



### Future Pacing

*Future Pacing is Speaking & Feeling as if your Desired Future has already occurred in the NOW.*

#### How to Future-Pace

1. Get clear on a desired future or sweet spot goal.

2. Feel & Speak aloud as if it has already occurred in the Now.

#### Bonus: Stacking

3. Future Pace consecutively farther out in time - 30 days, then 90 days, 1yr, 5yrs...



### Leveraging

*Leveraging is "Pure Focus" with an Accountability Partner or Mastermind. 'Leveraging' their positive thoughts toward your desired future.*

#### How to Leverage

1. Future Pace your desired outcome aloud with supportive partner/group.

2. Everyone "Pure Focus" for 68+sec by thinking, seeing you already successful.

3. You & Partners share new great images, thoughts, emotions that boost your desired outcome.