YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 6 EXERCISE 1: UNCOVERING THE ESSENCE BEHIND**

**PROCRASTINATION & SELF SABOTAGE**

*“I am a work in progress.” ~Violet Yates, Lost & Found*

I’d like you to identify something that you’ve been procrastinating. Note this in Column 1. Acknowledge the resistance surrounding it and ask:

* Why are you here?
* What is it that you want and/or need?
* Are you rebelling against something?

Perhaps you’re rebelling against a *Should*. If so,

where did this *Should* come from – Is it mine or someone else’s?

Note any insights in Columns 2 and 3.

Next, ask yourself: What do I hate about this? Perhaps that it is stalking you and creating anxiety ~ which causes all sorts of blocks. Make note of your insights in Column 4.

Then ask yourself: What do I love about this? What’s the reward? There must be one (or more); otherwise, you wouldn’t be allowing it. Make note of your insights in Column 5.

There’s always something you actually love about a pattern you *say* that you hate. Whatever brings you to *say* that you hate it is not cognitive (makes no sense) because there’s some sort of reward for having the pattern in place that’s somehow valuable to you. Otherwise, you wouldn’t be allowing it. When you find a Love/Hate program driving your bus, asking *What do I love about this* can get you to the energy of it so that you can begin to change it.

*“Everything that is and brings up, either known or unknown consciously or unconsciously where X is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

Make note of any additional insights in the last column.

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| **I’ve been procrastinating / resisting:** | **What does my resistance desire?** | **What’s the Should about?****Am I rebelling?** | **What do I hate about this?** | **What do I love about this?** | **Additional Insights** |
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Now let’s have a look at any fears which may be instigating the resistance. Ask yourself: *What am I afraid of?* Consider what comes to mind; i.e. *You know* *what happened to so & so when they… Remember what happened last time? I heard X about X.* Note these in Column 1. Then ask: *Where did this come from? From whom did I learn this?* Note your insights in Column 2.

Then ask:

* What’s the downside (risks) of procrastinating around this?
* What’s the upside (rewards) of procrastinating round this?

Note these in Columns 3 and 4 and any additional insights in the last column.

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| **Fear(s)** | **Source of Fear(s)** | **Risks** | **Rewards** | **Additional Insights** |
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Awareness of the essence surrounding the issue ignites faith in your capacity to meet, understand and surpass fear and resistance, trusting that you are well regardless of the outcome. Faith refers to a belief which is not based on proof or evidence but on *knowing*. Trust is a belief in truth. Having faith in yourself and trust in the process of life endows tremendous ease. It is from within this space that you can make optimal choices.

*“Fear knocked at the door. Faith answered. There was no one there.” ~Martin Luther King, Jr.*

Once you’ve identified the energy around that which you’ve been procrastinating, you can make a choice regarding the manner by which to proceed, or not. Perhaps you’ve decided not to pursue the matter and move on to other things. If it is a must however and/or you choose to proceed, once you’ve arrived at this choice, ask yourself: *What are the next steps; and how can I take them with ease?* Contemplate these and make note of them.

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| **Next Steps** | **Taking them with ease…** |
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*“Our deepest fear is not that we’re inadequate. It is that we are powerful beyond measure.” ~Marianne Williamson*