

unlock your *hidden* power

Dissolve the obstacles in your path and bring success TO YOU!

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“How to Let Go Of Resistance” — Worksheet —

Do you ever find yourself thinking, “I’m way too emotional about this. I shouldn’t want it so much”? Especially if you’ve been hurt before ... *burned deeply* by a desire that you desired.

This worksheet summarizes what to do if you think you’ve set the bar too high, or if you simply want something too much.

3 Takeaways

- 1) Our Higher Self knows how to get us to the finish line. Changing our perspective ... changing our vibration ... is what allows us to tap into this guidance.
- 2) When we’re imbalanced and can feel our own negativity, we can CREATE balance in the manifestation process ... we can sprinkle our desires with positive energies.
- 3) Problems are saturated with resistance. So we want to train ourselves to not look at the problem, but to only look at the desired outcome.

Biggest Mistake to Avoid

Ignoring the “indicators”. Our negative emotions are an indicator that we aren’t aligned with our desired outcome. If we can shift our vibration to positivity, it’s amazing how quickly things begin to manifest. It’s all about recognizing the “indicators”.

Recommended action?

If we’re more aligned with resistance than desire, it’s time to change the focus to our desired outcome.



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at 10am PST

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