

WAKE UP TO SUCCESS

Release Fear & Resistance to Success and Open to a new way of Being

A Fast Track Workshop facilitated by Jaz Goven, Agent of Change

Creator & Founder Fast Track Technique

Please print off one copy to use for the webinar

So many of us are in the process casting off the ‘security’ and ‘confines’ of a proper job and that traditional way of living. We find ourselves traveling more, exploring more, questioning more and dipping into new ways of being, thinking and seeing the world. We discover we can take care of ourselves differently than our parents and their way of being. The Internet has opened us to the world, to new possibilities and allows us to communicate, work and make money wherever we are, doing whatever we choose.

Change is happening everywhere, in all areas of life – and YOU are part of this change.

Change awakens those dormant parts of ourselves; It awakens creativity, our feminine and spiritual selves, our intuition, different talents and abilities and with change comes fear of change.

In this workshop, we investigate Fear of Change and Resistance to Letting Go of The Past and Old Ways of Being. We reprogram our subconscious to embrace change easily and gracefully and allow success as we awaken to new possibilities and potential.

**Wake up to Success now!**

**Calibrate:**

I am in alignment with Personal Success

 in the area of …………………………… Before % After %

I am aligned with the Highest Vision of Myself Before % After %

I am attached to/stuck in old ways of being Before % After %

I am aligned with new ways of being Before % After %

I am open to the unknown Before % After %

I am currently running: Victim Before % After %

Prostitute Before % After %

 Saboteur Before % After %

 Wounded Child Before % After %

………………………………….

**Desired Outcome** Choose 3 qualities you want for your Successful Self

Authentic/powerful/confident/expressive/wealthy/dynamic/successful/worthy/empowered/creative/open/Inspiring/honest/flexible/inspiring/invincible or others personal to you

Today I allow myself to be more ……………….……….. ………………....….. and ……….……………….

than before and I will look for the evidence of this everywhere every day – it is safe to be Successfully me – NOW!

I am in alignment with my Desired Outcome Before % After %

**--------BREAK--------**

**Resistance to change:** Before % After %

General resistance Fear of Change Secondary Gain Social Conditioning

3

**No. of Root Causes**?

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**No. of Aspects?**

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recalibrate Alignment %**

**Reprogram with Desired Outcome decided on page 2**

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