

IDEAL OUTCOME

Your Ideal Outcome is a “snap shot” in time of your life at time when all of your primary intentions have come to pass. Please think BIG for this. If we think too small, the image won't excite you for long. Please don't try to be “realistic” for this; anything you can imagine, you can create in the quantum field and ultimately in your physical reality. The real key to this is to pick an idea of something that absolutely excites you. Nothing is off limits if you truly have a desire in your heart.

Please create your own version (but feel free to copy any or all of this—just make sure it's true to what stirs your own heart and soul and makes you feel excited). The yellow highlighted section is the image and idea of what you'll be working with when you Medcreate. This snap shot should imply that all areas of your life are amazing, then write it down by hand first. You can type it too, but there is something especially good about the brain to hand to imagination connection. I believe this cements your outcome into your subconscious mind and helps it accept it as truth. Have fun. Think big. Feel joy.

I'm sitting on the balcony of the Lake Tahoe home I just invested in. I'm looking out at this breathtaking view, enjoying the summer breeze, grateful I have this unbelievable vacation home that I can stay in whenever I want. The rest of the time I rent it out or offer it as a little get-away for my favorite clients. I am filled with such gratitude that I have attracted the most amazing clients possible. Operating from a place of service has attracted people and circumstances into my life that I can hardly believe to be true. In fact, because my business has transformed, I spend practically no time or money on marketing. My job doesn't even feel like work most days! I still love the challenges and tests that stretch my skills, and I'm always learning, but loving it all! I am so happy and grateful that I'm now experiencing abundance in all areas of my life.

I allow the positive energy to flow through me as I feel absolute appreciation for my healthy, flexible and strong body. I love taking care of myself and how it reflects in my health. I'm thrilled with the fact that I'm exercising, eating well and drinking plenty of water. I am at my perfect weight. I am so happy and grateful now that I enjoy absolute abundance in all areas of my life. Enjoying financial freedom fills me with such joy. I can buy what I want and never feel guilty. I realize that I deserve things that make me feel happy and worthy. I love sharing my wealth with friends, family and charities that I believe in. I set aside plenty of money each month for savings, as well as for investment purposes. I am always delighted at how easily and effortlessly money flows into my life.