

Your Highest Potential

12 MINUTE QUANTUM LEAP EXERCISE (Do This Exercise Daily)

- ◆ Have you ever set goals and for some unknown reason failed to achieve them?
- ◆ Did you ever get sabotaged by self-limiting beliefs and negative emotions making your progress a constant uphill battle?

A quantum leap is a dramatic advance, or a sudden change from one energy state to another. Below is an easy way to remove your internal barriers and meet your goals even in the face of set-backs.

- 1.** Take some time and create a space where you can relax and have fun. Brew a cup of hot tea, light a candle, put on music that speaks to you. Then – is this is an important step – breathe deeply, close your eyes, and imagine the goal you wish to achieve. Allow your senses to play with your goal. Take 1 to 5 minutes and fully live your dream exactly the way you want to be living it.
- 2.** Draw a picture or symbol of your goal. This will represent your quantum leap. Take a moment and sketch it out in a notebook, personal log, or daily calendar book. As an alternative method, if you have a photo or picture of your goal, or one that symbolizes your goal, lightly trace around the edges of it with your finger. As you draw or touch your picture, imagine yourself “being there,” having already achieved your quantum leap.
- 3.** Read your goal, out loud, to yourself. Make sure to state your goal in the affirmative, as if you have already achieved it.
- 4.** Close your eyes and mentally picture your quantum leap. Keep this visual image in your mind for 3 minutes. Just hold it there, thinking through such details as how your success will look, sound, smell, taste, and feel. See, hear, sense, and especially feel — physically, intellectually, and emotionally — just the way you would if you were actually living the experience here and now.

Mix intense emotion and feelings of your success into your image. Bring the results of your quantum leap alive in your mind will all the little specific details you can think of. Let your five senses work on that . . . and your sixth sense of creative imagination will work with you to inspire success.

A supplement to the book:
Your Highest Potential: The New Psychology of Understanding and Working with Self
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5. The last step of this 12-minute exercise is to write down in your notebook one or more insights, ideas, or action steps that came to you. If you come up blank, just quickly jot down whatever floats through your mind. Then write, ***“I’m making a quantum leap. I know exactly where I am going, and I’m opening to the unexpected.”*** Date and sign it. Always write down your insights, your statement about now making a quantum leap, and the date to close out the quantum leap exercise.

At least twice a day – and more often if you make the time – read your goal and imagine yourself fully, richly, and completely living your vision and loving your life. Allow yourself to feel how you will feel when you are enjoying your success.

It is well known that we believe whatever we repeat to ourselves, whether the statement is true or false. The power of this little exercise is truly staggering. However, be patient. The payoff can be subtle, and sometimes it comes suddenly, and dramatically, when you least expect it. The unseen forces work around the clock, twenty-four hours a day, so your results could come at any time, and may take many forms!

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