

## *The ACHIEVER*

This exercise is best used when:

1. You feel stuck despite doing EVERYTHING you can think of
2. You feel like you're following the steps but things are not working
3. This block has been around for a long time but has always danced outside your reach.

Get out a pen and journal – longhand will access your subconscious mind...

1. Identify the block and write it out as clearly as you can. Underneath that, write out the emotions it makes you feel to be stuck. Bullet point them. Feel under emotions like "anger" or "frustration" for deeper ones like "grief" or "fear". The goal is to actually uncover your true feelings, not just write stuff down intellectually.

2. Write your goal in the affirmative: Don't say "I don't want to have fear", say "I want to get to be free from fear of losing control on my horse so that I can ride my horse in peace". Frame it as what you want (not what you don't want). Identify the core feeling that you want when you achieve this. Yes, stop writing. Really feel the feeling. Wash your body in it for a minute.

3. Figure out what the fear or sadness want to protect you from. Those emotions from step 1 are here to protect you. They are actually here to serve you. So figure out what you're subconsciously afraid of.

Here's an example: "If I \_\_\_\_\_, I fear that \_\_\_\_\_", or, "In the past I \_\_\_\_\_, I fear that \_\_\_\_\_".

Find 2 or 3 stories that have the most energy behind it.

4. Brainstorm ways to meet both your goal (#2) and your subconscious need (#3). Make an agreement with your subconscious that you will go for the goal, but you will not compromise its need. Brainstorm how you will meet the need of your subconscious and your goal. This is where all of you gets to be involved because your subconscious and conscious are finally on the same page.

5. Write an affirmation that meets both goal and need: eg) "I am free from fear of loss of control and know that I will make sure I'm safe and secure". Write this out every morning in your journal. And have it on post-it stuck to your desk, bathroom mirror or anywhere you're likely to see it every day. When you DO see it, feel the feeling you identified in step 2. Just stop and take a moment to wash your cells in that feeling of safety or bliss.