

Outrageous **GOALS**
VS.
Big **OBSTACLES**

AN EXCERPT FROM:

WORKBOOK

THE *Secret* OF INTENTIONAL
WEALTH

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Your Powerful Strategies for Tapping into Wealth and
Inner Brilliance Using The Law of Intentional Attraction

THE *Secret* OF INTENTIONAL WEALTH

Powerful Strategies for Tapping into Wealth and Your Inner Brilliance
Using Tapping and The Law of Intentional Attraction

Outrageous GOALS
vs.
Big OBSTACLES

Outrageous Goals Push BIG Buttons!

This work starts with a goal, preferably a really big goal. Why? Because really big goals push our buttons! They make us uncomfortable, uneasy, and uncertain. They make us question our belief in ourselves and our faith in things like “dreams can come true.” These are the buttons that need to be pushed to find our limits – to find our blocks and break through them.

What is the best kind of goal to set? I highly recommend one of your top three goals be a big income goal. This income goal will be the focus of this course. Why income? Because income goals crystallize your resistance.

Nothing pushes more buttons, creates more challenges in belief, and is more uncomfortable than a big income goal. I don't mean an incremental increase in income. I mean the kind of income goal that far exceeds what you are earning now, an income number that would be impossible to achieve by just doing more of what you are doing now, by increased effort, time or incremental improvements. No, to achieve this income number, drastic things would have to happen; unimagined resources would have to appear. You would have to be operating at a much higher level of brilliance and efficiency

Big income goals crystallize resistance.

Maybe some of you are thinking, “Is it okay to be so focused on money?” It sounds pretty materialistic, unenlightened, maybe selfish, maybe even wrong according to religious upbringing. Or maybe you are saying that you are pretty sure it's NOT okay to be so focused on money. It's important to note if a button is already being pushed. You probably know that even those of us who believe that we really, *really* JUST want more money have something behind the money that we actually crave. Something that we believe the money will buy or do for us...provide freedom, security, joy, relaxation. That's what we really want...money is just the exchange medium.

So what if your goals are more altruistic? What if you want to save the animals, or end world hunger, or help people in need? This type of goal feels better and aligns with our compassion, our purpose, and maybe our religion. This is a wonderful intention, and it will grow and serve you extremely well if you allow it to overlay your goals – especially your big income goal! The problem is in thinking either/or instead of thinking BOTH.

How much more could you do for the animals or people of the world if you had twice as much money? Would twice as much income enable you to not only donate more, but be empowered to do more? Would three times as much income allow you the freedom of time to get involved and do more with your time and abilities than even monetary donations can? If so, then how are the animals or suffering people being best served by you if you consider “lots of money” to be selfish or materialistic or a sin? Aren't you being selfish by keeping yourself small and impoverished while millions could benefit from your talents? How could you?

Without money we cannot live life at the fullest expression of our creativity, productivity and joy. Without money we cannot live at the fullest expression of our compassion, our generosity, our life's purpose. Yes, there are exceptions, like the incredible life and accomplishments of Mother Teresa, all within a chosen life of poverty. But unless you are planning to be the next Mother Teresa, the need for money applies to you!

Money is just a form of energy; it's our exchange medium in this world and is passed around continually. It does buy certain things – security and freedom, for example. More important, however, is your reaction or resistance to having a large income or MONEY goal.

Money allows us to live at the fullest expression of our creativity, productivity and generosity.

How much is enough?

In his fantastic book “You Were Born Rich,” Bob Proctor emphasizes the importance of deciding VERY SPECIFICALLY how much income you want. I wholeheartedly agree!

But here's the problem: sometimes we either pick a big number out of the air or we pick a number that lets us break even using the “I don't need much, just enough to get by” approach. STOP and think about what you are saying to “the universe” when you say those words: “I don't need much, just enough to get by.”

Almost worse is the unspoken part of that sentiment that says asking for more than that would be SELFISH. “See universe, see everyone, I'm not selfish, oh no, not me...I am proving it by not asking for much!”

So let's go with what Bob recommends – going through a more disciplined process of developing our income goals. This helps us clarify what we want the money for and ensures that we are reaching for a goal that goes beyond debt repayment or breaking even. What we want is a solvency income goal, where we are saving and investing AND enjoying life.

We want to create the income goal that includes the amount of money we need for the things we want in life, *to live the way we choose.*

A Solvency Income Goal is set to allow saving, investing, AND enjoying life.

You might start your list based on a monthly number and include your current fixed payments, like mortgage and **desired** payments on things like college funds, retirement, or debt repayment ... AND YES, savings account contribution.

This list includes meeting your responsibilities for yourself and your family's financial wellbeing and future.

Next, add the monthly amount of money you would LOVE to have to do the things in life that make it enjoyable. (Note where you have resistance to "asking for too much.")

This is shown as an example on page 19 with a worksheet on page 20 you can fill in with your own numbers.

This process will allow you to arrive at your monthly net income and annual gross income number.

Now look long and hard at your number, and review your calculations again, reminding yourself how you came up with this number. Write that number big and bold across the page!

Now, notice your resistance to the number, how uncomfortable you are looking at it. Notice the emotions it brings up, the feelings in your body (like the "pit" in your stomach). Think about announcing to all your friends and family that this number is your goal and notice how that makes you feel.

This resistance contains your fears, limiting beliefs, and counter-intentions. It is you saying "NO, absolutely NOT!" to this income.

**Your resistance contains your fears,
limiting beliefs, and counter-intentions.**

Now double the goal! Are you screaming, "This is impossible!" yet? Now look at the doubled goal and notice how the feelings intensify. "This is ridiculous!" you might be thinking. Or maybe, "it would take a miracle!" YES! YES! YES! Exactly! An outrageous goal!

What I mean is, in order to get to that doubled goal; a miraculous amount of brilliance would have to come from within you, right? Amazing inspired ideas, creativity, new levels of action and leadership and confidence and execution! WOW! Yes, in order to get to THAT goal, you would have to grow and expand yourself to a much higher level.

And let's not forget about the Law of Attraction! It would have to line up miraculous things – people, resources, information, ideas, circumstances, opportunities- all orchestrated in perfect timing to arrive at that goal. Just imagine the unfolding of that! It would truly be a fast moving river.

Isn't that what we want? Isn't that the goal we want both our own brilliance AND the Law of Attraction responding to? And you know that when you get there, it will be awesome! But there is something else important to recognize here. The journey to that goal is the journey worth taking, it's the journey to YOU.

