

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Get What You Want

Jumpstart Manifesting What You Want in 2007!

Offered by:

Chris Lucerne, PCC

*Build Relationships That Matter,
Especially the Relationship with Yourself*

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Here is a simple way to look at your life and set your intentions and goals to get what you want in 2007 and beyond.

Step One: With paper and pencil in hand, I encourage you to review 2006 by asking yourself these questions:

- ◆ What happened that I never want to happen again?
- ◆ What did I learn from those happenings that can support me in making different decisions in the future?
- ◆ What did I enjoy about my life?
- ◆ What were my major accomplishments?
- ◆ For whom and what am I grateful?
- ◆ What about myself can I appreciate?

Step Two: Turn to page two of this document and plot your current level of fulfillment and happiness (as you define it) in each area of your life on the *Life Balance Wheel*. The center point represents "0" meaning you are not satisfied at all. The outer point represents "10" which means you couldn't be happier, more fulfilled or satisfied. If there is a particular aspect that is genuinely not important to you, go ahead and plot the point at "10". After plotting the points, connect them.

By connecting the dots, you now have a visual representation of what your life looks like. If your life were in balance the dots would form a circle which would indicate having a smooth ride through life. Take a look at your diagram and see what shape you made by connecting the dots. Do you have a smooth ride, or does it look like you have a flat tire in some areas? Whatever it looks like, please do not judge it or yourself. It is neither good nor bad; it just is! By lovingly accepting where you are in your life, you now have the opportunity to change it.

Step Three:

Notice which aspects of your life have the biggest gaps between where you are and where you want to be. Choose up to three of those aspects where you would like to focus and can make a heartfelt commitment to doing what it takes to manifest what you want.
I commit to...

Step Four: Focusing on each aspect one at a time, ask yourself the following questions:

- ◆ What do I want this area of my life to look like?
- ◆ If I could wave a magic wand and transform this area overnight, this is what I would see...
- ◆ What would have to be different in this area in order to create the happiness I am looking for?
- ◆ What stands in the way of me getting what I want (a situation, another person, myself, etc.)

Step Five: Once you have identified what you want, set a goal or an intention to create it. (For more information on setting intentions and manifesting what you want, see my article *Manifesting Law #2 – Conscious Creation* which can be found on the "resources" page of my website www.ChrisLucerne.com.)

Step Six: Begin taking small steps toward your intentions. Appreciate yourself all along the path and celebrate your progress. By taking these steps you will be on your way to manifesting the life you would most like to have.

Congratulations and best wishes for creating a life that you love!

Warm regards,
Chris Lucerne, PCC



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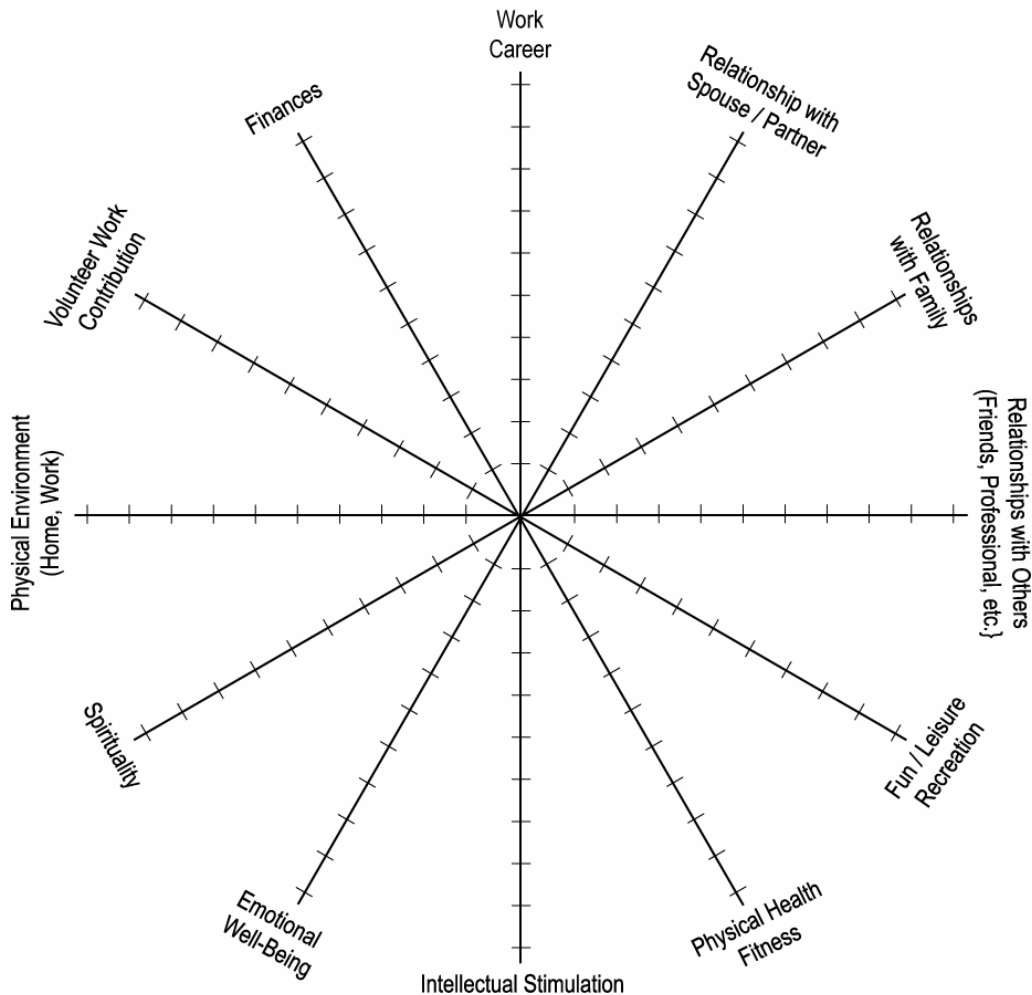
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