

Keys
to
Success



MANIFEST
YOUR VISION:
LIVE
ABUNDANTLY

KEYS GROUND RULES

1. Maintain absolute confidentiality of other student's expressions and experiences. What goes on in this training stays within this training.
2. Be on time. Be seated before the music ends. Be present for the entire training.
3. Use no alcohol or illegal drugs in or outside the training.
4. Follow your doctor's orders regarding medications and prescriptions.
5. Remain in the seminar room except for breaks. In the case of a physiological emergency, create agreement with the team captain to leave the room.
6. Ask questions, talk or share when acknowledged by the facilitator during designated sharing periods. **No side talking.**
7. Wear your nametag in a visible location at all times in the seminar room. Turn in your nametag when so designated.
8. No recording or note taking in the seminar room unless otherwise instructed.
9. Turn off all pagers and cell phones while in the training room.
10. Sit next to someone new after each break.
11. Do not eat, chew gum, or drink beverages while in the training room, unless otherwise instructed.
12. Do not make any major life changes (unless already in progress) for a minimum of 30 days following the completion of this training.
13. Complete the weekend.
14. Follow the instructions of the facilitator.



As I acknowledge my ability to create, my life becomes more abundant

The purpose for this weekend is to be in creation and discovery of living a life with a clear vision, coming from a place of abundance. This is an opportunity to take on a new level of living - leading with vision, purpose and contribution in the world.

- An opportunity to take this on and have your life “smoking”.
- To develop the tools and practices and get the “results” YOU want!
- An opportunity to look at the relationship you have with yourself, your material goods; your relationship with others, how you define yourself and what you contribute.
- To begin to make shifts where things are not working for you. See more clearly what you are blind to, where you play it safe, control, R/W, scarcity, fear.
- Identify the shifts within yourself to live your life from a place of abundance and vision coming from “I can,” “I’m enough,” “I matter,” and “What’s next?”
- Understand how you are projecting yourself. Life is a mirror, it reflects back your way of being. Asking yourself the question “How am I Being in the world? Relationships? Career? Service to community and family?”

Start by jumping into this weekend out of your commitment to your life and your contribution to the world.

Let’s get started!



SURRENDER

To do things in an allowing manner – to give over your power, to be in harmony with what is around you, to experience wholeness, completeness, fulfillment and integrity all working together. Surrender from a place of mastery and feel joy, freedom and energy. To use the flow of the universe to get to where you are going versus control. To surrender to your commitment.

1. As you participated in the Surrender process what were you resisting in your mind, body, those around you?
2. What were the choices that you made to support being in integrity – keeping your promise to complete the process?
3. What were all the different conversations you had with yourself about the process or about yourself?
4. How was this a reflection of your life? When you find yourself not feeling in control, what is occurring around you? How did your SLB and behaviors mirror your Alternate Name from Focus?
5. What choices did you make – using your resources and creativity to create an experience that supported your purpose and promise?
6. What declarations can you make based on what you have learned about surrendering?



OUTFLOWING

Outflowing is the most fundamental principle, upon which all the others are based. It is the natural tendency of life. What you put out comes back to you, sometimes in a greater amount, sometimes in unexpected ways. Outflowing is a primary form of self-expression. It is manifested in giving, sharing, participating, serving, contributing, tithing, spending wisely, committing oneself to something or someone; producing something of value; and expressing appreciation. In order to outflow you must affirm all that you are capable of giving.

AFFIRMATION is a statement that something is already so. It is a created seed that you will plant in the here and now. Continue to affirm and the seed will grow. It is not intended to create what already exists but to create something new. In writing down your affirmations:

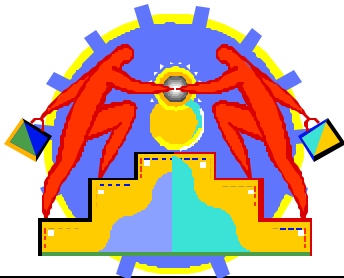
1. Always write it in the present tense, never in the future or it will always remain in the future – something or a place that you are trying to get to. “I now own the most perfect and satisfying house for me.”
2. Phrase your affirmation in the positive – never the negative or what you DON’T want. Energize what you want and cut off the flow of energy to what you don’t want. “My painful back doesn’t bother me anymore” to “My back feels wonderful!”
3. Maintain an attitude that you ARE creating something new and fresh. You are not manipulating, re-doing or changing an existing problem. This requires surrender and acceptance of what is
4. Avoid having to have the desired results RIGHT NOW. When you think you must have something you energize its opposite creating resistance. Be willing to trust that what you want will manifest by continuing to affirm your goal and to take actions that will support achieving what you want.
5. Create your own affirmations, or choose ones on the following page that are appropriate for you. Practice reading them out loud while you visualize and experience the affirmation taking place.



