

CREATING A MAGNETIC VISION

What I don't want.	What I do want.	Category.
To be rushing everywhere	To have plenty of time . To be present with my children.	TIME
To be “doing things all the time” – not playing with them. Have my back to them	To have fun. Have help or share household chores	SUPPORT FUN
	To have a good relationship with them	
To be rushing everywhere	To have a career	TIME CAREER
	To spend as much time with my children as I can	TIME
To feel tied down	To travel	TRAVEL
Them to feel under pressure	My children to do well in school	My children's business

To feel like a servant to my children	My children to do chores	SUPPORT FAMILY VALUES
	My children to be happy	My children's business
My children to be rude and out of control	My children to be polite and respectful	MODELLING
My children to not value themselves	My children to have good self esteem	MODELLING

What I don't want to feel.	What I do want to feel.	Category.
	Happy	MY VIBE
	Good humoured	MY VIBE
	Confident	MY VIBE
Overwhelmed		
Worried	Relaxed	MY VIBE
Anxious		MY VIBE
	I have authority	MY VIBE
Taken for granted	Loving and loved.	MY VIBE and my children's

		business
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Energy Blueprint and Progressive Belief around this statement

AFFIRMATIVE STATEMENT(S)	I am a loving, relaxed, happy, loving, centred parent.
BELIEFS SERVING	I love my children. I am a good parent. I am a happy person.
BELIEFS NOT SERVING	<i>I have to be perfect.</i> It's a huge responsibility. I can't do it all. I should be at home with them all the time.

Most triggering belief:	I have to be perfect.
Fear:	Of failing, My children dying because I did something wrong.

Feeling:	Terror.
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DATE	
AFFIRMATIVE STATEMENT(S)	I am a loving, relaxed, happy, loving, centred parent.
TRIGGERED FEELING	Terror
PROGRESSIVE BELIEF	I am really want to believe that I am a good enough parent just as I am.
PAST	When I did the parachute jump.
POSITIVE EVIDENCE	Bringing it into the open makes it less scary.
FUTURE	I'm really looking forward to the day when I really believe that I'm a good enough parent.

CATEGORY	Modelling
AFFIRMATIVE STATEMENT(S)	We all work together in our family. We value and respect each others strengths and differences. We listen and speak respectfully to each other. We each contribute to the smooth running of our home, so that we can have fun together when the chores are done.
HOW I WILL FEEL	Fantastic – it’s like a mission statement for the family! It’s like something to refer back to and ground me
HOW OTHERS WILL FEEL	Like a family. As if we have an agreement, Excited.
YEAH BUTS	It won’t work for us. It won’t last.
ACTIONS	Get it tyed out and decorated beautifully, and laminate it and put it in full view in the kitchen.

CATEGORY	Support
AFFIRMATIVE STATEMENT(S)	“I feel supported on an inner and outer level.”
HOW I WILL FEEL	Amazing. Relieved. Not alone. Supported. Like we’re a time.
HOW OTHERS WILL FEEL	Happy for me. Happy to help and support me. Like we’re a team
YEAH BUTS	I’ll never get all the help I need.
ACTIONS	Meditate 5 mins a day. Look for a cleaner one morning a week,

CATEGORY	Time
AFFIRMATIVE STATEMENT(S)	I am in the present moment. I always have time to play with my children and have fun. I have time for myself. Time for my partner and time for my career.
HOW I WILL FEEL	Light hearted. Relaxed. Fulfilled. Happy. Playful and fun. Relieved.
HOW OTHERS WILL FEEL	Delighted! Happy to be around me. Really pleased for me.
YEAH BUTS	How can I have time for everything? It's not possible.
ACTIONS	Play a game with the children tonight. Discuss the possibility of working from home 2 days a week. Arrange a baby-sitter so me and my Partner can go out for dinner.

CATEGORY	My Vibe
AFFIRMATIVE STATEMENT(S)	I know that it is my responsibility to look after my own vibration. I keep my focus on my business. I use my emotions to guide me and choose to do what feels best.
HOW I WILL FEEL	Empowered!! It feels great. I know how to do this.
HOW OTHERS WILL FEEL	Great to be around me. They want to know how I do it.
YEAH BUTS	I won't keep it up. I 'll fall back into my old ways.
ACTIONS	Write my gratitude journal every night. Say my affirmations in the shower in the morning. Listen to the Good Vibe U calls on my ipod on my way into work in the morning, or when I'm walking to the grocery shop.

CATEGORY	My children's business
AFFIRMATIVE STATEMENT(S)	I know that I am not responsible for how my children feel. I can help, guide and support them, but I cannot live their life for them.
HOW I WILL FEEL	SO relieved!!!! Off the hook. Untangled. I can see more clearly.
HOW OTHERS WILL FEEL	Relieved. Free to be themselves.
YEAH BUTS	How can do this??? I'm used to worrying about them.
ACTIONS	Look after my own vibe.

CATEGORY	Modelling
AFFIRMATIVE STATEMENT(S)	I choose to live the best life that I can so that my children can see that as an example. I model to them the values that I hope they will have, and trust the rest to the Universe.
HOW I WILL FEEL	Brilliant. Authentic. Living in my integrity.
HOW OTHERS WILL FEEL	Respectful and respected. That I am a person of integrity. That they want to be like me.
YEAH BUTS	
ACTIONS	Get clear on my values.