Just Imagine ...

Describe a dream, vision, desire, goal, or wish that has recurred in your life from as far back as you can remember.

What persistent negative thoughts or resistance have you experienced in achieving or pursuing this?

If you didn't believe these negatives were true, they wouldn't be blockages. Are they really true?

YES NO

How do you know they are true?

What would life look like if this resistance didn't exist? Describe to the group what this would be like for you.