

Thank you, Appreciation, Gratitude, Praise, Gratefulness, Honor, Applaud, Glorify, Tribute, Respect, Thanks.



**Aware  
ACcept  
AcT**

**Allow...**

**Let Go...**

**Pretend...**

**(See it • Taste it • Hear it • Smell it • Touch it • FEEL IT)**

**Intend...**

**(Set your intention • What do you want? • How do you want it to be?)**

# **Possibility Pyramid™**

**“What we THINK about we bring about...**

**What we FOCUS on we find...**

**What we FEEL becomes real.”**

**~ Kathy Larsen**

## Possibility Pyramid Guidelines

### ***Intend:***

Setting Intentions for what we want in life is the first step in co-creating that reality. We begin the Conscious Creation Process by simply stating what we want to create. (i.e. New Job, Life Partner, Financial Freedom, Healthy Body, etc.)

### ***Pretend:***

This step brings the Intention Alive! Tap into what you are *seeing, hearing, smelling, tasting, touching and FEELing* in this newly created environment. Energize with it playfully or connect with it softly. Both options work. Just make sure you are IN the picture of what you are PRETENDING!

### ***Let Go:***

There are two parts to this step. 1) Let Go of how the Intention will happen. Just Believe It and Trust the process. 2) Let Go of old limiting beliefs, habits, patterns, experiences, etc. of the past that keep us from getting what we want now...today.

### ***Allow:***

Be open to allowing the messages, opportunities, next steps, and so much more to show up in daily life. We must know with complete certainty that the Intention is coming into fruition right now. Being in alignment with the Intention places us in the energetic frequency to receive it.

### ***ACT (Aware, ACcept, ACT)***

Messages come to us in many, many, and more ways than we can imagine. The more open and willing we are, the more likely they will show up. First, we must be *Aware* in every moment when messages are there for us. Then, we must *Accept* how they show up, and then we must confidently take ACTION, one step at a time, as we are guided into the adventure of living our Intentions...

Be Open to what shows up, Be in Gratitude, ACT on it, and...HAVE FUN!