

# Achieving Goals Using Intuition

## Identifying Internal Conflicts

- On all levels of my being, do I want to achieve this goal?
- On all levels of my being, do I believe I can achieve this goal?
- On all levels of my being, do I feel I have permission to experience the desired outcome of this goal?
- On all levels of my being, do I feel safe experiencing the outcome of this goal?
- On all levels of my being, do I feel deserving of achieving this goal?
- On a 100% scale, with 100% meaning that I completely allow, to what degree do I allow myself to achieve this goal / experience the desired out come of this goal ?
- How many internal factors are hindering the achievement of this goal?
- How many external factors are hindering the achievement of this goal?