

## Steps needed to accomplish goal

Are there any steps listed here that I could easily take that would help me accomplish my goal?  
How many?

|    | A   | B   | C   |
|----|---|---|---|
| 1  | Clear space of disruptive energies                | Clear self of disruptive energies                             | Clear someone else of disruptive energies               |
| 2  | Remove object in home or office                   | Rearrange objects in home or office                           | Clear clutter   |
| 3  | Raise energy in a space                           | Raise energy in self  | Raise energy in other(s)                                |
| 4  | Clear subconscious beliefs                        | Clear guilt to experience desire / achieving goal             | Repair energy field                                     |
| 5  | Clear blocks to increased will power / motivation | Clear blocks to self-esteem / confidence                      | Clear energies of failure / helplessness / hopelessness |
| 6  | Clear Channel of effective support systems        | Repair, restore or strengthen electromagnetic field           | Clear trapped emotions                                  |
| 7  | Develop a strategy / plan                         | Visualize goal being achieved                                 | Clear other energy blocks                               |
| 8  | Use prayer  | Use affirmation(s)  | Meditate  |
| 9  | Use art   | Journal   | Start a gratitude journal                               |
| 10 | Use a vision board                                | Accountability partner  | Get support / ask for help                              |
| 11 | Have more fun – playful energy                    | Forgiveness work  | Nurture self  |
| 12 | Write goal every day                              | Use Saisanjeevini cards                                       | Manage Reticular Activating system                      |
| 13 | Change environment – move                         | Spend time with high vibrating people                         | Language & Thought Management                           |
| 14 | Acquire funding from other sources                | Spend less money  | Save money  |
| 15 | Network with people                               | Buy something   | Travel or Go somewhere                                  |
| 16 | Take course(s)                                    | Read book(s)  | Time management   |
| 17 | Increase Marketing                                | Increase levels of exposure (writing – video – speaking -etc) | Establish a routine / Schedule it                       |
| 18 | Collaborate with someone                          | Tie loose ends – Wrap up unfinished business                  | Start the morning right                                 |
| 19 | Use Feng shui                                     | Use color   | Spend more time in nature                               |
| 20 | Reduce interference                               | Use Steven Covey – right things first method                  | Use morning miracles method                             |
| 21 | Modify diet                                       | Modify exercise plan  | More exercise   |
| 22 | Eliminate something                               | Add something   | Modify something  |
| 23 | Reduce / Eliminate : tv, social media             | Eliminate energy drains                                       | Other   |