

# How to Create & Honor Your Desires



So you receive everything  
you require in *This Year*





# Welcome to the simple system to Receiving Everything You Desire

## TEMPLATE FOR WOMEN

### *Are you ready to have the best year of your life?*

I know that's a bold, statement but I have seen first-hand how powerful this simple system you are about to go through is. Once you incorporate the steps in this guide, you will have a clear idea of what it is you truly desire.

This is the first step and a key factor to actually receiving everything you want to Experience, Achieve, Love, Visit and Enjoy in your beautiful life. Take note of the phrase "Your Beautiful Life". This is not about other people...

The Simple System to Receiving Everything You Desire is all about you and your true desires. This is an important distinction of how this system works. Keeping "You" as the focal point during this process is what makes this so powerful. And before you go there, no, it is not selfish. When you allow yourself to uncover and live your true desires, you create space for people around you to do the same. The system is going to help you uncover your unique template, so you will live an authentic, amazing life by your design.

Allow me to give you a bit of background on why this simple system has proven to be so successful in helping women just like you reach their true potential. When it comes to goals, many of us feel a pressure to perform, almost as if there is an outside source that is forcing or pushing us towards a particular 'goal.'



# TRUST...

*Often times, goals start with the intention of, “What I did not do this past year,” or “What I am not good enough at yet...” Starting with this type of mind-set is what forces millions of men and women every year into a goal-setting frenzy come the 1st of January.*

Now, I am not saying that there is never a place for goals (although I would tend to go there). A goal can be productive IF it is supported by a real feeling, a real desire and a concrete way of BEING.

Let's start with an example of a past client and her particular struggles and ability to reach her set 'goals.' For the sake of confidentiality, we will call her Debbie.

Debbie was a very strong perfectionist when she started working with me. She was very clear on what she wanted (or so she thought) and would become extremely stressed and agitated when she did not complete a task. She rarely allowed herself any relief when she did complete a task. She was always very quickly on to the next task or goal to check off her list.

Debbie was living in a perpetual state of goal setting; she never felt any real joy in completing her goals. She was always in a state of 'what I could have done better,' and no matter how many goals she had actually accomplished, she never felt fulfilled by ANY of them.

When I first started working with Debbie, we did a number of exercises dealing with emotion, but there was a core piece of Debbie struggling. Her inner dialogue went something like this:

*“Ok, so I want to be a better person in the world and in order to do that I need to push myself to be better. I think if I set X goal I will be better, but while I am at it I need to set Y goal. Then as soon as I get that done, I will surely have to do Z.”*

Debbie was setting goals from a place of “lack” and a place of expectations that had nothing to do with her own unique desire to move forward and grow in her life.

*Many of her goals consisted of the following:*

- Save x amount of money by this date
- Lose 10 lbs. by this date
- Save money for x



*“Without starting from the beautiful place of knowing your true self, how can you possibly accomplish anything worthwhile?”*

Her goals were not tied to any real emotion - and quite frankly, they could have been ANYONE'S goals, as they were not in any way unique to Debbie. When I started to take a look at the pattern of goal setting for Debbie it was evident that she ran her daily life this way and that her “To Do” list was a smaller mirror of her larger ‘Goal’ list. She spent day in and day out trying to accomplish the ‘shoulds’. Moving quickly on to the ‘coulds,’ only to be inevitably sabotaged by the ‘not good enoughs.

Debbie was brave enough to conduct an experiment with me. She threw away her “To Do” list AND her yearly “GOAL” list, and promised to work on this unique template first.

The experience for Debbie was truly magical. I watched her come alive. What I share with you below is a process of self-exploration and self-development that clarifies the meaning of the word “accomplishment”.

Without starting from the beautiful place of knowing your true self, how can you possibly accomplish anything worthwhile?

Many people put goals on their list that have little to do with what they desire and a lot to do with the expectations they feel from others. This causes overwhelm and the feeling of failure that can take hold of every part of our lives. That is why so many people don't complete their goals--and don't feel fulfilled by the ones they do reach.

Let me share with you how Debbie's list changed from a goal list to a Creation System.



# GOALS:

- Save \$10,000 by November 1ST
- Buy a car by January 1ST
- Lose 7 LBS of body fat by March 7TH
- Enter Marathon this year
- Get out of debt by December 31ST

VS.

Debbie`s unique Creation System



*What are you most proud of this year?*

That I took the risk and started my own business, I found my purpose!

*What most excites you about the next 12 months?*

The ability to live my dreams, not to have a job and pay my bills doing what I love! I am contributing to the world.

*What one place do you want to visit in the next 12 months?*

Germany, oh I can see it now!

*What message do you want your kids and your spouse to hear from you in the next 12 months?*

I want them to know that they are a success right now, that they need to only try and live the way of their heart and I will love them through every piece of it.

## *What are you most proud of this year?*

I would want the people around me to know they could live their dreams. I would want to be an example of what really matters. I want to show them with my own words and my actions that it is possible! I am doing it, life can be an amazing gift and it is not to be wasted. If you have a dream, a desire, wish to live it! That is what I want my legacy to be.

## *If you could acquire only one material possession in the next 12 months-- what would it be?*

It would be a gorgeous new pottery barn desk, white with the file cabinet. I have had my eye on it for 5 years and have never allowed myself to purchase it. It would be a beautiful addition to my workspace and a gift to myself now that I am actually running my own business and fulfilling my dreams.

## *What would have to happen in the next 12 months to make it the best year of your life?*

For my business to continue to grow and to feel financially free.



*What 1 thing would you like to see happen in your business in the next 12 months?*

I would like to make \$150,000.00 with my home advertising business.