Acknowledgement List

As I give, my life becomes more abundant and prosperous.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.



My Successes List

As I acknowledge my successes, my ability to create greater abundance in my life expands.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.



Appreciation List

As I express my appreciation for the resources of the universe available to me, my prosperity consciousness expands.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.



Self-Esteem

As I acknowledge my worthiness and value, I become more prosperous and make even greater contributions.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.

CREATING NEW OPENINGS

This is a rich universe and there is plenty.

I accept my vast wealth and natural state of abundance.

It is OK for me to be as prosperous as I want.

Abundance is my true state of being. I now claim, accept and express it fully and joyously!

It is all right for me to have fun! I accept a joyous and fun life right now.

I now take full accountability for being, doing and having what I want!

I am perfectly all right the way that I am and I can improve my self-expression as much as I like.

I deserve the very best in life. I am now manifesting the very best life, which is being in service to all

I deserve to be as prosperous as I like.

There isn't anything "too good" to be true.

I can have anything I truly desire.

The limitless resources of the universe are at my fingertips.

It's OK for me to feel happy and to feel good. I do!

I am enthusiastic about life!

I have the potential to be, do and have anything.

I am free and powerful.

SELF-EXPRESSION

I am dynamically self-expressive.

I am an effective speaker.

I communicate clearly and effectively.

I express myself with certainty and poise.

I am relaxed, poised and confident before people and under any circumstance.

It is OK for me to say "no". I do it easily and appropriately.

It is OK for me to ask for what I want and I do so easily and appropriately.

I say the right thing at the right time.

It's OK if others disagree with me.

I am grounded in my communication and it aligns with my purpose.

It is alright if I choose to get angry. I can express my anger constructively.

I don't have to impress anyone and I can be as impressive as I like.

SELF ESTEEM

I am a powerful, loving and creative human being.
I am pleased with myself and what I offer to others.
I am full of integrity.
My thoughts, feelings and experiences are just as valid as anyone else's.
I am a valuable contribution to life.
I am strong and courageous.
I am perfectly all right the way that I am.
I am whole and complete.
I am interested and I am interesting.
I am sensitive and receptive.
I am the master of my life.
I love, trust and accept me.
I create my own future.

HAPPINESS

I am happy!
It is OK for me to have fun and to enjoy myself- and I do!
I am fulfilled.
My life is a joyous adventure.
Every phase of my life is sparkling and glowing with love.
I am free to create.

INTEGRITY

I keep all my agreements easily and joyously
I am accountable.
I trust myself.
I operate ethically and in alignment with my values.
I am completely trustworthy, loyal and reliable.
I am always easily on time.
I stay focused and on purpose.
I complete all that I undertake.
I am organized in all aspects of my life.
I communicate clearly and confidently.
I do not allow myself to be taken advantage of.
I do not take advantage of others.

WEALTH AND MONEY

Infinite riches flow freely into my life.

I now have plenty of money for my personal use.

I now have a satisfying income.

I not accept my infinite abundance.

I am rich, well and happy.

I give thanks for the immediate, complete payment of all financial obligations.

Every day I grow more and more prosperous.

My wealth is what I have always envisioned.

SUCCESS

I am successful in all that I do.

I fully utilize the principles of abundance.

The entire universe is behind me and I realize how many resources I have.

I see myself working with others successfully.

I accept my success and I am not embarrassed by it.

I always get the most satisfying results.

I create success consistent with my purpose in life.

I am willing to fail – yet I always succeed.

My success is aligned with my vision and fulfillment in life.

New ideas and channels to create come to me easily.

My work is a beautiful service to all.

My work grows more prosperous, satisfying and successful each day.

I deserve to win and to prosper at everything that I do.

My affirmations are always dynamically effective.

RELATIONSHIP – LOVE

I love, admire and respect people, and they love me.

I serve others, and they serve me.

People love, appreciate and support me.

I accept others and they accept me.

I am truly worthy of being loved by others.

The relationships I enjoy bring me fulfillment and joy.

When I am sharing myself with others, I am a gift for them.

DECLARATIONS

I now declare _____ and it is done.

