

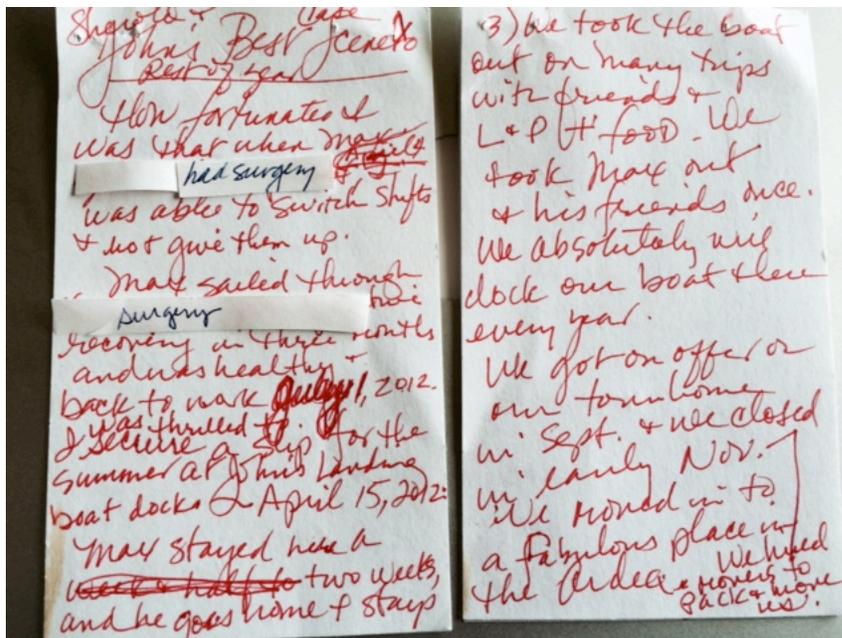
SHEROLD BARR

Fear is your rocket fuel. Freedom is your reward.

How to Create Your Ideal Life and Business in 2016

I created this exercise after my son became ill in 2012 and my husband and I adjusted our life and work schedules to care for him. One night at dinner, I said to my husband, "If it could go perfectly this year given what we're dealing with, how would it go?"

Then we wrote down (see my notes on an index card below) how things would unfold in a positive way for my son to recover so he could get his health back and return to his job. Then we added a few big things that we wanted to have happen including for our townhome to sell by a certain month and for us to find a home to buy.



Well guess what? Not only did things happen for my son in a positive manner but they happened during the same months we wrote down.

Not only did that happen, but also every single thing on our list came true! I saved that index card (above) to remind me about the power of clarity in knowing what you want to have happen. I learned that when you write down what you want *as if it already happened* that it was affirming it to happen. **This is the power of setting a clear intention.**

I always say as a reminder, be careful what you ask for because it might happen faster than you want it to. The Universe is not on “time” the way we are so make sure you want what you ask for because you might get it faster than you’re ready to have it.

Our home sold three months earlier than we had hoped and we had 30 days to pack and move out!

Write the story of how your life or business dreams would go if they could go perfectly now through the end of 2016. What do you want your life or business to be like in the next year?

Write down every single thing you want to do, be and have with your money, your business and your life.

Step into your “future self” – who you want to be in the next year in your life and work and especially with money. **Write down exactly what**

what you did (past tense) to make more money and make your dreams come true.

As you write out a description of your ideal financial life, your personal life and your business or work life, write it as if you're telling me everything you already did starting right now and go through the end of 2016.

Always write in the past tense; I did _____ and when I did that _____ this happened.

Write about what you did as if you already have it. Remember you want to create the feeling of having -- not wanting.

Here's a key truth:

When we want something, it's not the thing we want but the *feeling* we'll have when we get the thing we want.

What's the feeling you want to have when you create this money you want to have next year? If you had the feeling of being financially free, would you feel ease? Think of the feelings you'll have when you have this financial life you're creating.

If things were going perfectly, you wouldn't have the pressure of paying bills or of worrying about how much money you're making. Imagine how you would *feel* as you read what you wrote down that you created.

Remember the key is never to ask “how” you will do these things. Your mind will block you if you go to the how. This is a dreaming exercise so stay in the creative “what if” place.

List three feelings you will have when you have this idea life and business in 2016:

- 1.
- 2.
- 3.

Pick one feeling you would have and sit with it. Bring it in your body by imagining that you already have it. Stay there and let it expand within you.

As you stay in the thought patterns and emotions of ease, freedom, relief, and excitement, start to imagine things you’ll do with your money and trips you want to take, lovely things to see and do; adventures, dinners out, lovely treatments. Keep filling in what you want.

Generate the emotions as if you already have what you want. Do this anytime you have a positive experience getting what you want. Notice if you suddenly get checks in the mail or a new client or a refund. Start paying attention now and when you get money, say out loud, “Universe – thank you so much!”

I want you to make this a game and a challenge. Start seeing what comes to you when you operate from a place of feeling abundant rather than lacking. You’ll get to the point where you can’t wait to see what comes in. You’ll begin to realize that the Universe is working overtime to give you things you wanted.

Write this as a story of what you did starting now as a result of taking this class. What happened in your life in 2016 - write it as if it's already happened and you're telling me all about it. This is a powerful process that helps you become intentional. If you believe you can do it and you desire it, take action, and you can do it!

Here's to your abundance, Sherold