

Make It Happen

3. Watch What Comes Up

Breana Cross-Hall
RID CI/CT, BS
BrighterFocus.com

Ways to Interact

Google+: Brighter Focus

Twitter: @breanacross
#makeithappen

What is Make It Happen?

Helps answer the question:

"How can I actually make this thing happen that I've been wanting for so long?"

You are on your way!

1. You have a super-clear vision for what you want to create in your life.
2. You have broken down your dream into the smallest action steps possible and scheduled time for each step.



Now Watch What Comes Up



- Resistance
- Anxiety
- Frustration
- Blame
- Negative self-talk
- Distraction
- Old habits

The Big Secret:

**Stress is caused by
Thoughts that oppose reality**

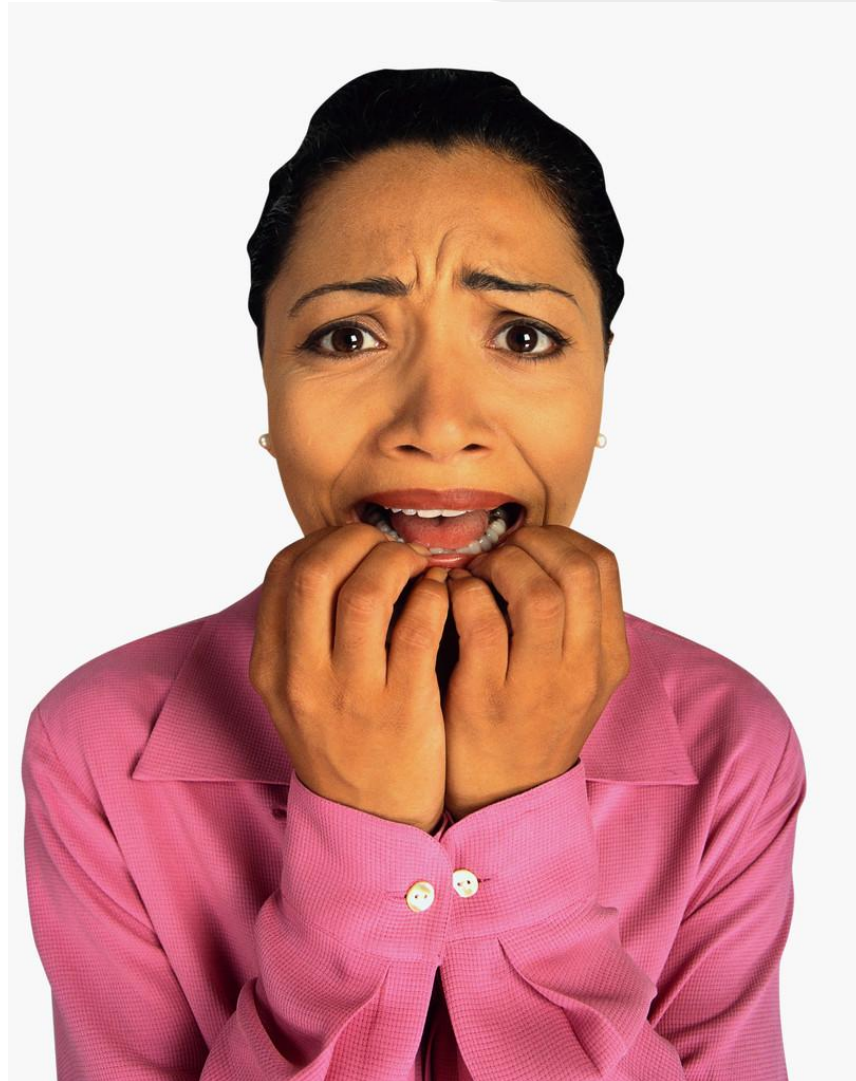


**WHAT
CAN  DO?**

1. Notice



2. Resistance is Futile



3. Get Curious



4. Ask: "What's my business?"

1. Mine

2. Yours

3. Reality's (Insert Yours Here: God, The Universe, Nature, The Way Things Are)

Byron Katie, Loving What Is

5. Rinse & Repeat



Homework

- Pay attention to what appears as you work diligently toward your goal.
- Commit to yourself that you will listen to the signals you are sending yourself, in the form of resistance, stressful emotions, old habits, and negative self-talk.
- Be gentle with yourself. This is the work of a lifetime.

Resources

The Work of Byron Katie

If you would like any additional support with this topic that I LOVE to help people on, please don't hesitate to call or email: 503-913-6368

Breana@BrighterFocus.com