This is what your *life*, your *passion*, and your *purpose* are calling you to do...grow, expand, and become more of you than you have ever been!

Now, aren't you glad I made you double your goal? Outrageous success starts with an outrageous goal!

**Outrageous success starts with an
outrageous goal!**

But there is yet another benefit to having this outrageous goal. As soon as you allow yourself to look at that "outrageous" goal and allow yourself to wonder "what if?"; allow yourself to feel excitement and curiosity; allow yourself to picture what it would be like, feel like, look like - even for a minute, an instant, a split second. In that instant you have transported yourself into the mind of an entrepreneur.

For it is the JOB of the entrepreneur to dream, to vision, to imagine, to wonder! It is the job of the entrepreneur to suspend disbelief and ask the questions: "What would it be like? Look like? Sound like?" "How *could* I get there?" This is the entrepreneur in all of us! This is the part that urges us to start our own businesses in the first place!

The entrepreneur in you needs to be nourished and encouraged or you will revert back to, "I don't know how to get there," and stop thinking big. This is the voice of your brilliant, but task-oriented, analytical mind. Your brilliant analytical mind does not sit well with a stretch goal because it wants to know all the steps to get there, and it likely does NOT know how to get to this outrageous, doubled goal. Of course it doesn't, it only knows the past! If you keep doing only what you know, you get only what you have gotten so far...present results!

So the very fact that you DO NOT know how to get there with a goal this big is why you need the goal! For the very fact that you can't get there by just personally working more insures that you won't try to get there that way! This insures you will *have* to grow, stretch and change out of your current comfort zone. This is a good thing! It is in the relaxing of the analytical mind that creativity and inspiration flow unhindered!

KNOW that using TAPPING, we will clear ALL this resistance, impossible as that may seem. As this happens you will naturally increase your BELIEF that it is possible and your FAITH that whatever is necessary to reach that goal WILL occur.

As Bob Proctor says, you need to have faith in your "God-given ability to achieve what [you] image."

Solvency Goal Example

Use for Exercise 1

Monthly payments:

Mortgage

Car payment

Insurance (life, car, medical, dental, disability, homeowners, renters, etc.)

Utilities (heat, electric, phone –land and cell, television, sewer, water, etc.)

Food

Other (sundries, gasoline, clothes, shoes, other - your monthly credit card spending will show this)

Retirement contribution – desired

College fund contribution – desired

Other debt repayment – desired amount

Saving contribution/investment

Monthly life enjoyment:

Vacation fund

Entertainment – dinner, shows, music, arts

Other new things in your life – a new car, vacation home mortgage

Extra money for random purchases – clothing, TV, furniture, etc.

Donations to causes that are important to you

TOTAL: example \$10,000/month after taxes.

Now estimate the gross income level required to give you that number after taxes.

TOTAL GROSS INCOME: example \$15,000/month.

\$180,000 /year

*Download Bob Proctor's book for free off his Web site: <http://bobproctor.com/default.htm>

Now fill out the worksheet for yourself on the next page.

Solvency Goal Worksheet

Monthly Payments	
Mortgage	
Car Payments	
Insurance	
Utilities	
Food	
Extras	
Retirement contribution	
College Fund	
Other debt (desired payment)	
Savings and other investment	
Tithes and other charitable donation	
Monthly Enjoyment Expense	
Vacation fund	
Entertainment	
Other new things	
Extra money for random purchase	
Donations to worthy causes	
Total Net (after taxes) Income	
Total Gross Income (net times 1.5)	
Multiply the Total Gross income by 12	

Total Gross	
\$	
DOUBLE	
\$	

More About the Entrepreneurial Perspective

If you are self-employed or own a small business, this is the personal income goal that your business has to pour into your life for you to love it and have financial freedom. THIS number is what you use to set your business goals, not the other way around. Many people let their beliefs about their business - what it has achieved so far and how much they think it can achieve - set personal income. There is a huge problem with this thinking and it will limit both you and your business!

Your personal income and time/freedom goals for 3, 5 and 10 years from now create the revenue goals for your business 3,5 and10 years from now. When you have this goal, all your actions, ideas, inspirations, strategies, and tactics will line up with that goal. As already discussed, so will your brilliance and the Law of Attraction!

But many business owners never take this critical goal-setting step because of their limiting beliefs and resistance. When you don't have this goal, personally and for your business, all your actions, ideas, inspirations, strategies, tactics will default to the model of the past, *which is the model of working*.

And that means when 3, 5, 10 years gets here...it will be just like today! The same money, the same hours at work, and the same freedom. I have coached so many business owners who have lived this story and they are physically, emotionally and even spiritually exhausted. What they thought would be their life's dream and give them freedom, turned into 24-hour enslavement. So unless that is what you want, I urge you to get these goals down!

Think big, write them down and know that TAPPING will allow you to move through each goal. Remember you now have a secret weapon at your fingertips!

I recommend you start at 10 years and let the entrepreneur in you envision, dream, and wonder... "What will my business be doing to earn that much in 10 years? What will it look like; act like; be like? How many people will work for me? Why will my customers love to buy from me?" For this is truly the job of the entrepreneur and this part of you MUST be nourished!

Then let the 10-year goal create the 5-year goal and ask all the same questions: "What will my business have to be like in 5 years to get that big in 10 years?" Then let the 5-year goals set the 3-year goal. Suddenly everything you do *tomorrow* will be lining up to the 3-, 5- and 10-year goals! Now you have something exciting for your brilliance to work on!

Remember to proactively and consciously nourish the entrepreneur in you. Spend time each week purposely sitting in the entrepreneurial mindset picturing, dreaming, imagining, wondering. If you take an hour or even 10 minutes, I can guarantee that's more than is done by 90% of businesses that are on the verge of failing. Please don't join them!

If you are really committed to success as a business owner, two of the best investments you can make are: 1. Read the *E-Myth* by Michael Gerber and 2. Hire a business coach! The FIRST thing your business coach will have you do is set your 5- and 10-year strategic goals! Now complete exercises 1, 2, and 3 on the worksheet and see where you are!

Income Goal Exercises

These exercises are designed to get you thinking about the goal and capturing your resistance to it. So to get started, choose an income goal that is a true solvency goal. Remember to make it a stretch goal – meaning you can't just get there by incrementally working more. It should be somewhat believable, but at the same time, really push your buttons.

Exercise 1: Set your big income goal.

Example : I want my income to be \$_____ in 1-2 years.

YOUR GOAL: _____

Notice if and how much just stating this goal out loud gives you an uncomfortable feeling. This is your immediate resistance.

