

Plan of Action Checklist

The purpose of this plan of action checklist is to assist you in getting clear on what you believe about a specific goal. Using this outline insures that you examine the various aspects of accomplishing what might appear to be a large project and divide it up into bite size pieces.

You do not have to complete the information in one setting. And as you attempt to answer the questions you will begin exploring within yourself what you want, what you think needs to be done and whether or not you are really willing to move to accomplish it now.

As you crystallize your thinking by getting your thoughts in writing it will become much easier for you to view the accomplishment of this desire as a step by step process and facilitate your belief in the outcome you want. Remember this whole program is about you communicating with yourself and finding that you have most of the answers you need.

1. What are the benefits of you achieving this goal?

The reason you want to get clear on the benefits to you when you accomplish this priority, is because they become the payoff for you following through and creating this reality.

How will you feel, what will this mean to you? Especially on larger projects and endeavors it can be challenging to stick with it and stay motivated. Imagine what it will be like for you when you feel the ultimately reality of this outcome.

2. What obstacles and challenges might need to be overcome for you to have this priority as a reality in your life?

Many times when we get our doubts and "Ya-Butts" written out, it becomes much easier to deal with them one at a time. If you find you are getting overwhelmed with the challenges, and not as on-purpose as you would like, go back and review the benefits you listed and spend time there re-minding yourself why this is important to you. Many times this will give you the needed "Nudge" to keep on keeping on. Then come back and write out what you perceive as obstacles and challenges.

3. What are the solutions to the challenges, what will you need to do?

Remember you are not saying you are going to do these things yet. You are just exploring **if** you were going to focus on this priority and make it a reality, what might you need to do?

Take each of the challenges and one by one write out your solutions.

In the beginning because of our conditioning, the mind pays more attention to the challenges and again it is easy to get overwhelmed with the "Ya-Butts". By taking them one at a time and writing your solutions, your mind will begin to look to the way you are going move forward rather than just getting stuck in the challenges you will face. And again if you start to get lost in all you will need to do, go back and review what it will be like when this priority is a reality.

4. Is it worth it to you? Are you willing to spend the time and effort you think will be needed to have this in your life?

You are always free to choose not to follow through with what you think needs to be done by you. This program is about your listening to your own council. There may be priorities in your life that you are not willing to move to now. If that is the case keep all the information you have written, because now that you have really explored this project you will be more attuned to information that comes your way regarding it.

If the answer is yes, you are willing to step up with the follow-through, then move to the next steps in integrating the tools of choice.

5. Write out what you want to think whenever you approach this project.

If you don't choose what you want to think when you approach this project, because of your programming, your mind may tend to focus on the challenges and obstacles rather than you following through with the solutions. You begin taking control of the voice inside your head one project at a time.

As you exercise your ability to choose your thoughts about this and other projects you will naturally be aware of how your thoughts interact with all that you do. Over time and with practice on specific projects, you will notice your over all mental environment begins to be much more supportive and empowering about you having the life you want.

6. Spend time in your imagination and "Daydream" following through with your plan and achieving the desired outcome.

Your mind can't tell the difference between a real experience and one that is vividly imagined. This means that you can record information as "True" just by using your imagination. When you have a plan and written thoughts that support that plan it is much easier to use your imagination in a focused manner.

Spend a few minutes imagining the "Movie" you are creating. Don't worry about whether or not you are really doing everything as you think you need to do it. Just spend time pretending, imagining you are doing what you need to do. Imagine what it will be like as you follow through with the actions and thoughts that support you having what you want.

7. Feel Thankful.

When you feel thankful about something your mind accepts it as true, otherwise you wouldn't be feeling thankful. You can put the finishing touches on taking charge of you Creative Mind by simply feeling thankful that this project is coming into reality.

If you move into "Ya-Butt" just review your plan and imagine you are following through, review the thoughts you have that are supporting you. And as you get your daydream real, feel thankful that it is real, feel thankful that you are on track creating the life you want.