I declare that all barriers and obstacles to my goals are completely dissolved.

I now declare that I am the master of my life, richly prosperous and successful.



CLEARING

Clearing is a mental process intended to clear away the blocks and barriers which impede your ability to create prosperity in your life. For example, one may clear away: paralyzing doubts and indecisions, old business, things that are no longer useful, limiting conditions, attitudes and conditioning, releasing negative emotions, or letting go of limiting relationships. It also means delivering undelivered communications and letting go of fears about money and one's ability to be, do or have anything.

Each person has accumulated feelings, beliefs, attitudes and responses which, to varying degrees, control their life. When we feel threatened, very often a conditioned response will be activated to protect us from a real or imagined threat. We experience those responses as resistance, anxiety, fear, anger, sickness, withdrawal, flight and boredom as well as pleasure and affinity.

All of us have experienced being governed by conditioned responses to some degree. Often we refer to these responses as being "on automatic pilot". To the degree that they limit us from having what we say we want – they become blocks. In these situations, we give up and allow these blocks to limit our free choice in the moment – we cannot see past them.

In order to achieve what we want in life we must be willing to step beyond our comfort zone. Nothing will change as long as one is committed to being comfortable.

By completing the clearing process, you are declaring that you are willing to let go of the past, the self limiting beliefs about yourself and others that keep you stuck in your history and how the world "should" be with you in it. You create new possibilities as you begin to operate from free choice in having what you say you want in life.

Complete the following pages. Be honest and willing to reveal to yourself where you are incomplete in your life as a means to become complete.



"To Be Forgiven By" List

By my Word: I now decree all to be cleared up between me and my past. My past is now complete! I am free and clear!

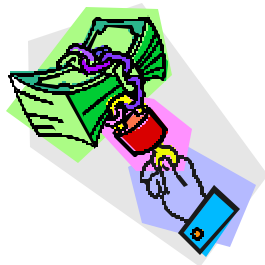
	#1	#2	#3	#4
1. Person I did it to:				
2. What I did:				
3. What I need to do to resolve it:				



Forgiveness List

I now forgive others in my past, and as a result I feel lighter and clearer.

	#1	#2	#3	#4
1. Who did it to me:				
2. What he/she did:				
3. What I can do to clear it up:				



People and Organizations I Owe Money To

**By writing down my debts, I start the creative process of clearing up financial obligations.
My ability to be prosperous is limitless.**

Who I Owe	Amount	Who I Owe	Amount
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	



People and Organizations Who Owe Me

Others have just as full an access to universal abundance as I do!

Who Owes Me	Amount	Who Owes Me	Amount
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

CLEARING LIST

All the wrongs I have ever done are:

The things I am afraid of are:

The things I would have to give up to realize my goals are:

The things I am unwilling to be, do are:

I perceive myself as:

I think others perceive me as:

What I know about myself that no one else knows is:

Who I am afraid I really am is:

The things that I think are wrong are:

The things that I think are good are:

The ways I make myself fail are:

What I need to survive is:

The ways that I misuse money are:

The ways that I misuse power are:

The ways that I misuse success are:

The things that I resent are:

The things that upset me are:

The things I have wanted to say that I am afraid to say are:

The things I've started but dropped are:

The things I want to do presently and I am not doing are:

The things I want to complete and I am not completing are:

What I have lost is:

How I oppose myself is:

What is hindering me is:

What is most satisfying for me is:

What I might be addicted to is:

The problem with giving is:

The problem with receiving is:

The things I want to stop and I am continuing are:

The things that I have not been acknowledged for are:

The things I want to prove to others and have not proved are:

The things I want to start and have not started are:

The things I want to change and have not changed are:

The things that are incomplete for me are:

The ways that I try to get sympathy are:

The reasons my life is the way that it is are:

The things that I don't ever want to have happen are:

Who and what I think limits me are:

I think I should:

I think I shouldn't:

My body is:

My body isn't:

I would be happy if:

The trouble with being accountable is:

The trouble with having anything I want would be:

The trouble with personal growth is:

The trouble with money is:

People who have money are:

What I like about myself is:

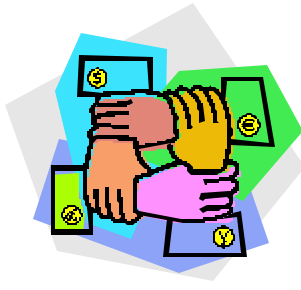
What's wrong with me is:

What I'll never be is:

What I'll never do is:

What I'll never have is:

Who I am is:



INTEGRITY

Integrity is wholeness; being true to oneself. Thus it means operating from ethical principles which foster trust, respect, and well-being in your life and with others. Integrity is keeping agreements with yourself and with others and taking accountability for your life – not blaming others. To enhance integrity one would clean up misunderstandings, old business, incomplete actions, and broken agreements. Being consistent increases integrity; so does achieving optimum health and vitality. Abundance is natural result of integrity – of being in harmony with the nature of life as expansive, giving, abundant, and ethical.