Does it have a number? On a scale of 0 to 10, how high is that resistance? _____

Exercise 2: State your DISBELIEF

Now give three reasons why this is pretty crazy and unrealistic...why it can't happen. It's okay. BE NEGATIVE. Let's hear it! This is your reasoning behind why you are having trouble believing your goal is possible.

Examples:

1. The economy is tanking, and things are slowing down.
2. I get paid a fixed salary from my company.
3. I am already working 60 hrs/week; I can't work any harder.
4. There's a lot of competition for clients.
5. I would have to charge too much and that would drive away clients.

YOUR REASONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

There is no right number. If you have more, write them down. If you don't have that many, open your mind. You might be surprised to find out what you hear your subconscious whispering when you pay attention.

Exercise 3: List your obstacles

Now think about the two BIGGEST things that are obstacles in the way of you achieving this goal. One of these obstacles should be a concrete, real-world obstacle or person. The other should be something inside of you, like a behavior or an attribute. Choose something that gets an immediate reaction from you ... something that can really trigger your anger, annoyance, or frustration.

Outside of you

This should be something, someone, or some task that you just can't stand that trips you up and undermines you; something that just gets in your way and sets you off! Just thinking about it/him/her annoys you!

Examples:

_____ is an idiot and undermines my efforts!

Paperwork wastes all my time.

I have to wait for _____ to happen first.

YOUR OBSTACLE

Outside of you: _____

Inside of you

This should be something about you that drives you crazy, that frustrates you, that you just don't or won't do, or just don't do well! Maybe you're even embarrassed about it.

Examples:

I am just no good at _____.

If I could just be better at _____.

YOUR OBSTACLE

Inside of you: _____

****NOTE:** If your biggest immediate obstacle is debt, deal with this in Part 2 and choose the next biggest thing.**

Take the Next Step!

Now that you have a number and are good and uncomfortable, let's multiply the experience! Write that number down on multiple sticky notes, multiple ways. Write down the annual gross, the monthly gross, the approximate monthly net and difference from your current monthly net.

Personally, I find the monthly net most real and compelling to look at, especially the increase from the current monthly net. Really think about the differences in life, stress levels and activities that an extra net income would give you. What will it look like in your bank account? How quickly could you pay off debt? How will it feel to see it coming in? What will the pile of money look like after six months at that income? What could you spend it on?

Now place the sticky notes all over your house, on mirrors and doors. This one step will garner an incredibly important and powerful resource in a way that is completely effortless for you...your subconscious mind.

At first you will notice those sticky notes and they will keep pushing your buttons, which is good in and of itself. You will notice all sorts of objections appearing in your thoughts that will sound logical but will be based on emotion. These objections are important as they shine a light on your resistance.

After a while you will notice them less; they will blend into the periphery. The fact that you stop noticing them means your mind has accepted them as part of your current reality. Both stages are engaging the subconscious mind continually as a puzzle that must be solved. You will have the most brilliant, creative and action-generating part of your mind working 24 hours a day on your behalf trying to create that reality. The definition of insanity would be to miss out on this free, effortless, and powerful help!

**Your subconscious mind is the most
brilliant, creative, and action-generating
part of your mind...USE IT!**

Notice your resistance to taking this step! Notice your resistance or anticipatory embarrassment as you tape up the sticky notes with your income goals written clearly on them. Notice your increase in embarrassment when family members or guests notice them and ask, "What's this?" Notice their reaction. Are they shocked, embarrassed for you, annoyed, scoffing, or condemning? This is a very interesting experiment. As a bonus, it will provide you with huge amounts of information about both your resistance to making more money and the reasons for it.

NOTES:

Now Get to Work!

Now that you have a big goal and have used it to push a lot of buttons, the first step is to deal with those immediate buttons. The buttons are incredibly important and contain vital information for this work. Let's keep in mind this is an income goal that is far beyond what you are currently earning, so it should elicit some resistance. If not, your income goal is just not big enough. Again, try doubling it. See how that feels!

Immediate obstacles that seem to be external to us (like a person who sabotages us or debt) keep us focused, powerfully and with emotion, on present reality. This is not good, right?

Present reality is not what we want! Present reality is the result of how you have been thinking and doing so far...which is based on the past! Present results can change, when you change. Remember you are creating your future with your present moments, so unless you want it to look like the past, stop going there!

All of your resistance to your goal is based on your present reality, which is based on the past!

The reality is, sometimes that's easy to say but hard to do. So to get started we have to get beyond the in-your-face reality of immediate frustrations to begin to do this work. Even though nothing is going to change instantaneously, when we reduce the emotional intensity and importance of present results, we are freed up to deal with them calmly and focus on our goals with more energy and belief.

It is critical to address the "immediate resistance" early and often, or you will get stuck. And worse, you will find yourself backing your goal down to smaller and smaller numbers. We address it first in this series, but you must address it again and again throughout your progress, especially as your goals increase.

NOTES:

Here is the summary of what you must address about your goal:

- Immediate disbelief that any of this is remotely possible – this could be that your analytical mind can't see the "how" yet or you just feeling overwhelmed thinking about it.
- Immediate identification of someone or something that is totally blocking you – something that really brings up emotion for you, particularly anger or frustration or resentment.
- Immediate feeling/thought of some shortcoming within you that is sabotaging or blocking you – something that really brings up emotion for you.
- Current financial debt situation - this can overwhelm your progress with strong negative emotions. THIS IS DEALT WITH IN PART 2.
- Current time or energy debt situation, which makes it difficult to imagine "doing" more to earn more. It seems too exhausting to even think about!

It's critical to address head-on the immediate disbelief and emotional resistance to our goal or we will get stuck there.

NOTES:

My Sticky-Note Story

Let me give you my personal sticky-note story. I resisted taking this step for a long time and when I finally took it, I had to practically wrestle with my hand to write the numbers down. I had to resist the impulse to lower the numbers. I immediately felt embarrassed even though I was alone. I worried about what my family, who was in and out of my house often, would think, so I only put up one note on my mirror. I even felt uncomfortable when my daughter, who was 10, asked me what the note and number were about.

Now, she had no frame of reference with which judge an income number so, therefore, she had zero judgments or negative associations about the number. I felt silly as I realized my embarrassment was completely a product of my own perception. She just accepted it and my explanation as “Mommy’s goal for earning money” and went off to play.

Unbeknownst to me, she actually went off and decided to help mommy “see” the goal more often. She made up sticky notes and placed them all over the house, carefully choosing spots based on everything I did. She called it a surprise...and boy, was it! Now I was stuck! I knew there was no way these would be missed by anyone stepping into my house, but I couldn’t take them down and crush her surprise! And worse, how would I explain to her untainted mind why I was taking them down?

