



Journey – take an emotional risk whilst progressing into the unknown; discover there never was risk, not really.

Your next step:

Just do it, do what you have been dreaming of ... one step at a time, but this time with conscious awareness of your thoughts and feelings. With enough awareness to know when you are experiencing your doubts and fears, so you can release them and replace them with thoughts of your wellness and wellbeing.

With enough awareness to experience the abundant resources along your way. With enough awareness of your *Personal values* and *Tangible Expectations* so that you know when to say “Yes please” or “no thank you” to opportunities or distractions.

With full awareness of your thoughts and feelings as a form of direct communication with your Higher Mind, and using your environment as feedback to how your subconscious mind is tracking. –

It is about finding your Self.

Marianne Thorne

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