

THE POINT OF CHOICE ENERGIZING OPTION

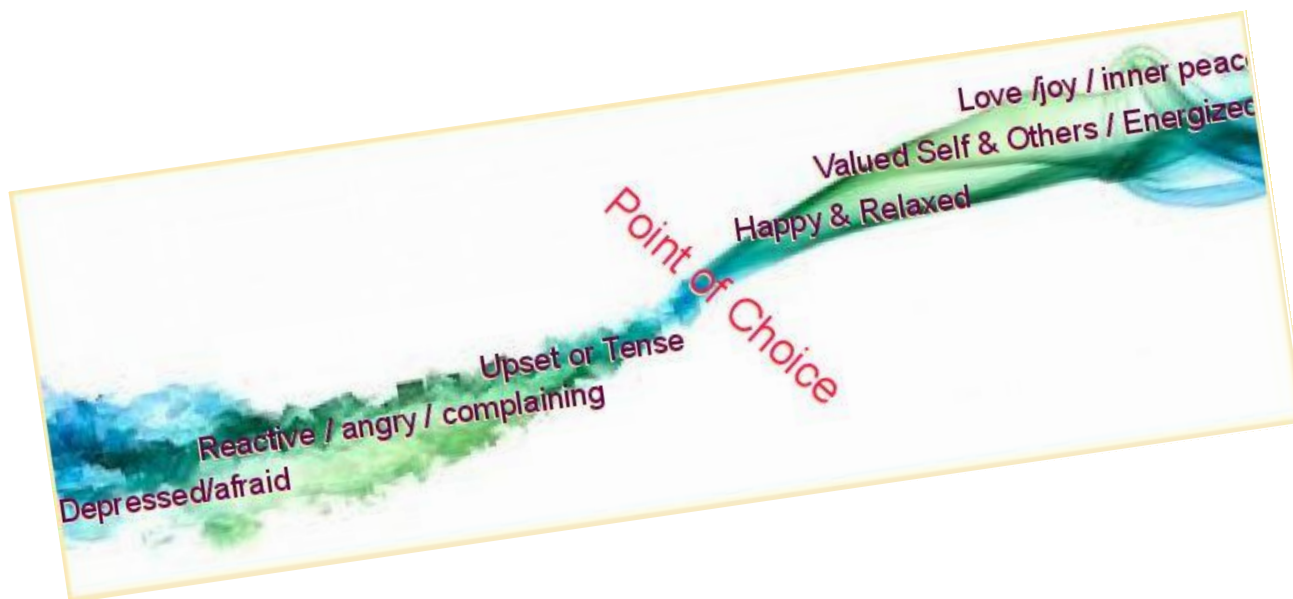
Every moment we have the opportunity to choose whether we spiral up to our most coherent state of being or spiral down. Use the graphic below to map out a point of choice that comes up for you today.

1. Neutrally name the situation with a title beside the phrase “Point of Choice” . For example – The Mail
2. In the lower left corner labelled **problem/ challenge** list as many negative aspects as you can for your point of choice moment. I.e. – my item is lost in the mail and I will never get it back, I feel frustrated, this always happens to me. I can’t trust the mail. Etc.
3. In the top left corner labeled **MY Intention** make some present tense positive statements about what you want instead of the problem or challenge.
4. Put your finger (or gaze at it if you are online) on the **point of choice** and say out loud – I choose to spiral up!

Note – *in naming your issues and intentions this process works best when you use the present tense... “I am that” .

**Shorter sentences are also more effective. Your unconscious mind already knows ALL the details so often...you don’t have to spell things out. Less is more.

My Intention(s)



My problem or challenge