Nope, I had to live with my secret income numbers plastered all over the house for all the world to see, question, and judge. I had to live with the feelings of resistance that came up every time I looked at them. Uncomfortable feelings like embarrassment, disbelief, discouragement, overwhelm, even failure and I hadn’t failed at anything! I felt the discouraging weight of impossibility.

I also felt judgments, my own and anticipatory judgment of others: selfishness, money-grubbing, conceit, arrogance. I felt identity issues and class issues: who “we are” in my family, the hard ceiling of the middle class, “we” aren’t rich people, the “us and them” mentality about the rich.

The thoughts were my own voice or other voices saying things like: Who did I think I was? I must think I am better than everyone else. This will be a slap in the face to others. I will insult others earning less. I will be so much more embarrassed when and if I fail and everyone knew my number.

Dang, this doesn’t feel like how it’s supposed to work! This was not fun; it really stunk for a while! But that is exactly how it starts working. Those little Post-it notes in my daughter’s hand pushed many buttons, buttons I never knew I had! Thankfully as an EFT® practitioner, I recognized each button was a tap-able issue.

Over time and using tapping, I got used to them and used to explaining them. I started to explain it that I was practicing what I preached and that those numbers were intended mainly for my subconscious mind. The embarrassment gone, I started to feel inspired and empowered every time I saw them and when I explained them. This felt different!

In the following weeks and months, I found myself having ideas and taking action at an incredible rate. I completely changed focus and direction in my thoughts and priorities. I found myself drawn to books, teachers, and events that made crystal-clear, complete sense to further my goals. I took action on that sense of surety and spent my money in the right places to propel me forward.

I found myself having ideas that I recognized as excellent and was absolutely compelled to act on. I often found myself working harder than I ever had, pushing my limits, challenging myself, but not like a slave. I was excited to accomplish and see the results. I was having bursts of creativity, energy, excitement. I was writing multiple things at once at an intense pace.

I found myself easily finding the time to do other things right as well. I was using tapping more than ever as each challenge or feeling of resistance or overwhelm arose. I was visualizing more, spending more time in meditative gratitude, thinking about my bigger intentions more.

Now add on the universe...the universe just started lining up for me. Maybe I just started to notice more, but I was seeing opportunities everywhere. Inexplicable chains of events occurred, aligning my goals with opportunities and validation. Typically the opportunities created a deadline of sorts and set in motion all the actions and results required to take advantage of the opportunity. I got incredible amounts done quickly and efficiently because the opportunities crystallized steps.

I was on fire! I was so fired up, I had to learn how to be in high-octane mode without carrying all that excited tension and adrenaline in my body! (Tapping again) People and resources appeared and graciously and generously poured out support for me, my goals, and everything I was doing. It was miraculous! Talk about inspiring gratitude!

I came up with most of this program and the Tapping Power Re-Frames as I went to support my own process. My life completely changed in a year and never could anyone have imagined how much. And yes, I believe it all got started with those Post-it notes and a little help from my precious daughter.

Take this step! If you don't, you're an idiot! Sorry to be so harsh, but I speak out of love! It's my job to push your buttons and push you off the fence into your future! Enough gazing longingly...it's time to get off the fence and face the beliefs that have kept you stuck. I guarantee you will be amazed at how irrational and senseless they are when we pull them out and look at them through the lens of tapping. Then you are truly free to choose your own truths and your own path.

NOTES:

Outrageous Goals vs. Big Obstacles

Tapping Portion

The approach of tapping is always to use tapping first as a fast and painless tool to tap down the negatives beliefs and emotional (and connected physical) intensity associated with the immediate issue. Once there is some measurable relief, we then use tapping again as a “Power Re-Frame.”

Power Re-Frames are designed and written mainly for the subconscious mind, which is 85% of your mind. This is because the subconscious mind holds your hidden counter-intentions, the illogical resistance and fear about your success (though they are very logical and imperative to the subconscious mind).

The goal of the Power Re-Frame is to create curiosity, openness and excitement in a way that the subconscious mind finds hard to reject and resist. It is also to make powerful statements about choices very clearly to the subconscious mind (and universe) and to make powerful requests from the subconscious mind (and the universe).

Instructions for BEST results!

To get the MOST out of the following TAPPING session and audio:

1. Start by reviewing each issue by saying the first phrase OUT LOUD and with emphasis.
2. Then measure on a scale of 0-10 how true that statement feels, or the level of emotional intensity you feel connected to that sentence. A “10” would represent that it feels completely true or the emotion is the highest it could be, or to the point of tears. A zero or “1” would indicate it feels not very true, or you feel calm, with no emotional connection to that statement.
3. Use the “Basic Tapping” on each issue and pause the audio. Recheck your 0-10 *SUDS level and repeat that part of the tapping until your level is down to a 2 or a 1 before moving on to the Power Re-Frame.

I will use the following tapping points, but feel free to tap any points in any sequence that you like. Tapping is forgiving and works with many points and many sequences.

Karate chop point (KP): tapped continuously during the setup and Power Re-Frames

Eyebrow point (EB)

Side of eye(SE)

Under eye (UE)

Under nose(UN)

Chin point(CH)

Collarbone point (CB)

Under arm (UA)

Top of head (TH)

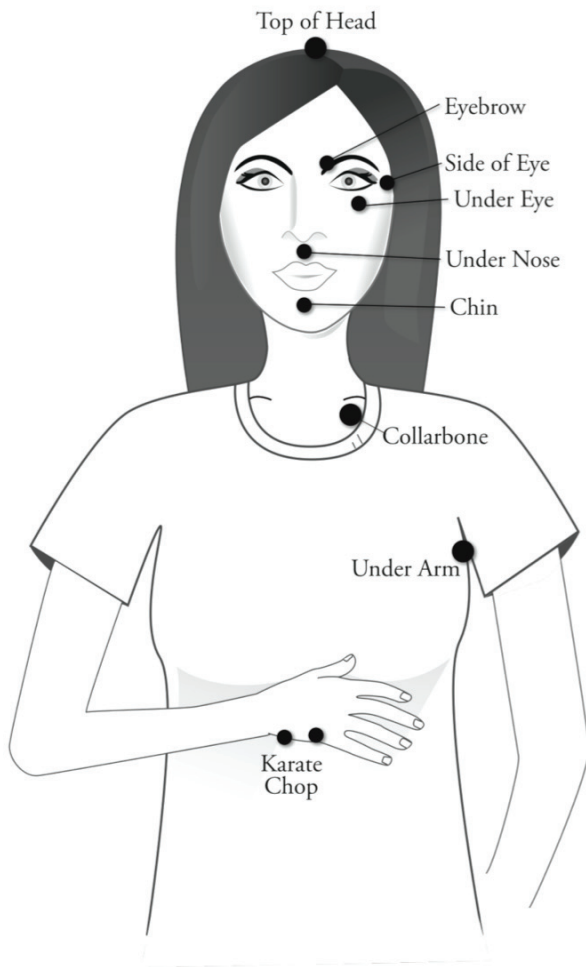
*The 0-10 scale is often referred to as the “SUDS,” or Subjective Units of Distress Scale. This allows a measurement of the efficacy of TAPPING on you and your issues.

