



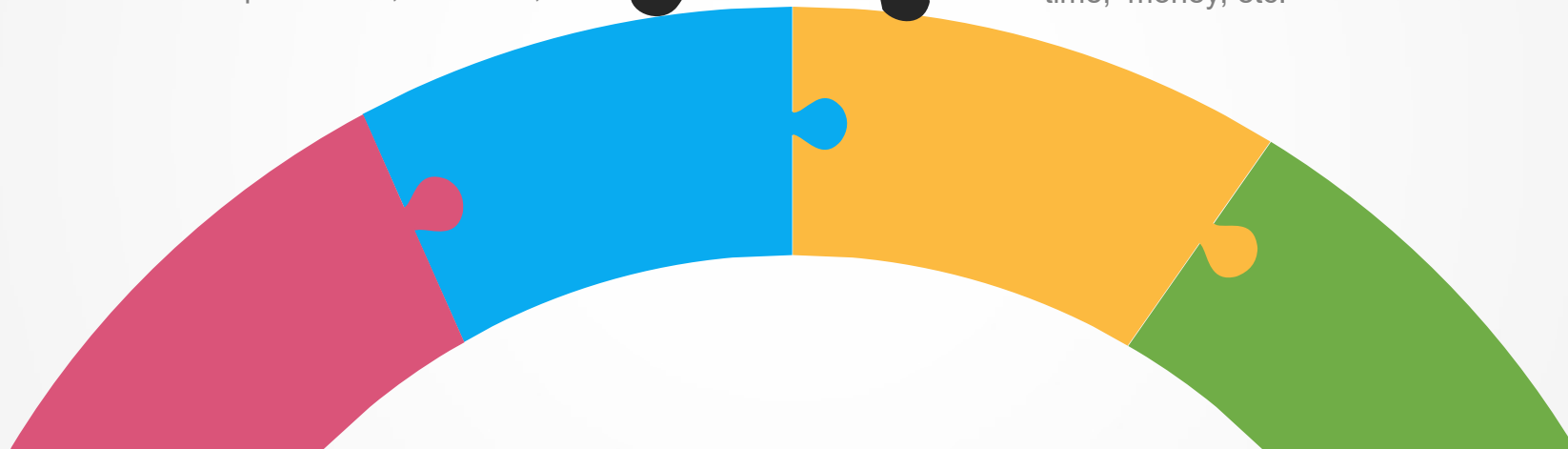


Internal Interferences

What **internally** is blocking, preventing or interfering with you from getting to your desired state? For example: beliefs, emotions, etc.

External Interferences

What **externally** is blocking, preventing or interfering with you from getting to your desired state? For example: other people, time, money, etc.



PRESENT STATE

This is where you are now – it is a state of mind (angry, joyful, sad) or a place in life (new relationship, unwanted job, bad communication).

What you **Have**

What resources, skills, attitudes, attributes, behaviours etcetera do you **already have** that will help you get to your desired state?

What you **Need**

What resources, skills, attitudes, attributes, behaviours etcetera do you **need** that will help you get to your desired state?

DESIRED STATE

This is where you want to be – it is probably the opposite of your Present State, or at least an improved version of it.