



Gaining Clarity

I was just reminded about clarity. It's easy to know what we don't want. Discontent and longings bring those to our minds constantly. When we are in "a mood" it's safe to say there is something going on that we don't want. We sit, we stew, we try to figure out what this is all about, and when someone asks, "What's going on?" the famous answer is, "Nothing," or, if you're a more in touch person, you may answer with, "I don't know." A lot of help that is right?!

But we forget to ask the question, "What is it that I don't want right now?" This simple question can lead us to great clarity and even greater growth. Decide what you don't want so you can then decide what you do want. Put meditative time into this. Stewing is as unproductive as trying to milk a bull. Set an intention to gain clarity, then ask your questions out loud one at a time. You'll be amazed at the answers that will "pop" into your mind. Sift, sort, and process through these answers to then determine what needs to happen next.

Turn your "don't wants" into "do wants." "I don't want my dog to jump up on people" is changed to, "I want my dog to sit and stay when approached by people." Notice how the second statement has a clear plan of action that comes with it? "I don't want to live paycheck to paycheck anymore," changes to "I want more money than I can spend." Now you have a place to start from.

I have attached a worksheet that can help you find clarity by writing down what you do want in each of the four domains of your life. Try this out. You decide what the timeline is. You may even decide to fill one out for the next month, quarter, and year. Use it however you are called to do, but definitely try it out. You may surprise yourself with what comes out for you!

I have attached a second version with my most recent desires so you can see an example of how this can be filled out. You'll notice I am very specific in describing my desires. This is on purpose. Using words like successful, enough, a lot, etc. are all very subjective and relative. You'll want to select your words carefully to attract what you truly desire.

Happy manifesting!

Courtney