

Contrasting Exercise – Clarity through contrast

By knowing what you do not want you can become clearer in what you *“really”* want and can have. Remember to connect what you *“really”* want to an emotion or feeling. Use your imagination!

“When you can feel it, you can have it.”

Asking yourself, *“So what do I want?”*

When you use don't, not and no... Ask yourself *“So what do I want?”*

Negative statement  *“So what do I want?”*  Positive statement

I don't want...	What I do want
To not have enough money	I am excited that Money flows easily to me
I can't afford anything I want	I am grateful that I always have enough money
My friends do not respect me	I feel really blessed that I have real friends
I do not have confidence
I do not want to be overweight

Here are some prominent areas in your life where this exercise can be beneficial:

Career, relationships, friendships, money, education, business, health, etc

“Identify what make you feel good and do more of that”