

Possibilities Process

This process allows you to directly compare two different scenarios, thought patterns or choices so that you can proactively and logically decide on the best path to take.

It's also a great way to push yourself out of fight or flight/panic mode and gain clarity around how to move forward, because it forces you to use the logical part of your brain, rather than the emotional part where it's only possible to think irrationally and re-actively.

By changing where you think (which part of the brain), you can change how you think and therefore what you think.

For each area of your life, ask yourself:

- What will happen if I choose this scenario/thought pattern?

Go as deep as you can by asking yourself:

- What's the impact of that?
- How would that be a problem for or benefit me?
- What will that give me?

When you start to get uncomfortable or upset, keep going - that means you're really getting to the heart of the matter, and the outcome will be so much more powerful and true.

After you've completed this for both scenarios/thought patterns, decide which one is more likely to give you the life you want.

Now create a plan by following the goal setting process if it's a scenario, or for thought patterns add the new story/belief to your daily routine (as per Pg 190 of Unfaked).

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Old scenario/story:

Health:

Work:

New scenario/story:

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Finances:

Relationships:

Possibilities Process

Overall wellbeing: