

## Emotional Temperament:



Q- I feel like I am holding back a little bit in doing my mock ups. I have to fight myself to do it, like I am scared to make it happen. What should I do?

A- So there is something about that scares you about having what you truly want. What happens if I get my dream? Are you concerned about owning your authority? Would you be too tied to your career? What is it about success that makes you scared?

Q-reply- I think it's a question of, I have already done so much, I can do more?

A- Yes! You can do a whole lot more! You need to break through on working on the big big picture. Find supercharged women that you can admire, those incredible overachievers, and start modeling yourself after them. Create a new container for your vision of yourself. You have this idea that you have done it already- but you have a whole lifetime ahead of you and I encourage you to think big big big big! Start with smaller mock ups that are believable for you, and keep expanding that space. Keep that door of gratitude open and keep a running list of all of the things you see that you are grateful for. You can see the evidence.

Q- Suppose you have been mocking up something for a while and you realize suddenly that that is not what you really want to mock up and you want to change or modify it...Can I do that?

A- Yes! You could be mocking something up and you find that aren't really getting it- the universe may be protecting you because you really wanted something different than what you were mocking up. And that's a great position to be in because that is really wise elder wisdom working for you. So what you want to do is shift that mock up into the more developed mock up and modify it. Remember, this is not your last time to make a mock up- sometimes you'll make a mock up and when you get it- you think "wow, why did I mock this up- this isn't really what I wanted." So, it's really a practice, and you will get used to honing in on what you are wanting and refining your mock-ups to reflect that. I recommend that you shift from the old mock up to the new one. There is nothing to repair or fix in the space- there was nothing wrong with what you mocked up- but your own energy body knew that it wanted something beyond that.

