



“But Out”

Want to create some magic in your life, BUT just can't seem to get there? It could have to do with how you are thinking and speaking about it! Use this exercise called "But Out" to clear your roadblocks and create options for your intentions.

Make a list of some important changes you'd like to bring into your life and what's keeping you from them (Make sure you include the word *but*).

Examples:

"I'd like to spend more time with my family, *but* I travel a lot for work."

"I'd like to make more money in sales, *but* the market is soft."

"I'd like to go back to school, *but* I can't afford to".

Write your list here.

Now take your list and replace the word *but* with the word *and*.

Examples:

"I'd like to spend more time with my family, *and* I travel a lot for my job. So I need to find a way to bring my family along during some of my travels."

"I'd like to make more money in sales *and* the market is soft, so I am going to look for a temporary job for the holidays."

"I'd like to go back to school, *and* I can't afford to yet, so I am going to sit down and make a budget to get me there. "

Write your newly worded intentions here.

When you exchange *and* for *but*, you stop negating what you want and allow the possibility for it to come about. Congratulations, you have some big things coming your way!