

Inspire and Illuminate LLC

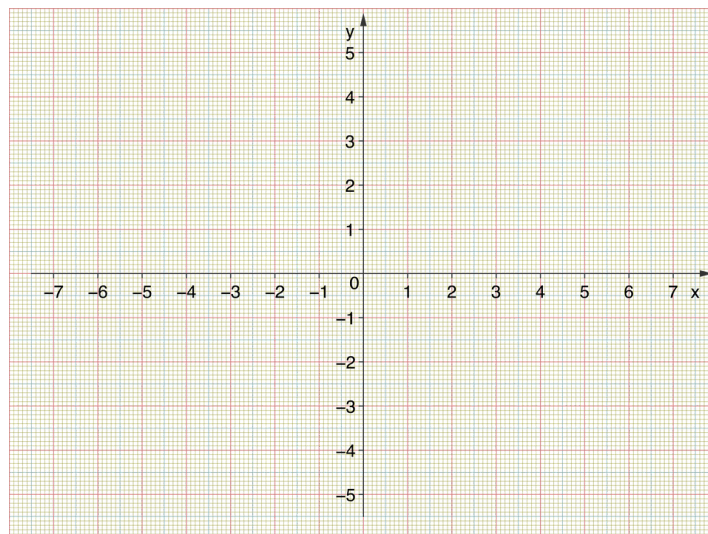


How to Move from a Lower Possibility State to a Higher Possibility State

June 13th, 2020

Tips and Tricks

1. See where you are on the grid. Remember!
 - a. Negative and negative is self-destructive or deconstructive (ready to remodel)
 - b. Negative and Positive is disgruntled but willing to try.
 - c. Positive and back is like a return to innocence - a better simpler time.
 - d. Positive and positive is like creating goals and objectives to reach the goal.



Tip 2

Use your time productively and wisely:

- Do reliable research - Look up your question or concern and learn how others handled it/ go through it.

Tip 3

Just focus on moving the next “square” over

- Don't expect yourself to move from negative to super positive in one move. Take small steps to get where you want to go.

Tip 4

Ask yourself what you need in that moment that would make you feel at least a little bit better.

- Listen to positive music - Create something/ participate in a hobby to get your mind off the “what if” wheel.

Tip 5

Ask yourself what I believe in to help change my attitude and mind set.

- Beliefs fuel the fire of feelings that create the perspective of reality we see around us.
 - What plan can your mind come up with that will allow you to see your situation differently?
 - What can your heart buy into?
 - What does your gut say?
 - When the three of these align, you will find your negative state slip away almost instantaneously.
 - It may take some time and many possible solutions until this happens.