*What would inspire your Indie next year?  
Your Frenchie? Your New Yorker?*

#### MY INDIE

It would inspire my Indie to start to listen to my inner voice and then allow myself to journal what I hear from her. I am always so quick to dismiss her. I would like to be present with her this year and listen to her more.

#### MY FRENCHIE

I have been wanting red highlights for 3 years and have been afraid. I think my Frenchie would love to experiment with them. I feel sexy just thinking about it. Also I would love to take a dance class. I used to do ballet and my Frenchie has been speaking to me in that arena.

#### MY NEW YORKER

I can't help but think of the Pottery Barn desk, it makes my New Yorker thrilled!

*What new feminine accent do you want to add to your bedroom in the next 12 months?*

I have always wanted a pink rug near my bed. I know it sounds simple but the thought of waking up and stepping on to a soft, fluffy pink carpet makes me feel beautiful and feminine. Imagine feeling that way just by getting out of bed in the morning, I think it would be divine!

*What lost friend do you want to reconnect with in the next 12 months?*

My best friend from 7th grade, her name was Michelle. I miss her deeply and do not know if she has any idea how much she has impacted my life. I think about her all the time.

*What one family relationship do you want to rebuild in the next 12 months?*

My relationship with my Dad. He is still alive and I miss him so much. I remember when I was a little girl and we talked so much. I can remember him combing my hair and sharing treats with me. Now I have distanced myself from him and I am not sure why. I want to reach out to him this year and maybe plan a special father daughter trip for us to do together.

*If you could meet one new person in the next 12 months, who would it be, and why?*

I would like to meet my biological parents. I am not sure what would even come of it and I know it is a big dream, but I feel the need to put it out there.

*If nothing else happens but...*

I plan a special trip with my dad.



*The next 12 months will be the most amazing year of my life.*





You have just witnessed the difference between goal setting and a unique creation system. Could you see the difference?

Could you tell which one had a heart? I must share with you that when I first started doing this with my clients, I was amazed at the shifts that occurred. Because the feeling associated with the process was so intense, the life transformation took place immediately.

Imagine how Debbie felt reviewing her creation system at the end of the year. Because she was so clear, so honest and so authentically herself, this is what developed for her...

# Debbie's Review

*"I kept my Creation System in front of me, pinned to my cork board at all times-- every time I looked at my Creation System I got excited"*

This creation system changed my life. I am sitting here at the end of 12 months and what has occurred for me is nothing short of amazing.

I asked for things in my life that really meant something to me and looking back now they were so easy to identify, but when I did regular goals in the past I was so disconnected from them that I never made any true progress.

I am writing this from my white Restoration Desk, it was one of the best purchases I've ever made. I think it also contributed to me making over \$850,000.00 this year because I felt so empowered and so real every time I sat down to write an advertisement.

I kept my Creation System in front of me, pinned to my cork board at all times - much like I would have done with a goal list. Every time I looked at my Creation System I got excited--whenever I used to look at my goal list I got depressed and anxious.

As I look around my world today, so much has changed in just a year. I have lived this year with a sense of integrity and purpose like never before. I love getting out of bed and putting my feet on my luxurious pink rug.

I have been more present for my kids, I am in contact with Michelle from school and maybe most importantly, I reconnected with my father. I planned a trip for us in the beginning of the year and we went camping (something he used to always take me to do when I was a little girl) - it was the most amazing trip! My dad passed away just before Thanksgiving this year and although my heart aches there is a power in my soul. I was absolutely clear on what I wanted - and if I had just done regular goals instead of the Creation System, I would have experienced the deepest regret for my entire life!

This has been the most amazing year yet, and I am so thankful to have the Creation System to bring me into the next year!"



*ElegantFemme*  
UNIQUE CREATION SYSTEM

Now it's your turn. This is a creation system that aligns you with your soul's calling. The system will eliminate the stress associated with setting goals. Because remember, this is not a goal system. This is a creation system that is going to help you get crystal clear about what you really want and what is important to YOU. This is going to be fun... There is no outside pressure. It's all about YOU and YOUR desires

If you ever feel stuck or anxious throughout this process, do this exercise... Take a deep breath, relax your shoulders, and close your eyes.

While you are doing this whisper the phrase "There are no wrong answers. The answers are within me." Then when you feel relaxed just write down what you feel. It doesn't have to make sense to you right now. There is only one place where the answers reside... in your heart and soul. Don't think too much, just breath into it. Allow yourself to write down the first thing that comes to you, even if it feels really big--you will begin to trust your desires.

I encourage you to go to a quiet place and get started right now. Find a place that feels good to you, a coffee shop, a spa, a park. Now allow yourself to create what it is you REALLY want.



What are you most proud of this year? (Make a list of celebrations, events and milestones that were meaningful to you this year.)

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What most excites you about the next 12 months?

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What one place do you want to visit in the next 12 months?

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If it was your last year on earth next year, what legacy would you want to leave behind?

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What message do you want your kids and your spouse to hear from you in the next 12 months? Or your close family?

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If you could acquire only one material possession in the next 12 months- what would it be?

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What would have to happen in the next 12 months to allow it the best year of your life?

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What would inspire your **INDIE** next year? Your **FRENCHIE**?  
Your **NEW YORKER**?

**INDIE**

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**FRENCHIE**

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**NEW YORKER**

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What new feminine accent do you want to add to your bedroom in the next 12 months?

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How are you committed to loving yourself more in the next 12 months?

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What lost friend do you want to reconnect with in the next 12 months?

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If nothing else happens but...

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