



10 Day Bootcamp - Day 2

Plug Into Your Purpose.

Day 2 - Clarity.

Day 1 Recap: Clear Intention = Clear Results.

After you've set an intention and made a commitment, the next step to creating something new in your life is CLARITY.

You need to get really clear on what you deeply desire, and have an image or symbol to go along with it.

When trying to set goals or gain clarity, many people get too caught up in the "how" instead of focusing on "what," "where" and, most importantly, how you will **feel** using **all five senses**.

For example, instead of saying; "I want to go on vacation."

You need to be clear on all the details, saying; "I'm going to stay at the Four Seasons on Maui starting November 5th, in an oceanfront villa for four nights."

And, in addition to having all those details, you want to incorporate all five senses. Get a clear picture in your mind of what the beach will look like, what color your towel will be. Hear the ocean or the birds with your ears, smell the salt water or sunscreen with your nose, feel the warm sun on your skin...now you're getting somewhere!





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If you're able to find a picture or use any one of your five senses to represent something you desire that's strong enough for you to have an emotional reaction - you've nailed it.

WRITE THIS DOWN: **Get clear to get going!**

WRITE THIS DOWN: **Clarity = Details, all five senses and emotion**

Here's a twelve step process to gain clarity that's based on Neuro-Linguistic Programming, which focuses on how our brains create change.

WRITE THIS DOWN: **Clarity = create a picture of what you want in your mind.**

One study with basketball players showed that one hour of visualization was the equivalent of up to seven hours of physical practice!





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Here's Your Daily Tool:

12 Clarity Questions

(Based on the work of Carl Bucheit and Michelle Masters at NLP Marin)

Answer the following questions:

1. What do you want? What would you like? (Pick one thing to start.) Name a specific goal or result you'd like to have. Describe it in as much detail as possible. **What** are you actually imagining and **how** does it look? (if it's a house, what kind of house? How big? What style? How many rooms, windows? What's the surrounding lot look like? etc.)

a. How does it look? Are you picturing it in color or black and white? Still or video? Fuzzy or sharply focused?



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2. What will having that do for you? Ask yourself this question three times in a row, using your last response in the next question.

- a. And what will having **that** do for you?
- b. And what will having **that** do for you?

For example, if you answered the first question with; "I want a job that energizes me instead of drains me."

Now, you will ask yourself;

Q1: What will having **that** do for you?

A1: "That will allow me to have more energy for my kids when I get home at night."

Q2: And what will having **that** (more energy for your kids) do for you?

A2: "Hmm, that will allow me to enjoy my family more, to feel more connected to them and more present."

Q3: And what will having **that** (feeling more connected and more present) do for you?

A3: I'll enjoy my life more.



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What will having that do for you?

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3. How will you know when you have it?

4. Where, when and with whom do you want it?

5. What does it smell like? (even if it seems weird/random, write down 1-3 smells)

6. What sounds go with it? What does it sound like when you have what you want?





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7. What does it feel like? Is there a texture associated with it? (energetically, emotionally and tactile sensations)

8. What tastes are associated with it? (Try to find something, even if it's a stretch. Not how would a big bank account or your soul mate taste, but what tastes would suggest the **experience** of having a full bank account or your soul mate? Could be related, not literal tastes)

9. What words or phrases might you say to yourself to capture the feeling of having this results? Example: "I did it!". Get an index card or post it and write your word or phrase on the card, then put it somewhere you'll see it every day.

(Example: Vanessa's story of her client saying; "Our new home is Amaze-balls!")

10. When would you like to have it by? (pick an actual day, month and year. You can always revise it later)





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11. Draw a picture of what you want, or something that captures the essence of it.

12. Now, come up with a symbol or image that represents what you would like. And a color. Keep it simple, this is not a full goal board. Don't overthink it, whatever comes to mind right away.

BONUS QUESTION: How will it impact important people in your life when you get what you want? (positively and negatively)?



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Recap: After Setting an Intention and getting Committed, CLARITY is the next step to create a life aligned with your soul's desires.

Clarity

- Get clear - details and emotion
- Create a picture of what you want in your mind
- Use all five senses
- Ask yourself the 12 Clarity Questions

Craft Project:

BONUS: Draw your image or symbol from question 12, or find a picture of it in a magazine, and paste it on a piece of paper along with your word or phrase from question 9.....This will TURBO CHARGE IT!!

Here's mine:



Nice work! You just got clarity on something you want to call into your life.