Tapping Points

Basic Instructions:

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror image of points on both sides of the face and body, all can be used interchangeable or you can tap with two hands on both sets of points at once.

This is a forgiving process, DON'T WORRY...you can't do it wrong!



Optional Fingertip Points
Great for discreet tapping!



THE *Secret* OF INTENTIONAL WEALTH

Outrageous Goals Tapping Rounds

Round 1

One of the first things that comes up when we set a big income goal is a feeling of disbelief that this is even remotely possible. Remember at the beginning of this workbook where I had you rate your discomfort? To get started, I want you to say out loud, "I can't achieve this goal." While you're saying that, you should be tuning in to that number that you've put down on a piece of paper -that income goal. As you say, "I can't achieve this goal," I want you to measure on a scale of 1 to 10 how true that feels. Not how true you want it to be, but how true it feels. And we'll start here with this belief in whether or not our goal is even remotely possible. This is usually one of the first pieces of resistance that shows up when we have an outrageous goal.

I can't achieve this goal

SUDS Levels 0-10:

Initial Level: _____ Round 1: _____ Round 2: _____ Round 3: _____

Fill in the blanks with your own personal goal.

KP: Even though part of me does not fully believe my goal is even remotely possible,
I accept who I am and how I feel about it.

Even though part of me does not fully believe that my income goal of \$_____ per year is
possible,
I accept all of me.

Even though part of me does not believe that my goal is possible,
I accept how I feel about it and who I am.

EB: It's impossible.

SE: No way!

UE: No how!

UN: It's crazy! It's too big!

CH: This goal is too big!

CB: I can never earn that much.

TH: Who would ever pay me that much?

EB: It's impossible.

SE: I know it's impossible.

UE: I believe that this is impossible.

UN: It's way too big.

CH: It's too big for the Law of Attraction.

CB: No one has ever made this much money.

TH: Well, some people have.

EB: But not me!
SE: Not in a million years.
UE: It's impossible.
UN: And I can predict the future with accuracy.
CH: And I know what's going to happen.
CB: And I'm telling you there's no way this is possible.
TH: There's no way this will ever come to pass.

Take a deep breath.

Now you want to re-rate that belief. Make sure that you go back and record the number above and redo those steps until your belief or your disbelief comes down; so it feels a little bit lighter, it feels a little bit more believable. Make sure you don't move on until you get to a 2 or 3. Use the space below to start identifying thoughts or memories that come up so you can work on those individually.

WHAT CAME UP:

Power Re-Frame Round 1

KCP: Even though part of me does not fully believe my goal of \$_____ per year,
I choose to be open to the limitless possibilities of the universe –
far beyond what I can currently see.
I somehow have faith that everything needed
to accomplish this goal
will surprise me
by occurring in the right way at the right time.
I recognize that the universe is bigger than what I can currently see –
that possibilities are bigger than what I can currently imagine.

EB: I still don't believe it's completely possible.

SE: I mean, it still seems crazy...

UE: but I'm choosing to be open

UN: to the limitless possibilities of the universe

CH: far beyond what I can currently see.

CB: I am somehow having faith

UA: that everything I need to accomplish this goal

TH: will surprise me by occurring in the right way at the right time.

EB: Isn't it wonderful when resources appear?

SE: Impossible things happen every day.

UE: What if I could just open myself up to the possibility

UN: and focus on it with a positive intent,

CH: allowing it to come into my reality

CB: as crazy as that sounds?

UA: Maybe I choose to be crazy!

TH: Yes, I choose to be crazy!

Take a nice deep breath.

INSPIRATION:

Outrageous Goals Tapping Rounds (continued)

Round 2

The next subject that we're going to use Tapping on is the idea that when we look at that income number, it's way more than we've ever made before. This is an aspect of the disbelief, or resistance, that's a little bit different. So I want you to look at that number and notice how you feel about this sentence:

It's way more than I've ever made before.

SUDS Levels 0-10:

Initial level: _____ Round 1: _____ Round 2: _____ Round 3: _____

KP: Even though this is huge,
way more than I have ever made,
I just can't imagine it.
I accept who I am and how I feel about it.

Even though this is huge,
way more than I have ever earned before,
I can't even imagine what that would be like.
I accept all of my feelings about it and all of me.

Even though this is just way more than I can imagine,
I choose to just accept who I am and how I feel about it.

EB: It's too much.
SE: It can't happen.
UE: What could I possibly do to earn that?
UN: I don't know what that would be like?
CH: Maybe it would be really hard.
CB: It's just too big.
TH: It's a number that's almost unachievable.

EB: I can't imagine it.
SE: What could I do that could have that much value?
UE: Why do I even need that much money?
UN: It's just too much.
CH: It seems like it might be really hard.
CB: It will probably require a *ton* of work.
TH: It's just too much and it would be just too hard.

Take a nice, deep breath.

Make sure that you re-measure and re-record your SUDS level. Don't move on until you are at a 2 or 3. Again, use the space below to write down what came up into your thoughts and your feelings when we did

Power Re-Frame Round 2

- KP: Even though I'm not sure about this,
I don't know what it would be like,
or how hard it will be to get there.
I choose to have faith that I am following my intention.
And my intention is to step each day into my life's purpose
with passion and with joy.
My intention is to become more ME than I have ever been,
surrounded by the people and the things that bring me joy.
Maybe that's what it will be like.
As I let go of any beliefs or programming
that say I need to struggle,
I align with my passion and my joy.
- EB: I'm still not sure about this.
SE: I think it might be really hard to get there.
UE: I choose to have faith that I am following my intention,
UN: and my intention is to step each day into my life's purpose...
CH: into my life's purpose with passion and joy.
CB: My intention is to become more of me than I have ever been.
UA: My intention is to be surrounded by the people and things that bring me joy.
TH: As I let go of any beliefs or programming

EB: that say I need to struggle
SE: or the belief that it's necessary to struggle.
UE: I align with my passion.
UN: I align with my joy.
CH: I choose to align with my intention.
CB: I choose to allow my subconscious mind
to make the connection between what my goal is
and me surrounded by people and things that bring me joy.
UA: I love allowing into my life more people and more things that bring me joy.
TH: I am choosing to have faith that I am following my positive intention.

