



Reality Shifting: self-application

Step 1 – Defining the goal

“What’s my goal?”

Write down your goal in a few words at the top of a blank piece of paper. If there is a deadline then include it in your goal statement.

OPTIONAL: If you feel it is appropriate you may also decide to check how blocked you feel about your goal at this point by answering this question: *“How certain am I between 0% and 100% that I will achieve my goal?”*



Step 2 – Shifting process

[Close your eyes each time you ask yourself a question and open them again to write down each answer]

A. *“Feel that (GOAL) is coming to me...what does it feel like?” (Write it down)*

“Feel that...what can I feel now?” (Write it down)

“Feel that...what’s the first thing I notice about it?” (Write it down)

B. *“Is it possible that (GOAL) will not come to me?”*

If YES: *“Why is it possible?” (Write it down)*

“Feel (REASON)...what does it feel like? (Write it down)

“Feel that...what can I feel now? (Write it down)

“Feel that...what’s the first thing I notice about it?” (Write it down)

[Keep cycling through instructions A-B until the answer to B is **NO**, at which point you should proceed to Step 3]



Step 3 – Checking questions

Ask these questions in order to check for any remaining doubts:

- *“Does it feel like (GOAL) has already come to me?”*
- *“How certain am I between 0% and 100% that I will achieve my goal?”*
- *“Are there any doubts left in my mind that I will achieve my goal?”*

If there are any remaining doubts repeat Step 2 starting with instruction B.



Step 4 - Integration questions

“You can open your eyes now”

1. *“How do I feel about my goal now?”*
2. *“How has it helped me to do this Mind Shifting method?”*
3. *“What am I more aware of now than before I did this Mind Shifting method?”*
4. *“What if anything do I need to do to enable my goal to be achieved?”*