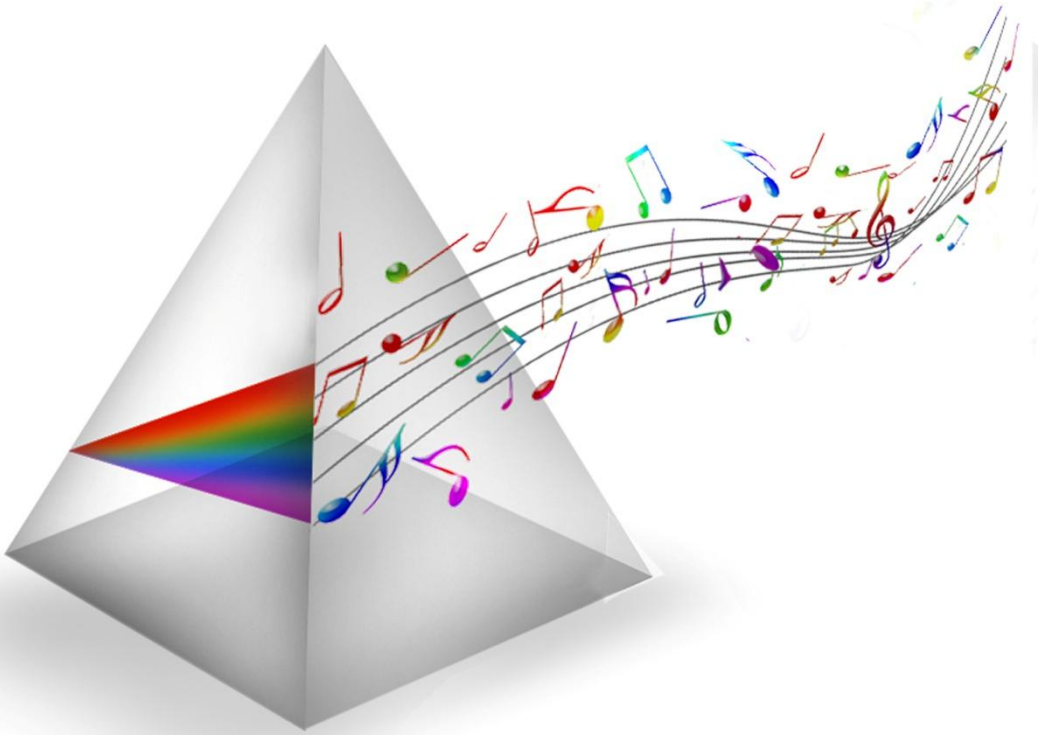
FREE

The Music Inside

Finding what you want - Negative



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 - Let's start negative!

Defining what you want by knowing what you don't want is a very good use of our inner (and outer) complaining, whining, negative part.

Really hear your thoughts and conversations along the lines of, 'God, I hate…' 'I can't stand…' '…makes me so angry.'

What makes you angry, impatient, bored, frustrated, tired or depressed?

Try, *'Oh, it drives me mad when people come unprepared.'*

Bingo! *'I want to work with people who are as involved and committed to this as I am and come prepared and ready to do great work.'*

How about*: 'I can't stand working in such a small, ugly space'*?

Ta daa! *'My ideal working environment is large and light and airy with beautiful furnishings and decorations.'* Or, *'I'd love to work outside in nature.'*

Complete the following sentences thinking about your current work situation:

makes me so angry!
I can't stand
I hate
I'm so fed up of
drives me nuts!
is so boring.
It is so frustrating when

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Now change them to the positive equivalent. (This may feel awkward at first, but it gets easier. Imagine you are writing them for someone else or for the character in a story…who just happens to be you!!)

I want
I'd love
In an ideal situation
It's my dream to

This exercise will bring up lots of ideas and insights into what would bring you joy and fulfillment at work. From this you can start to design what you really want.

It will also have the added benefit of giving you a LOT to tap on!!! (Go back to Part 1 chapter 4 to refresh your memory as to the EFT/tapping process.)