Take a deep breath.

INSPIRATION:

Outrageous Goals Tapping Rounds (continued)

Round 3

In this round, we're going to look at the idea that we have obstacles in our way. Since you've done the book up to this point, you should be able to go back to the exercises on goal writing on page 22 where I asked you to think about the immediate obstacle that comes up in your mind – situations that would really seem to be blocking how you reach your goal. I want you to think about those obstacles, really focus on them. On a scale of 0-10, how big do they really seem in your mind? How big do they look if you were to think of them as a metaphor? Secondly, what is the emotional response that you get when you think about these obstacles? Rate it now so that we can see the progress as we work through these rounds.

I have all these obstacles in the way of my goal!

I want you to note down on a scale of 1 to 10, how true that feels, and again, any other emotions connected to it. Let's remember that obstacles that we see are one of two things, they're either limiting beliefs or they are opportunities. When we can see obstacles as opportunities, everything looks different. One of the things that we want to do with obstacles is think about the fact that we can grow ourselves bigger than the obstacle – the obstacle doesn't seem as big.

I have all these obstacles in the way of my goal!

SUDS Levels 0-10:

Initial level: _____ Round 1: _____ Round 2: _____ Round 3: _____

KP: Even though I have all these obstacles
in the way of achieving my income goal,
and I can't solve them.
I accept who I am and how I feel about it.

Even though I have all these obstacles in my way,
and I can't solve them.
I feel stuck about them.
I accept all of my feelings about this and all of me.

Even though I have all these obstacles in my way and it is beyond me to solve them,
I accept how I feel about this and choose to just accept all of me.

EB: These obstacles.
SE: They feel insurmountable
UE: because they are insurmountable.
UN: Boy, are they blocking me.
CH: Boy, is it frustrating.
CB: Boy, do they make me feel stuck.
UA: They're blocking my progress.
TH: If they would only just disappear out of my way.

EB: It's all because of these obstacles.
SE: As a matter of fact, I would be so much further ahead if it weren't for them.
UE: These obstacles, they're huge!
UN: They're so frustrating.
CH: It feels helpless when I think about these obstacles.
CB: They're really making me feel stuck.
UA: It's a no-win situation
TH: because of these obstacles.

Take a nice deep breath.

Go back to the beginning of the process and re-check your SUDS level. Repeat that process until you feel like the importance or the size of these obstacles that you're picturing start to come down and feel less important. When I mentioned before about making it a metaphor or visualizing it, when you recheck that visualization, the obstacles that you're tuning into should get smaller or lighter or clearer and just feel like less of an issue. You want to bring it down low enough before we move on to the positive round, but if it doesn't seem to be moving, you might really want to focus in on one particular part of the obstacle, or note what emotion is really getting stuck in there; if there's anger stuck in there, or there's unfairness- Really take the time to address this and be gentle with yourself.

Take the opportunity here to note what's coming up and the feelings they trigger so you have a foundation for even more clearing that you can do.

WHAT CAME UP:

Power Re-Frame Round 3

KP: Even though I have all of these obstacles in my way,
and I can't solve them,
I release my need to push against them
I release my need to hold on to them.
I choose to dissolve these conflicts for my highest good.
And now look for unexpected avenues suddenly opening up;
channels suddenly opening up to even better results.
As a matter of fact,
I am watching in amazement as these conflicts,
somehow, easily and calmly just fade away.
Boy does that feel better.

EB: I've got these obstacles.
SE: I guess everyone has them.
UE: I still can't really solve them in this moment.
UN: I release my need to push against them
CH: and my need to hold on to them.
CB: I'm choosing to dissolve these conflicts
UA: for my own highest good.
TH: for the highest good of everyone involved.

EB: I now look for unexpected avenues suddenly opening up.
SE: I look for doors suddenly opening to even better results.
UE: As a matter of fact,
UN: I am watching in amazement
CH: as these conflicts, somehow, easily, quietly fade away.
CB: They just seem less important.
UA: I'm not going to let these old things stop me.
I am on my way.
TH: these old conflicts just getting quieter and dimmer
just fading away.
Quieter and quieter.

And take a nice deep breath.

Note of how you feel compared to when you started this process. When we use these Power Reframes, we often feel much lighter and more excited. It's always neat to see your progress.

INSPIRATION:

Outrageous Goals Tapping Rounds (continued)

Round 4

This next round is going to be around a person in your life who is negative. Because we all have them, don't we? Think back to the goal writing exercises on page 22. Sometimes when we put down a large goal, whether it's an income goal or *any* kind of positive goal, someone will pop up in your mind. We will identify at least one person in our life whose negativity really seems to push our buttons and validate why we can't get there. It feels like they are stopping us in our tracks. Really think about it. Who is it in your life who is doing that to you?

I want you to really picture this negative person, start by really feeling the rating on a scale of 0-10 of how much emotion you can elicit when you picture them - whether it's anger, powerlessness, or frustration – note the emotions and the numbers associated with them, because this is really, really important work.

You want to complete this work for any and all negative people in your life, but it's really important that you focus on them one at a time and complete the entire process for each one before moving on to the next person.

When somebody in your life elicits anger, it's especially important to do a lot of tapping on this. Because it's absolutely blocking your law of attraction work. It's not that we want to act like it never happened or just "get over it" but when we really voice and tap on our anger on someone else, we move back into empowerment, and the person cannot effect us the same way in the future regardless of what they do.

This is absolutely where you are in more control of where your positive vibration is.

As you move through the tapping points, when I say "he" or "she" it's even better if you substitute the person's name.

I have this negative person in my life. They really push my buttons!

SUDS Levels 0-10:

Initial level: _____ Round 1: _____ Round 2: _____ Round 3: _____

KP: Even though I have this negative person in my life,
and "_____" really pushes my buttons,
I accept who I am and how I feel about it.

Even though I have this really negative person in my life,
sometimes right up in my face,
and it really pushes my buttons,
I accept all of my feelings about it and who I am.

Even though I have this negative person in my life,
and I really do NOT accept them,
I accept myself, deeply and completely.

