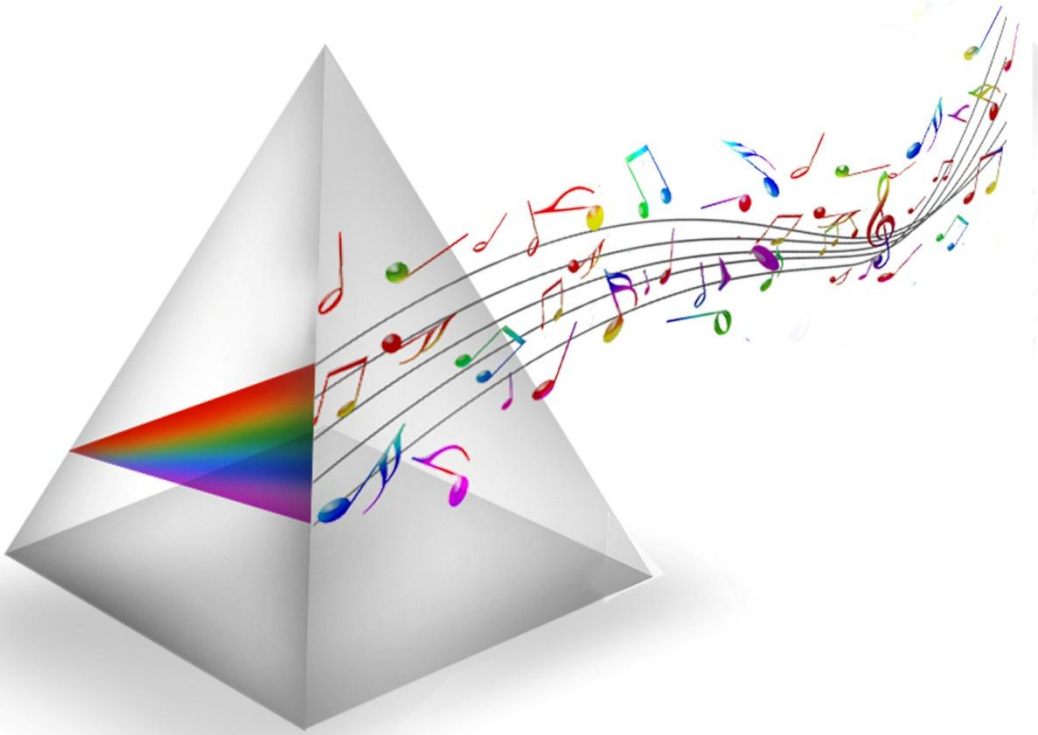
FREE

The Music Inside

Finding what you want - Positive



Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: http://amzn.to/1PNFak8

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny

Finding What You Want - And now we can get positive!

Imagine you are in a newsagent where they sell newspapers, books and magazines on every imaginable subject. Now, walk over to the magazine rack and, at random, take down three to five magazines. Which ones catch your eye? Which subjects do you find interesting, worth spending time reading and learning more about?

Write down the topics that come to mind.

1.
2.
3.
4.
5.

Now, imagine that you worked in each of these fields. Say, as a yoga and meditation instructor. *How does it feel to tell a friend (*a very open, interested (probably imaginary!) friend who is an excellent listener) *about your job, what you do on a daily basis and what plans you have for your work and career?*

Set a timer for about 15-30 minutes and just start writing. Put down any ideas and insights that come to mind. See below for the 'anti-resistance sentence starters'.

1.
2.
3.

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4.
5.

Remember the anti-resistance sentence starters:

'If no one else was in any way affected by my doing these things, I would…'

'If money was not an issue, I could…' (and I could even imagine doing this for free…)

'If I didn't feel so stupid and embarrassed even talking about this, I'd…'

'This sounds totally crazy and way out of my league, but it keeps popping back into my head over and over again…' **INNER HUNCH or INTUITION ALERT!! DO NOT DISCOUNT!!**

These thoughts and ideas will start to give you an idea of what you love to do, what you are interested in spending time doing, and what gets you excited.