



HAVASS
Academy & Coaching

DAY 15

Behind every goal there are one or more feelings that we seek after.

We try to capture these emotions that we want to activate in our lives through these goals. For example, you may be aiming for a loving relationship to feel LOVED, and plenty of money to feel SAFE.

The good news is that how much you activate your goal in your daily life (even before you realize your goal) you will say to the universe that "Look, I already have this feeling!", and eventually you will get closer to your goal. Remember that the universe wants to give you more of everything you have. Moreover, the more you activate this sense, the more you break your attachment to your goal and destroy the resistance. When you activate the feeling of love in your life without a relationship yet, the relationship will not be anymore an addiction and an obligation that you madly wanted. It will transform into a loving and graceful intention from heart.



So think about it; what are the feelings / emotions you seek after with this goal?

How can you activate this feeling in your life? If you actually associated your goal with your need to feel safe; remind yourself of the people, objects, and all the moments that you are supported. **Remind yourself that you're safe.**

If you actually associated your goal with your need to feel happy; multiply all those moments that make you happy. **Be with people who make you happy, spend time in places that make you happy.** If you actually associated your goal with the feeling of success; remind yourself of everything you've accomplished in your life so far. **Celebrate all your achievements, big or small, every day!**

You get the point, right?

Come on then, it's time to invite all those feelings into your life!



Tasks:

- What feelings are you actually want to have with your goals? How can you activate these feelings in your life? Write it down on your study agenda.



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