EB: _____ is really blocking me.
SE: _____ is really weighing me down.
UE: _____ is right in my face.
UN: Boy, I can't stand to be around _____.
CH: How can I succeed with them around?
CB: Boy does _____ frustrate me!
UA: They're frustrating people because they're so negative.
TH: _____ is so negative.

EB: _____ really, really drains me.
SE: How can I succeed with _____ in my way?
UE: _____ is really weighing me down.
UN: There's nothing I can do about _____ negativity.
CH: There's nothing I can do because I can't fix _____.
CB: And it's right in my face every day,
detracting from my positive work.
UA: _____ really brings me down.
TH: And it's so important to know this and think about it because it's right in my way.

EB: So frustrating!
SE: _____ is so annoying!
UE: _____ is driving me crazy!
UN: _____ is such a _____!!!! (fill in the blank – there is no wrong word. Be brutal!)
CH: _____ really, really takes away my positive energy
and fills me with frustration.
CB: And I'm trying to be positive!
UA: And I just can't because of _____.

And take a nice deep breath.

IMPORTANT: You might find that doing this round actually brings your level of frustration or anger even higher! It is really important to do this work because the frustration that we're pushing out at this negative person is really effecting our vibration. When we work with anger or frustration, we want to really, really voice it. It's often very justified, and we want to voice it. We want to also get to a point where when the anger comes down, we move back to empowerment.

So go back up to the top of this last round, think about the person again. Picture them again and see how high your feelings and your beliefs and your emotions are responding when you picture that person. What you want to look for is as you continue to tap about them that they become just less important in your life, and your emotions are coming down. So keep tapping on that person. Sometimes it helps to really picture them right there in the room with you. Tap on everything about them; particularly anything that you can be specific about that really bugs you, until you can get this emotion down to a 2 or a 3 and then move on to the positive round.

Power Re-Frame Round 4

KP: Even though I have this person in my life,
the truth is,
there is important information for me in the buttons that they push.
I now see this person as quieter,
separate from me and less important.
I recognize that _____ has been shining a light
on my internal conflicts with success.
I choose to release the energy of this conflict with _____
as I release my resistance to my own success.
Boy, it feels good to just let that go!
I do this for the highest good of both of us.

EB: _____ is still in my life,
SE: still right in front of me!
UE: But the truth is that there's important information
in the buttons _____ pushes.
UN: I now clearly see _____ as quieter, separate from me and less important.
CH: I recognize that _____ has been shining a light
CB: on my internal conflicts with success;
UA: shining a light on the negative parts of me that I don't like.
TH: Maybe _____ reminds me of everything I don't want to see.

EB: Thank you for that information!
SE: I'm honoring it and letting it go.
UE: I choose to release the conflict with _____.
UN: I choose to release the energy of this conflict with _____.
CH: as I release my resistance to success;
CB: as I release my need to push against negative people.
UA: It feels so good to just let that go.
TH: The truth is that I get to reclaim the energy I used to expend.

EB: I get all that energy back for myself.
SE: I've been throwing my energy at _____,
UE: and it hasn't been helping either of us.
UN: I do this for my highest good.
CH: I do this for the highest good of everyone involved.
CB: My intention is healing from this conflict.
UA: I love knowing that nothing else has changed, but I feel better about this.
TH: I love reclaiming all of my energy!

Take a deep breath.

See how your energy feels. Usually when we do these rounds, our energy will come up. And something very interesting happens when we tap on our anger and frustration with someone, everything in that relationship changes even though they're not here and they're not tapping with you.

Outrageous Goals Tapping Rounds (continued)

Round 5

Now we are going to deal with the feeling of being overwhelmed when we think about a big income goal, an outrageous goal, often what will come up is a feeling of being overwhelmed.

This is a round that you can and should be done over and over. Successful people always push themselves and often end up out of their comfort zones and overwhelmed. I know that I have to do this all the time. It's really important to do this over and over any time that you start to feel overwhelmed and stressed out, even if it seems like you should be overwhelmed and stressed out, you want to tap on the overwhelm. Anything that you do and accomplish while your feeling stressed out and overwhelmed is going to be less efficient and less brilliant and take longer. It's a great idea to tap anytime you feel overwhelmed and stressed.

When we allow that feeling of overwhelm start to block out our creativity and our ability to be positive, it locks down our inner-brilliance. Releasing the overwhelm is the key to opening up your inner-brilliance and allowing yourself to move forward in the most effortless way that is for the highest good of you and others!

This is very important to do over and over – *ANY* time you start to feel overwhelmed. You can change the wording to reflect what is overwhelming you. There is no correct wording. It's really just about getting to that emotion. Again, be gentle with yourself.

It's just so overwhelming! What if I can't do it?

SUDS Level:

Initial level: _____ Round 1: _____ Round 2: _____ Round 3: _____

KP: Even though I am so overwhelmed just thinking about it,
what if I can't do it?
Why did I even write this number down?
It's stressing me out!
I accept who I am and how I feel about it.

Even though I feel so overwhelmed just thinking about it,
what if I can't do it?
I accept all of my feelings and all of me.

Even though I am feeling just so overwhelmed,
I profoundly love, accept, and forgive myself.

EB: I am so overwhelmed.

SE: It's overwhelming.

UE: I feel all this emotion.

UN: I can only call it overwhelm.

CH: It's so many emotions at once.

Power Re-Frame Round 5

KP: Even though I am so overwhelmed,
I choose to somehow be calm;
to feel calm.
The truth is I have come so far already.
I am proud of the steps I am taking.
What if I'm right where I'm supposed to be?
As I let go of this overwhelm,
I allow inspiration and faith to draw me forward,
efficiently and effectively, step by step towards my dreams.
I have faith that each day the next step will appear,
and I choose to take them joyfully.
As I let go of this overwhelm,
I can take each step joyfully!

EB: I still feel overwhelmed,
SE: but I'm choosing to somehow be calm.
UE: It feels better to feel calm.
UN: The truth is,
CH: I've come so far already.
CB: I'm proud of the steps that I am taking.
UA: What if I'm right where I'm supposed to be?
TH: As I let go of this overwhelm,

EB: I allow inspiration and faith to draw me forward
SE: efficiently and effectively.
UE: I allow inspiration to draw me forward
UN: step by step toward my dreams.
CH: I have faith that each day,
CB: the next step will appear.
UA: And I choose to take all of my steps joyfully.
TH: Letting go of overwhelm.

