

BRAVE THINKING ACTIVATION PROCESS

– SOURCING –

TO DOWNLOAD ACTION STEPS FOR DRAWING YOUR VISION INTO REALITY

- 1- **Calibrate your state.** Do something that helps you to vibrate at the frequency of your dream; e.g. read your Vision Statement and really feel it, “This is my life and I love it!” Dance. Whatever it is for you. This way, when you do step 2, you vibrate on the frequency of your dream being a reality and you’ll attract ideas on that frequency.
- 2- **Source** for ideas: Find a quiet place where you are undisturbed, set a timer for 20 – 30 minutes, ask a highly calibrated question like “What action steps can I take this week in order to ... ?”
 - a) better my health/ decrease my blood pressure / decrease anxiety
 - b) find my ideal job
 - c) become more clear on what my purpose/ ideal job/ ... looks like
 - d) increase my income
 - e) attract \$10,000 to me
 - f) attract the love of my life to me

and write down EVERY thought or answer that comes, no matter what, without censoring it.

- 3- **Select** the ideas that came that have “electricity”, that for some reason you know they are important for you to act on.
- 4- **Sort** them in the order of importance – the “big” ones first.
- 5- **Schedule** them into your calendar for the next week or two.
- 6- **Serve** them – Do them as you have them scheduled.