

# Table of Contents

About the Author ..... 1-2

What to Expect ..... 3-4

How to Use This Book ..... 5-7

Chapter 1. Know Yourself ..... 8

Chapter 2.. Increasing Clarity and Strength ..... 27

Chapter 3. Cleaning the Closet ..... 49

Chapter 4. Clearing the Way ..... 63

Chapter 5. The Octopus Finds a New House: Onward to Action . 72

Chapter 6. Emergency Response Kit ..... 94

Chapter 7. The Suckers That Make it Work ..... 106

Chapter 8. Bonus Boost: Care and Maintenance ..... 121

Bonus Package: An Intuitive Index ..... 123

The Index by Chapter ..... 130

Resource List .....133

## Bonus Package: An Intuitive Index

*You cannot teach a man anything; you can only help  
him discover it in himself.*

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**Galileo Galilei**

This section is designed to serve as a summary and an index for you to make it easier to find the tool or exercise you are looking for. There is some overlap and interaction between sections. Life is like that. You may also use this as an intuitive springboard to select a tool or exercise spontaneously. Let your intuition guide you to do what will make the most sense for you in the moment.

*See following pages...*

	Tools	Exercises
<b>STRENGTHENING YOUR AWARENESS, FOCUS AND CLARITY</b>	<i>Discovery Tool #4: Expanding Your Ability to Observe Abundance</i>	<b>Exercise #1: Expanding Curiosity About Your Outer World</b>
	<i>Releasing Tool #3: Cleaning Out Your Inner House</i>	<b>Exercise #4: Finding and Observing the Abundance Around You</b>
	<i>Releasing Tool #4: Listening to Your Self-Talk</i>	<b>Exercise #7: Documenting the Story of Your Life</b>
	<i>Moving Forward Tool #2: Connecting with Your Passion</i>	<b>Exercise #8: Identifying Current Beliefs and Inner Obstacles</b>
	<i>Moving Forward Tool #5: Energy Check Your Actions</i>	<b>Exercise #9: Identifying Your Own Stumbling Blocks</b>

	Tools	Exercises
STRENGTHENING YOUR SKILLS	<p><i>Discovery Tool #1: Questioning Skills</i></p> <p><i>Discovery Tool #2: Listening and Observing Skills</i></p> <p><i>Discovery Tool #3: Silencing the Chatter – Finding the Off Switch</i></p> <p><i>Discovery Tool #5: Identifying Attachments to Expectations and Outcomes</i></p> <p><i>Releasing Tool #1: Forgiving Others and Yourself</i></p> <p><i>Releasing Tool #2: Releasing Outdated Beliefs</i></p> <p><i>Releasing Tool #5: Reframing Non-Supportive Beliefs</i></p>	<p>Exercise #2: Developing Your Ability to Listen to and Observe Others and Yourself</p>

	Tools	Exercises
<p>INCREASING ACCESS TO YOUR INNER VOICE AND INTUITION:</p>	<p><i>Discovery Tool #1: Questioning Skills</i></p> <p><i>Discovery Tool #2: Listening and Observing Skills</i></p> <p><i>Discovery Tool #3: Silencing the Chatter – Finding the Off Switch</i></p> <p><i>Moving Forward Tool #1: Vision Boards</i></p> <p><i>Releasing Tool #2: Releasing Outdated Beliefs</i></p> <p><i>Discovery Tool #5: Identifying Attachments to Expectations and Outcomes</i></p> <p><i>Releasing Tool #1: Forgiving Others and Yourself</i></p> <p><i>Releasing Tool #2: Releasing Outdated Beliefs</i></p>	<p>Exercise #5: Forgiving Others</p> <p>Exercise #8: Identifying Current Beliefs and Inner Obstacles <i>(Used in combination with Releasing Tool #2: Releasing Outdated Beliefs)</i></p>

	Tools	Exercises
MAKING IT HAPPEN	<i>Moving Forward Tool #3: Set Goals – High Level</i>	Exercise #10: Creating the Picture of Where You Want to Go
	<i>Moving Forward Tool #4: Action Planning That Works</i>	Exercise #11: Creating a Giving Plan
	<i>Moving Forward Tool #5: Energy Check Your Actions</i>	Exercise #12: Checking Into Your Vision  Exercise #13: Checking Your Readiness  Exercise 6: Cleaning Your Closet or Garage (Used to prepare for Releasing Tool #3: Cleaning Your Inner Closet)

	Tools	Exercises
<p><b>STRENGTHENING SUPPORT</b></p>	<p><b>Chapter 6: The Suckers That Make it Work</b></p> <p><i>Moving Forward Tool #7: Simple Test to Check Heart Your Energy</i></p> <p><i>Moving Forward Tool #8: Readiness Test</i></p>	<p><b>Exercise #11: Creating a Giving Plan</b></p> <p><b>Exercise #3: Observing What Gives You Energy</b></p>

	Tools	Exercises
<b>STRENGTHENING THE INTEGRATION OF YOUR LEARNING</b>		
Visual Learning Style	<p><i>Moving Forward Tool #1: Vision Boards</i></p> <p><i>Moving Forward Tool #6: Visualization</i></p>	Exercise #10: Creating the Picture of Where You Want to Go
Auditory Learning Style	<i>Reprogramming Tool #1: Affirmations</i>	
Kinesthetic/ Physical Learning Style	<i>Reprogramming Tool #2: Cross-Crawling</i>	
Whole Brain Learning		
1. Linear/Logical	<i>1. Reprogramming Tool #1: Affirmations</i>	
2. Creative	<i>2. Moving Forward Tool #1: Vision Boards</i>	
3. Emotional	<i>3. Moving Forward Tool #6: Visualization</i>	