



# THE REAL METHOD

SENSATION-BASED MINDSET COACHING

## R REVEAL YOUR TRUE DESIRE

What do you really want to have? Who do you really want to be? What do you really want to do? This is not a superficial answer, but a deep longing in your heart. For most people the thing they really want goes against what they think they can have and so they cut themselves off from even thinking about it.

## E IDENTIFY UNDERLYING EXPECTATIONS

Your subconscious mind is programmed to expect the things that you have already experienced. If you want to experience something new, you must first know what you currently expect and why you are expecting it. Think back to your childhood. If you had said as a child that you wanted the desire you stated above, what would your caretakers have said about that? This may give you a clue into your expectations.

## A ALIGN WITH YOUR CLARITY

In order to get what you really want, you need to stop aligning your decision making and behavior to your underlying expectations. In order to do this, you will need to choose new behaviors, thoughts, and words that align with your true desires. Since behaviors, thoughts and words arise from your sensation-base at all times, you must learn how to tap into a clear, confident and loving sensation-based in your body. This aligned sensation-base will allow you to access infinite intelligence.

## L LOVE WHATEVER SHOWS UP

When you align your sensations, thoughts, words and behavior with a clear and confident sensation-base opportunities for you to get what you want in life will show up immediately! Your job is to love and accept those opportunities, especially in the face of resistance. Use sensation-based mindset strategies to overcome your fears effortlessly.