are wanting first.

## The Picture Perfect Solution™

### 1. Clearly state your picture perfect solution - what exactly do you want?

To begin think of one of the three goals you made at the beginning of this program.

What positive things do you anticipate as a result of achieving this goal? Think of the details of the perfect future scenario as you've visualized it. Now think of how your life would be different right now if your goal were fully realized.

### 2. Rate your emotional barometer on this goal. Which of the following emotions best describe your current state (or identify your own if isn't listed here).

Shame	Scorn	_____
Guilt	Affirmation	_____
Blame	Trust	_____
Despair	Optimism	_____
Apathy	Forgiveness	_____
Regret	Understanding	_____
Anxiety	Reverence	_____
Irritation	Serenity/Peace	_____
Hate	Bliss	_____

### 3. Based on the emotion you chose, now ask yourself what allowed you to be at that level on the emotional scale? What have you been doing that has you vibrating there and not at a lower vibration? What are your habits of thought, skills and talents, and knowledge that put you there?

### 4. You've visualized your Picture Perfect Solution™ and now that solution has become your reality.

What is now different in your life? \_\_\_\_\_

\_\_\_\_\_

How are you feeling? \_\_\_\_\_

\_\_\_\_\_

What are you now seeing? \_\_\_\_\_

\_\_\_\_\_



## Treasure Chest of Resources

What do you know now you didn't before? \_\_\_\_\_

\_\_\_\_\_

Where is your focus? Your thoughts? \_\_\_\_\_

\_\_\_\_\_

### **5. As you visualize your Picture Perfect Solution™ imagine moving up on the emotional scale.**

What is one step you can take right now, big or small that would assist you?

\_\_\_\_\_

When are you willing to take that step? \_\_\_\_\_

Remember that you can be scared and still take action. Your heart may pound. So what? See your Picture Perfect Solution™ and jump! When you stay in the present moment, you can focus on what's right in front of you. After you jump, you can focus on what's next that needs to be put in place. Truly your net will appear.

### **Guaranteed to set you up to win (part of the net):**

- Immerse yourself with things that remind you of attraction: people, tapes, books, journals, movies, notes, inquiries, etc.
- Make everything a game/fantasy. Since you make most things up anyway ... have it be to your delight. Make your fantasy your reality.
- Ask for specific support from your friends, coach and mastermind.
- Create structure. Keep yourself accountable by checking in with your feelings and thoughts. Journal, put up post it notes, follow routines, have something that makes you check in constantly (like an egg timer). Especially when you think you've got it covered ... stay tuned in.

*This is just the beginning for you!*