***I Can Have That!* Energy Technique**

**Week 1 Handout**

1. Please use a **journal** to keep track of your answers. Do this exercise any time you begin to doubt yourself, your business, and your ability to create what you want.

2. Write down the answers to the following questions:

**a. *What do I want?***

b. ***Why do I want it?***

**c. *Why do I believe I can have it?***

3. Pay attention to your feelings as you write this out. Notice how and where you begin to shift from *“I can’t”* into *“I can.”* **Write them down**. (It will help you anchor your belief in your ability to co-create that which you desire. Very important!)

4. Pay attention to your actions and thoughts in the days following this exercise. You will surprise yourself with certain things you do, things you say, and ways of being. **Write them down in your journal.** Doing so will help you anchor your belief in your ability to co-create.



Divine hugs,

Anne

**Rev. Anne Presuel**

***Your 6th Sense Guide to a 6-Figure Business***

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