CERTAINTY

Certainty is an inner state manifesting itself as self-confidence. Certainty arises from knowing and accepting who you are; trusting yourself and your abilities; clarity of your goals and purposes; and keeping agreements. Certainty comes from being consistent, and consistency leads to accountability, integrity, and respect. One who has certainty will easily be supported and trusted by others.



DECLARATION

Declaring is affirming that the universe has the resources to manifest your choice, goal and vision. A declaration is made in a surrendered state; do not attempt to force the universe to give you what you want, but persist with full intention of realizing your goal. When declaring, one is very certain of the ability of the universe to assist one, and one also knows that the result may come in unexpected ways.

IMAGING



Imaging is forming a mental picture of the result you want in its complete form, and having the intention that it will manifest in reality. This sharpens and clarifies your goal into a specific form and also energizes it. The deeper it is in your consciousness, the more powerful it is in the transmitted form. Imaging evolves out of the creative stage of choosing your own goals. This is one of the most powerful principles, especially when done in the meditative state.



REALIZING

Realizing is knowing something at an inner level without the need of any objective information. Realizing plus intention magnifies the ability to achieve results.



EXPANSIVENESS

Expansiveness implies moving from a scarcity consciousness into one of abundance. Expansiveness is an attitude reflecting unlimited ability and opportunity. Expansiveness is achieving a greater perspective; with greater perspective comes control of one's life; and with greater control comes mastery. Pursuing one's personal growth in a dedicated manner increases expansiveness.



MEDITATING

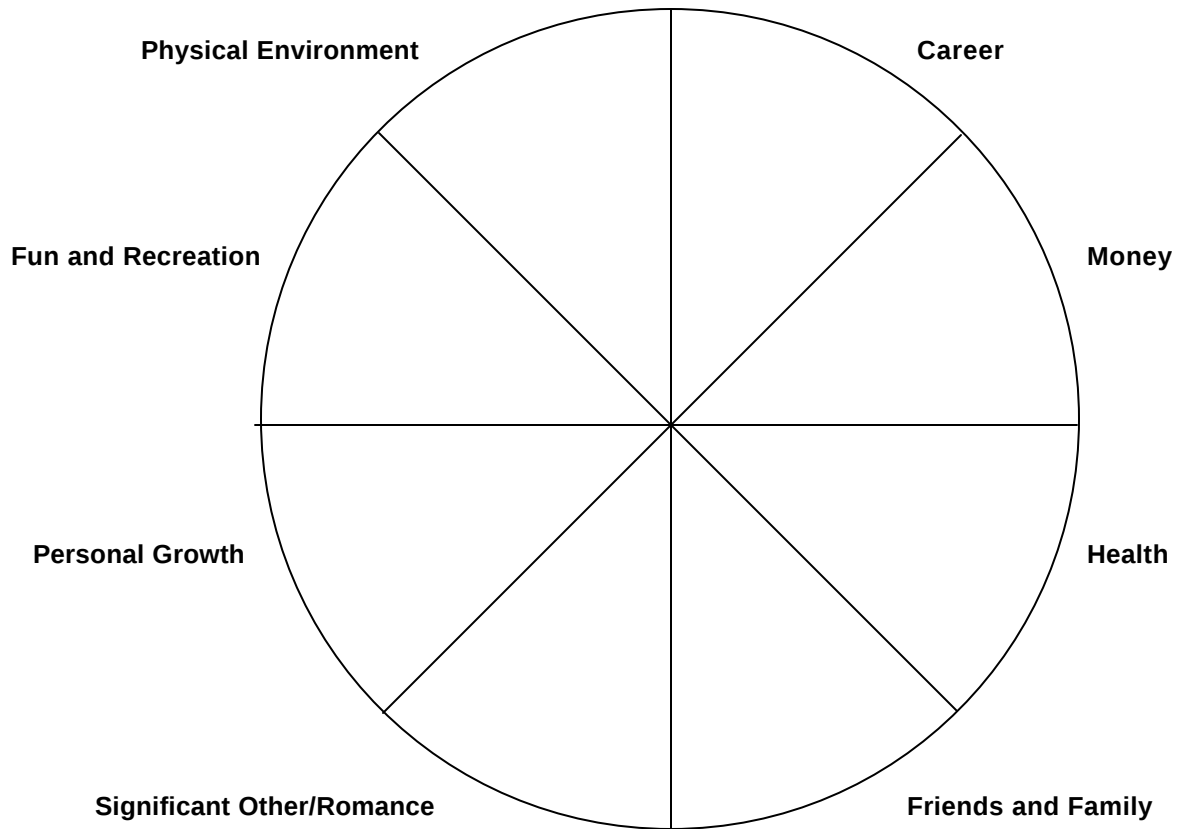
Meditating is an inward focus of attention. At an inner level, one's awareness is greatly expanded. This is the intention to manifest goals at a level that is much more intensified. While meditating on a desired goal, it is important also to experience that goal as complete.



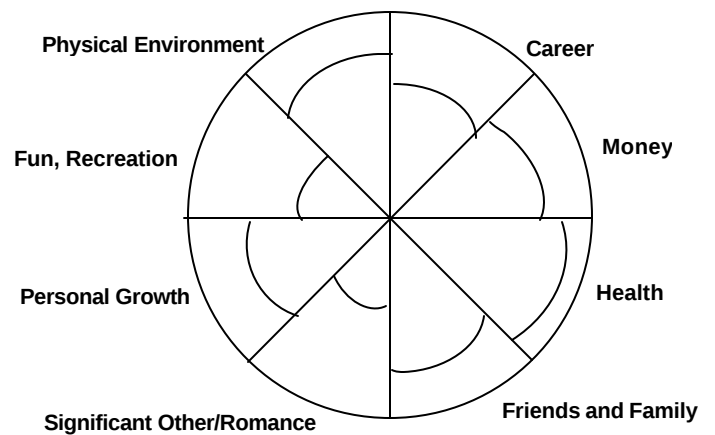
SOURCING

Sourcing is creating the desired result from a deep level, having a powerful experience of yourself plus clear intention. One who sources embodies integrity, certainty, clarity, and an expansive point of view in order to utilize all of their personal power.

Wheel of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0, and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?





GOALS

My goals for the week are:

- 1.
- 2.
- 3.
- 4.
- 5.



GOALS

My goals for the next month are:

- 1.
- 2.
- 3.
- 4.
- 5.



GOALS

My goals for the next year are:

- 1.
- 2.
- 3.
- 4.
- 5.



GOALS

My goals for the next five years are:

- 1.
- 2.
- 3.
- 4.
- 5.

GOALS WORKSHEET

Creating goals is a means to realizing your Vision. By creating goals that support your values, purpose and vision you are managing your life with integrity in what you say you are up to.

You have all used the SMART Goals setting model seen on the next page. Start by focusing on your vision and living your life as though it was a done deal. Look at the Wheel of Life – where do you want to have more abundance and balance in your life? What goals would you set for yourself starting next week? Write your goals as an affirmation statement.

Example – Next week I will enjoy the health that I have by exercising three times and I will experience energy and balance.

PERSONAL GROWTH: Focus on beginning to learn a new skill, or perhaps going on an adventure, trying something you have never done before.

SPIRITUAL: Create a goal to develop a deeper sense of yourself and your connection with your spirit. This may include practicing your faith at a new level. Spend time meditating.

RELATIONSHIP/ROMANCE: Spend time with those you love in a romantic way, focusing attention and allowing yourself to receive and enjoy the love you have.

HEALTH: Declare a new level of commitment to care for your body, giving up unhealthy habits and creating new healthy habits that nurture your body.

CAREER/MONEY: Challenge yourself to take on a new project within your community or professional life. This goal will contribute your unique skills and gifts to others.

FAMILY FUN and RECREATION: Create a goal designed to bring fun, connection, or a new tradition within your family; i.e. start a Family Game Night – No TV, videos or telephones.

SMART GOALS

That Which Is Not Acted Upon Is Not Learned

<u>S</u>pecific	Detailed with a clear outcome
<u>M</u>easurable	Must have a means to measure it - not hope
<u>A</u>ligned	Aligned with your Purpose and Vision (Intention)
<u>R</u>each	Must be a Reach or Risk for You
<u>T</u>ime Frame	Must have an end date - not be open ended

Looking forward to the next five years, write goals that are aligned with your Vision.

What specifically will you accomplish in the next **two months**? What will you declare for yourself one year from today?

Begin with an action word. Example: Lose 35 lbs within next eight weeks.

As a result of taking on this goal – what I will experience within a year from today is...

How does this goal support me in living abundantly and realizing my vision?

GOAL STATEMENT

<u>Specific</u>	Detailed with clear outcome
<u>Measurable</u>	Can be measured and known
<u>Aligned</u>	Must be aligned with your Purpose and Vision
<u>Reach</u>	Must be a stretch or Risk
<u>Time Frame</u>	Must be completed by a certain time

Using a separate page for each defined goal, write the goal and answer to the questions below as a means of reinforcing the value it represents to you and how it will support you in living abundantly, aligned with your vision.

Use a separate piece of paper to reflect and answer the following:

1. It is important to me because:
2. What will be the evidence seen as I am moving towards my goal?
(Write down 3 specific indications.)
3. Who is part of this goal? What must I do to enroll them in this goal?
4. Are there specific outcomes I wish to see from this goal, if so what are they?
5. How will I feel once this goal is complete?
6. Write down action steps you must take to achieve this goal.



CREATING

Creation means simply making a choice. It is focusing on a general desire, and transforming it into a laser of intention. Creating is an essential phase because until you choose something you can't move toward it. It is important to be specific and to be willing to adjust your choice as you go along. It is not necessary to know how to manifest it at first. Setting goals, both short term and long term, is a practical application of creating.



ENTHUSIASM

I SEE ABUNDANCE EVERYWHERE! Enthusiasm refers to showing a strong interest in something. Genuine enthusiasm is infectious and facilitates others in giving support to **one**. Enthusiasm comes from confidence in one's abilities and goals, dedication to one's growth, and appreciation and respect for oneself and others. Enthusiasm increases one's ability to be persistent in meeting the obstacles towards achieving a goal.



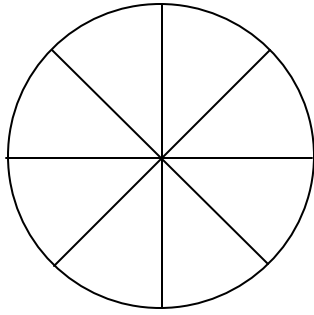
PERSISTENCE

Persistence means the continued choosing of a goal. It takes dedication and commitment to persist in dealing with each obstacle and consideration one meets while working towards a goal. Achieving goals in a persistent, yet surrendered state will facilitate moving through barriers towards greater personal growth as well as creating the success.



CONCENTRATING

Concentrating is an outward focus of attention. Concentrating will allow one to be totally absorbed, and thus bring a stronger focus to the object. If you want to master something, you need to give your full attention to it. Focusing on your Vision Maps is a practical application of concentrating.



WEEK 1

WHEEL OF LIFE

Begin this week by sitting down and reviewing the goals you have created for yourself. These goals are the beginning for you to experience abundance in all areas of your life. Write each goal using the S M A R T goal model and answer the questions in your workbook to examine why this goal is important to you. How does it align with your purpose and vision? What do you want to experience / realize by concentrating on this goal?

Review the principles of abundance:

- Creating
- Concentration
- Persistence
- Enthusiasm

Once you have completed the S M A R T goal worksheet and answered the questions for each goal, begin to make a plan for this week. Use a planning tool, i.e.: palm pilot, day timer, or calendar. Identify the specific actions you will take this week to achieve the goal. Keep your days balanced and work to align attitudes and actions with the principles of abundance.

As you achieve each goal – enthusiastically celebrate that achievement.

Send e-mails to your Keys family letting them know what you have accomplished. Be willing to celebrate and truly acknowledge yourself and recognize that these goals were not a have to but a choose to.



**AS I GIVE,
MY LIFE BECOMES
MORE ABUNDANT**



WEEK 2

AFFIRMING

Building on your successes from Week 1, continue to be “Expansive” and look at the goals you have declared for the next month in your workbook. See how they expand and build on the goals from last week and the goals you have for the next year.

Again, using your day timer, or whatever planning tool you choose, begin to break out the actions you will take over the next month – referring to your S M A R T goals and answering the questions, clarifying how they support your vision.

Goals are your accountability system to keep you aligned with your purpose and vision. Goals provide the compass to navigate from where you are to where you want to be in your life and what you want to have.

APPRECIATION AND GRATITUDE

Refer to your appreciation list in your workbook. Begin by writing a letter to each of your children acknowledging them for being the contribution and gift they are to you. Be specific on what it is that makes them unique.

Think of someone in your life – present or past, that has made a unique contribution to you and send them a card or written letter that expresses the gratitude you have for what they have done for you.

Journal three times this week using one of the affirmations from your workbook. As you write this affirmation again and again in your journal, feel the power of knowing it is so and let yourself feel it deeply. As you write it, say it to yourself out loud.



WEEK 3

CLEARING

Review the pages in your workbook on clearing and what you wrote. Add to this list if you now realize there is more in your life to clear.

Plan time this week to take the actions you have identified on your worksheet to be clear and complete in your relationships with others.

This may include writing letters of apology. If you lied to your child about taking them to the program, having them escorted, write them a letter acknowledging this lie as a means to move on.

Family Unity Project: Where you have relationships that are out of alignment with family members or ex-spouses, plan time this week to begin to create a family unity project that you will have completed within the next three weeks. Use the following worksheet to begin to plan how you will complete your family unity project. Begin by acknowledging your purpose and vision to have a whole and healthy family – supporting your children. Practice using the tools of accountability and neutrality. Begin to find places you can align and work together.

For those who owe you money – Take action this week to have them pay the debt. Come from a place of abundance – they have the resources and you are worthy of being paid.

Journal this three times week – using one of the clearing phrases in your workbook as a means to be clear and complete.

FAMILY UNITY PROCESS WORKSHEET

What does family unity mean to you?

Identify all relationships within your current family, such as spouse, ex-spouse, parents, siblings, sons, daughters and others. Write a minimum of one paragraph on each of these relationships. What is working, what is not working, and what changes do you want to experience within these relationships? Use additional sheets as needed.

Identify a specific Family Unity Process which will promote healing within your family. Who will need to be involved?

What blocks must you overcome? What risk or stretch will be involved?

What are the specific outcomes you desire?

What healing will be created for you and your family?

Detail specific action steps you will take to achieve your goal.



WEEK 4

CLEARING AND CLEANING

Now that you have taken the actions necessary to be complete and clear in your relationships – look around at your environment and identify ways that you can begin to clear out that which does not serve you in material things. Clutter creates energy that can limit opening new space.

This week create a plan to clean areas of your home and or office. This can be a big challenge for many, deciding what to let go of and what to keep. Enroll a cleaning partner to work with you. Someone you trust – someone who can be honest and objective.

Ask yourself the following questions as you examine what to let go of:

How does this support me today in my current intention?

How will this be needed in my future vision?

By holding on to this item I keep holding on to what?

If I let go of this, what might it allow space for? What is something new that it might be replaced with?

If I give this away – who will benefit? Who might I give it to?

Explore the art of feng-shui. How might you rearrange your office or home to create a higher level of energy?



WEEK 5

OUTFLOWING

This week focus your intention on practicing random acts of kindness.

Coming from a place of abundance, practice giving to others without any expectations of receiving anything in return. Practice at least one random act of kindness each day.

Notice your experience at the end of each day. Are you staying in an abundant state?

Were you looking for some recognition from others?

Did you consider what you would give – or did you give freely?

Create a list each day on the acts of kindness you created and what you observed. Did you experience “unexpected gifts” from others, or being “lucky” when you least expected it?

Journal three times this week about what you are experiencing.

Connect with your Keys family members this week and share your experiences of outflowing.

ACT OF KINDNESS	TO WHOM WAS IT GIVEN / DONE FOR	EXPERIENCE CREATED
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		



WEEK 6

WEIGHING IN

S.M.A.R.T. GOALS

Without recognition of where you are, you cannot make changes. This week review each of your goals to determine where you are. Review each of the principles of abundance. What attitudes or actions can you take that will bring you into alignment with these principles? Use the accountability formula to STOP, LOOK, and see what is working or not working for you in achieving goals.

1. What actions have you taken to achieve these goals?
2. What are the results of your actions? Have these actions been effective?
3. Have you been willing to ask for what you want from others? How have you applied the principle of sourcing, creating and expansiveness?
4. What have you done to continue to motivate yourself to achieve your goals?
5. What choices have you made that hindered or helped your progress?
6. Look at the purpose of each goal. How does it move you towards your vision?
7. Declare what new attitude or action you will now embrace.

Using your family unity worksheet from Week 3 and the support you have received from your Keys family, review and answer the following questions:

What experience was created?

What outcomes were achieved?

Did you manifest your declared purpose? If no, what was different?

What did you learn about yourself in this process - what worked and what did not work?

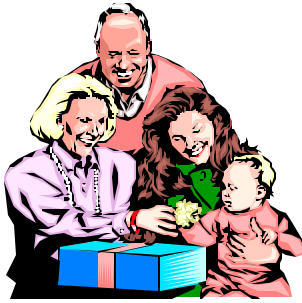
What will you do to continue the healing within your family?

SMART GOALS WEEKLY RESULTS TRACKING FORM

Wee k #	What RESULTS	Experience Created
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

ACCOUNTABILITY FORMULA

- STOP** This is about becoming neutral and observing the event as if you are outside it. Look at the event as if watching a video camera. Stop, take a deep breath. Break the old pattern, slow down, and become quiet. STOP before behaving in that same old, automatic way.
- LOOK** Look is about your internal state of being. First, notice how you are feeling. Will your feeling allow you to see the interpretations you are making about the situation. In other words, what are your beliefs, attitudes, and assumptions regarding this event? Is there a pattern to these feelings and reactions? Are these patterns driving your behavior? When and where did these patterns begin?
- CHOOSE** Choose is about being responsible in the moment of now. Make a conscious choice to Respond and decide what you want to create now rather than React and go straight into autopilot behavior. Based on your “looking”, what choices or changes do you need to make in order to create what you want?
- VOTE** Declare to the universe that which you have chosen. Commit yourself to what you declare. Accountable people declare in order to draw strength and support from the universe around them.
- DO IT** Take Massive action now. Stay committed. Put your heart and energy into it. Practice, practice, practice.
- STEP LEFT** See each new event as an opportunity to learn and choose out of your commitment to personal growth. In doing so, you acknowledge that you are responsible for your life and that you have the power to create new opportunities.



WEEK 7

FAMILY FUN

Re-do the Wheel of Life. Look to see where changes have occurred. Notice the different experiences you have had when you live your life from a place of abundance and vision. Continue to identify ways that you can bring your life into alignment with your family values and vision. Set goals that will move you towards your vision of how you want your life to be.

This week it is time to celebrate your success. You will create an event for you and your family to **celebrate your abundance**. This should be fun for all. If you are a blended family, this event should include all members of the family. Create a way for all to participate and to contribute their gifts. Have a way to acknowledge each person in your family.

Share your family vision...

What goals have been accomplished in the last 6 weeks?

How has each person contributed to the creative process?

Practice the principle of ENTHUSIASM as you acknowledge and celebrate together.

Practice CONCENTRATION. At the end of this week, journal by exploring the following:

- What did you create with your family?
- What did you learn about yourself and your abundance as a family?
- What will you do to continue to experience abundance within your family?



WEEK 8

GETTING IT TOGETHER

Soon you will have the opportunity to have your KEYS Family regroup. This is your time to get together to share and celebrate your successes. Plan an event to celebrate and share your successes. Bring your Family Flag to your KEYS weekend. Create a presentation designed to enroll new KEYS members in your Keys Family Vision, inviting them to join your community and continue your journey together.

Plan to share on Saturday morning of KEYS the following:

- Where you are in achieving your individual and collective goals?
- What new tools have you created?
- What have you learned about yourself and your family?
- Celebrate those who have achieved their goals!
- Share what you are proud of (what's been working) and what you are sorry about (what's not working). What lessons have you learned and what new declaration will you make to move forward together?
- Make new plans and coach each Family on ways to affirm each other to continue to create results that support their purpose and vision.

ACKNOWLEDGMENT

Over the last several weeks, you have had an opportunity to contribute 100% to the success of your community members. Acknowledgment is an important part of living abundantly, outflowing to those who have been in service to us.

As part of your journal reflection process this week, take time to reflect and write about all of the gifts you have been given from members in your community.

Find a way to express your appreciation to them. This is not about buying a present. Find a way to acknowledge them through word or deed in a way they will know how they have impacted your life.

Make a new promise for how you will continue to support each other in the future and participate in each other's lives and families.

Declare ways that you will stand together to be in service to others. Community projects, Service Teams, be a buddy family for program parents, etc.



**REMEMBER – YOU'VE GOT THE KEYS
TO SUCCESS !!**