

CIT Success Conditioning© Workout: *Resignation*

CIT Success Conditioning© improves business. Make a difference in the lives of people and watch what results. These people can be anyone with whom we work, know or have made an acquaintance.

While participating, notice how relationships develop, credibility improves, and how feedback and business provides you a measure of success beyond predictability.

Exercise:

This month examine the areas of your life where you see yourself relinquished to an outcome. You see the circumstances and succumb to them as if to have no voice/no choice. Ask yourself, "where am I suffering?" Where do I feel resigned?

Criteria:

Choose the area of your life that comes to mind first when you read the exercise. It's probably the area of most resistance and least intention. Consider where you have "given up".

How:

Get present to the regret or emotions that arise relative to the area of your life. Once you have suffered enough, give yourself permission to let it go and get present to the original area that thrilled or inspired you.

Action:

When you look at the area of life, think about how truly possible it is. Create a collage or picture of the specific outcome. If it is a home, either draw a picture, write a description, or cut and paste magazine pictures to a board. Use very descriptive words and share it with your friends. Get them inspired by the goal. Find out if they can help you achieve this, what can be done and by when.

Intent:

Do this in one specific area of your life. Keep the focus alive daily. Ask your friends to keep you in tune. Be as clear and colorful with your intention and focus on the transpiring goal. Daily new ideas will come to light. Many new ways of attracting the outcome will occur inside of being focused.

Feedback:

Tell someone about this experience. Let them know what you are doing and request their involvement. Let them provide you with feedback and tell you their experience, previous, current and probable.

Upon conclusion, provide an email to www.conceptsintraining.com with the event and outcome.