EB: Quieting the thoughts of overwhelm.
SE: Suddenly feeling more calm.
UE: Just letting it be easy.
UN: Just having faith
CH: that I'll take each step as it appears.
CB: It feels so much better to just feel light about this.
UA: I'm proud of where I am
TH: and I'm calm about where I'm going.

And take a nice deep breath.

Outrageous Goals Tapping Rounds (continued)

Round 6

This next round is really important because it's dealing with the statement, "I don't know how to get there." I want you to look at the big goal that you set for yourself and say out loud, "I don't know how to get there." "I have to figure it all out." This is an important one because you actually shouldn't really know how to get there, but this is our brilliant analytical mind coming up with a resistance to our goal because the feeling is, "I've got to figure it all out. I've got to know all the steps. I've got to know how to get there, or I really don't want to accept this goal."

Our analytical mind, which is very much like a worker bee, it's task oriented, it can really get in our way when we are going to need to come up with ideas and creativity and inspiration that are really out of the box, that are going to come from the unconscious part of our mind which is more creative and makes non-logical leaps. When we put this goal down, there's really no way that in that minute or in that day or in that week, you're going to really figure out exactly how to get there. But we want to make sure that we quiet this "analytical mind" resistance that comes up because, remember that your analytical mind which wants to know all the steps and how to get there, only knows the past. And because you've never made that much money before, it's going to really resist this goal.

Again, this is one to do over and over if this feels really true for you. For some people, depending on how analytical you think, it's harder than others.

Sometimes our analytical mind will fight us because when we look at a big goal, such as a very big income goal, we don't know how to get there yet.

Address the following two statements. Say them out loud and with feeling, and see where they fall on the SUDS scale.

I don't know how to get there.

I have to figure it all out.

SUDS Levels 0-10:

Initial level: _____ Round 1: _____ Round 2: _____ Round 3: _____

KP: Even though I don't know how to make this number happen,
and I have to figure it all out right now,
I accept who I am and how I feel about it.

Even though my brilliant analytical mind wants to know how to make it happen,
And I don't know how to make it happen.
I have to figure it out right now.
I accept who I am and how I feel about it.

Even though I don't know how to make this happen,
I accept all of my feelings about this,
deeply and completely.

EB: I need to see how to do this!
SE: I can't figure it out!
UE: I don't know how all this would work.
UN: I feel like I need to figure it out right now,
CH: because if I can't figure it out, I shouldn't have this goal.
CB: I don't know how to make that number happen.
UA: It's really big and I don't know how to get there.
TH: My thoughts are racing about how I'm going to get there.

EB: I've got to figure it out.
SE: Maybe I should start making hundreds of "To Do" lists.
UE: I've got to figure this out now!
UN: Otherwise it doesn't make sense to have a goal this big.
CH: I'm just setting myself up for failure.
CB: If I put down a goal I don't know how to achieve,
UA: I'm setting myself up for failure.
TH: I don't know how to achieve this,
and I need to figure it all out.

Take a deep breath.

And what we're looking for here is the intensity of those thoughts and that need to figure it out starting to come down and feel lighter. Go back to the statement and re-record your SUDS level. See how far you've come! Use the space below to write down anything else that comes up as resistance, anything specifically that comes up. You can be gentle with yourself. Don't move forward until you can repeat the phrases, "I don't know how to get there. I have to figure it all out," and the truth meter is down below a 2 or 3.

WHAT CAME UP:

More of what came up: _____

Multiple horizontal lines for writing.

Power Re-Frame Round 6

This is a really important reframe because the reality is it is not your work to make the goal happen and to figure out the hows. This is a really important part of the Law of Attraction, and also a really important part of opening up to your own creativity and brilliance.

KP: Even though I don't know how to make this goal happen,
it's not my job to figure out the hows!
I have faith that the universe will rearrange itself
to make this happen for me
in the quickest, most harmonious way for me!
That's a lot of faith.
Somehow I will attract the way
and be surprised and dazzled by what is delivered to me!
All of my actions will be inspired actions.

EB: But I don't know how to get there!
SE: It's not my job to figure out the hows.
UE: YES IT IS!!
UN: No it isn't!!
CH: I have faith that the universe
CB: will rearrange itself to make it happen for me
UA: in the shortest, quickest, most harmonious way for me.
TH: Somehow I will attract the way

EB: and the way will show up.
SE: I will be surprised and dazzled by what is delivered to me.
UE: What if all my actions are inspired actions,
UN: and I know when and how to take them?
CH: What if all I need to do each day is have faith?
CB: All I need to do is focus on my goal
UA: and have faith that the universe will line itself up for me.
TH: Wouldn't that be wonderful?

EB: Of course it will be wonderful!
SE: I'm allowing my faith to send a message to the universe.
UE: I'm ready for your help.
UN: I'm ready for you to line up the hows!
CH: As you line up the hows for me,
I will take inspired action.
CB: I do love having brilliant ideas.
I love taking inspired action.
UA: I'm allowing the universe to rearrange itself for me
TH: and I'm surprised and delighted by what it brings.

Take a nice deep breath.

Outrageous Goals Tapping Rounds (continued)

Bonus Round

This is a bonus round that is really designed to bring some of our positive intentions into this work to really keep that positive theme going.

Because this is such a short round, I'm going to remain on the karate chop point. You may move through the points if you desire to do it that way.

KP: I commit to becoming more powerfully me than I have ever been.
I commit to this for my highest good and the highest good of everyone in my life.
I commit to sharing my valuable passion, energy and time.
I commit to sharing my valuable creativity and compassion and personality
with the world
in the unique way that only I can!

EB: I could just decide

SE: but committing is so much stronger.

UE: Some people commit to working hard,

UN: But I'm going to commit to becoming more creative.

CH: I'm going to commit to sharing more of me than I have.

CB: I'm going to commit to sharing more of what makes me unique.

UA: I am going to commit to becoming more creative and inspired than I have been so far.

TH: I commit to honoring the brilliance that flows from me.

Take a nice deep breath.

After doing a round like this, often people find they're already starting to have ideas and inspired thoughts. Capture those right now. Start writing them down. We're not editing or judging. Just start capturing ideas, because the more that we start to get clear and remove blocks, it's so much easier for the brilliant ideas to start coming from us because we actually start listening for them. And when we ask and tap on choosing to be more creative and inspired and committing to valuing it, we will absolutely get more creativity and more inspiration. It will just start to flow.

Take a minute to see what's going on in there and write that down. And I want you to also notice if there's any resistance to using such a powerful word like commit. If there is, note that down as a tappable issue for later.

INSPIRATION:
