Flip It for Good!™ Journal Page

Identify the thought, situation, attitude that you want to "Flip"

Write it down - the old fashioned way. Grab a piece of paper, or a scrap or use a mural or the side of a barn or buy a special notebook. Or you can simply print this journal. Find a pen, pencil, quill and ink, crayon, marker, chalk, paint, or that lucky chewed up sharpened to the eraser nub that you have had in your pocket for years and write down the "Flipped" version.

Steer clear of generalized goals (i.e. I want a lot of money. I want to meet the love of my life.) Write the specifics with as much detail as possible. Don't worry about "how" or if it's "realistic." Let your imagination be free. Remember your subconscious mind, which controls 95% of behavior, thinks like a five year old so a lot of money might be the five dollars from grandma's birthday card.

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Feel the "Flip"

Imagine the feelings associated with your intention from step one. See it. Feel it. Smell it. Touch it. Taste it. Believe it. Imagine it to life. Write whatever feelings and thoughts come to mind.

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Listen to an experience on The Path

Heart Centered Belief is a good way to start the day. Drift to sleep with Dream. Energize and Super Cleanse anytime. You can listen to any experience anytime you'd like and some people have success listening to only one experience a day. Repetition is your friend.

_____

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Date: _____

Time: _____

What is my focused intention? (ex. I feel strong and entitled to respect. I create solutions to challenges with ease. My body is easily releasing weight.) You may also ask for guidance from your subconscious mind. (ex. I am asking my subconscious mind to communicate with my conscious mind sending information on how to resolve _____)

_____

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I'm going to listen to:

_____

_____

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Find your blankie

The blanket the young child totes around is a symbol that embodies safety, security, love and enables the child to grow and move into unfamiliar territory. Think about an object or a color that you encounter frequently throughout your day. Such as: cell phone, computer, favorite coffee mug, the color green, your hands, mountains of paperwork. Consciously connect the object or color with steps 1 through 3 so that it will serve as a memory and feeling trigger repeatedly carving pathways in your brain.

What's my memory trigger? _____

Is it portable? _____

How will I see it? Remember it? (If it's not portable could I take a picture?)

_____

Are there certain circumstances (environments, people, stressors etc) that I need to have this with me to

insure success? _____

Things to remember:

- The blankie can evolve with you.
- The blankie reminds you to flip the incoming negative self talk.
- The blankie is **not** magic. It simply calls you to action to support the new image in your subconscious.
- Practicing future imaging in the present tense multiple times throughout the day is the fastest and most effective way to get the results you desire.

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