



# How to Start to Create What You Want

by Jenny Petridis

## Write It

1. • Find a quiet spot - sitting in your favourite inspiring place where you can gaze into the distance with no distracting noise is best.
2. • Have pen and paper or journal
3. • Start to write "*What I really truly want is...*" fill in the blanks
4. • Review what you wrote
5. • Now re-write it a 2nd time in the present tense : e.g "*I have/am....*"
6. • Review what you wrote. Sounds too unreachable for you?
7. • Re-write it a 3rd time now and adjust it accordingly till you feel that it *is* or *can* be almost believable.

By now, as you have made some adjustments to your statement or VISION, it is not too far out of reach, and you are not aiming too low either...

8. • Write it one last time slowly and as you write it, add exclamation marks and get excited!
9. • As you write now, add expressive words and adjectives to add colour and feeling to the that which you want to be/do/have : E.g. "*I am **joyfully** creating beautiful furniture in my 3 storey warehouse studio I **easily afford**....which gives me a feeling of...!*"  
Get the idea?

## Think It

10. •Contemplate it. Read it again and again.
11. •Think about it. Read it again and again.
12. •And again in the morning, lunch time and before you go to bed!

When you are ready and feel inspired to do so, go to the next step:

13. •Write a STORY about you doing, being or having that which you desire.

## Feel It

14. •Write the story AS IF YOU ARE LIVING IT with so much detail that you can really feel yourself there!
15. •Write with excitement and joy - it doesn't matter for now if you are aware that it's just a 'story'....go for it and just keep writing and writing. By the time you have finished, you would have become quite energized and emotionally charged about your desire that you will begin to feel inspired to do it.

## Act It

16. One small step towards it now.

No matter how small, you can now take action.

Just a small step is required. You have no idea how BIG this small step really is.....

Truly! Have BIG faith, even with a small step and it can move mountains.

# The End...