

KNOW YOUR YESES

Set a timer for 3 minutes and jot down everything that comes to your mind. Don't filter it and don't worry about your yeses and your nos yet. This is just brainstorming to get your creative ideas flowing.

What I really want is...

At the end of the 3 minutes, if you are able to stand while you do this, that can be helpful in detecting some of the micro-hints your body is going to give you next. If you're not able to stand, this can be done seated as well.

When I have a full body yes I notice an opening in my heart/chest area. My energy seems to be moving upward when I have a yes. But those are my unique body wisdom cues. This will be a chance for you to begin to notice yours.

Next state each separate item that you want out loud, one at a time, and notice any signals your body sends you. As you say each want out loud, one at a time, tune into your body signals and notice what you feel? Where in your body did you feel what you felt? What was happening to the energy in your body? What words or colors or sounds come to mind for you with each one? See if you're able to discern any trends in terms of how your body tells you that you have a yes.

Regarding what you really want, what were your three biggest yeses?

Where in your body did you notice the most clear "yes" energy? Write your body signals for a yes down here for future reference.