

What do you want?

Marisa Santoro 00:00

Deciding what you want that is being really clear on setting your GPS to that destination. You see, a lot of us walk around, not really knowing what we want. I know we talk about the things that we want, and we want to achieve, but we're not being specific enough.

Marisa Santoro 00:14

So in this module, I give you some worksheets, which covers seven areas of your life. For example, the relationships that you want to have, the financial goals that you want to achieve, the health and body lifestyle that you want to start living every day, and so on, What you're going to do is, is you're going to go through each of these seven areas and start to journal out looping through every area, really sit down light a candle, if it helps put on some really great inspiring music, whatever gets you in the zone, to feeling inspired and centered, by your whole being on what actually your ideal lifestyle looks like in all different areas of your life.

Marisa Santoro 00:53

So journal out, specifically, all five senses would be engaged by what things sound like, what things look like, what colors are in that picture in that image, and that visualization. Fact, we know that visualizing the images and the things that we want in our life will exponentially attract those things to us. And here's why.

Marisa Santoro 01:19

First, your brain is a goal seeking organism. And it will do everything it can to achieve the things that it sees as pictures in your mind. But the problem is that there's a tension, there's a conflict with what in the subconscious part of our brains of what is our reality. In other words, that pictures that we're seeing in real life, versus what are the images and the pictures that we want to achieve.

Marisa Santoro 01:44

So there's, you know, what we want the desires, and then there's what's reality, and that causes so much tension in our lives in our brain's subconscious, because they don't match. So what the brain will do, what your subconscious will do, is that it will work tirelessly, to match those two pictures so that the images that you're desiring that you're visualizing and projecting as the future that you want, it will start to filter out all things that do not match that image.

Marisa Santoro 02:15

So all of a sudden, you'll start to notice things that are in line with the images that you've already framed up in, in your mind. So that's number one, your brain is you know, being the goal seeking organism that it is, it will filter out all of the things, all of the thoughts, and the people and the conversations that do not line up with that image. And have you focus and filter in and hone in on the

people, the resources, the circumstances, all of the things that will line up exactly to those images that you framed up.

Marisa Santoro 02:50

Second, when you've had this laser focus reading, may have to read these, these things the desires that they want every day at least three times a day, all of a sudden, you have increased creativity. You can be in the shower, for instance, with water running down, or you could be going for a walk or listening to music. But all of a sudden that intuitive gut instinct, right, I talk all about the gutsy moves. Gutsy moves are the inspired thoughts that are downloads that come out of seemingly nowhere. Now that you've had that laser focus, you will have increased creativity, you will all of a sudden

Marisa Santoro 03:29

receive these downloads these thoughts of things of solutions, which will creatively align with the things that you want in your life. So solutions to achieving them, people that you should talk to all of a sudden you have a thought, wow, I should talk to this person, I should sign up for this website, I should write this email, I should have this phone conversation, whatever that might be, you become really creative in what it is that you need to do in terms of action. Again, to line up with the images that you've set for yourself in each of those seven areas of your life. And lastly, you will achieve increased levels of motivation, increased levels of motivation, so much so that you will find yourself doing things that you wouldn't normally do.

Marisa Santoro 04:21

Right you'll just get yourself out of your typical comfort zone and you'll find yourself asking people for advice. picking up the phone and seeing if you can possibly contribute to someone's project which would in turn potentially benefit you to again line up with your goals. You'll be putting yourself out of your typical comfort zone and just doing things that are not your normal M-O but which again, you know has been motivating you, empowering you and inspiring you to again, match those images that you've set up for yourself. Your subconscious will activate those things to you by giving you those thoughts and inspiration, inspired actions to take so that you can, again attract those things to you. So that's how it works in terms of, you know, the three step process and why we know the visualization exponentially attracts the things that we want in our life. But it doesn't stop there.

Marisa Santoro 05:23

So I'm going to ask you through the worksheets in the module to loop through all seven areas of your life, write down the things that you want, the sky's the limit, it doesn't take any more effort to dream, something really big for you in your life. And it does to think small. So if you're going to be doing it anyway, then really put yourself out there and give yourself permission to dream the things that you want. A dream is no more than a goal with a deadline. And we're going to talk more about goals and exponentially attracting your goals to you. But as a first step, you have to be clear on what it is that you want. Now, after you're writing this all down, you can make it a journal, you can use my worksheet as a template and just transfer it to a journal or you can use the worksheet in a Word document. And just keep writing it through, I want you to think about as you're going about your day,

Marisa Santoro 06:18

the things that you want to keep adding to that. So for instance, if you're driving and all of a sudden, you see a beautiful house, for example, and having a new home is something on your list, then you could take a picture with your phone of that house. Or you could just take a picture in your mind a mental or mental snapshot and then go back when you get back to your home. And write out what it was about that house that really inspired you. That really lit you up and made you feel alive.

Marisa Santoro 06:43

Now, lastly, you've done the journaling, you've asked and pictured and visualized the images, you're throwing in images of each of those seven areas, and you're writing out the emotions, all five senses, still not enough.

Marisa Santoro 06:58

Lastly, I want you to share those seven areas with the people that care about you, with the people who may be part of that life that you're creating for yourself. And you are creating this for yourself, simply by starting that document and writing it out, right scribing out and journaling what it is that you want, you're already activating it. So you're already in the process, but you have to do more, you have to stretch yourself and you have to share it with those that care about you that love you and that are fully supporting you in the things that you want to achieve in your life.

Marisa Santoro 07:33

Because again, that energy just talking about the things that you want to achieve, even if they're not close relationships, you know, you can start with your trusted circle. But then all of a sudden, again, that increased motivation, you find yourself having coffee with someone that you don't really know that well. Right, it could be just a casual acquaintance. And you're talking about the things that you want and that you will achieve. And so energetically by openly talking about those things. You've already again, are substantiating and locking in that image by putting that out to the Universe by talking to other people. And then they in turn will say oh my god, I have a resource I have someone that you could talk to you I know someone that you should definitely get in touch with, I'm gonna send them an email today and introduce you guys online. All you have to check out this company.

Marisa Santoro 08:24

That's how doors open, you're energetically putting your desires out there, right? Because you've already locked them in for yourself. You've spoken to your inner circle the people that care about you. And now you're going further, you're just talking and putting that out there, right? It's like a satellite dish-frequencies, you're just putting out the energy and the vibes and the and those conversations are attached with positive, uplifting and high positive energy with positive expectation. There is absolutely no doubt why you can't achieve the things that you want in your life. But you have to start getting the clarity, right writing and journaling those out, putting the images in and evoking all five senses and then sharing those out with the world and just letting go and stepping back and seeing where those fall and you will exponentially attract those things to you.

Marisa Santoro 09:14

So that's what this is all about deciding what you want setting your GPS to that destination and then sharing that and letting the universe do its work. Alright, so enjoy with those worksheets and and have fun with this. This is the projected lifestyle that you are creating. "I am creating" in your life.

Marisa Santoro 09:36

Enjoy. I look forward to to hearing now what you come up with. Bye now.