

The Clear Inner Focus Table (C.I.F.T.)

“Your tension needs attention.” – Patty Jackson

1. Breathe and record the topic of stress. Take a deep breath or two. Continue to gently breathe as you bring your awareness from the challenges outside you to the thoughts and feelings inside you.

2. Record what you don't want.

Ask yourself the following questions and record on the left side of the table:

- What is it that I do not want to be thinking, feeling* and/or experiencing on this topic?
- What am I telling myself about this topic? (Thoughts like, “I can't,” or “I shouldn't have....”)
- How do I NOT want this to happen? “I not willing to achieve this by....”

* Make sure you record your current stress feelings: worried, resentful, angry, sad, helpless, unloved, alone, scared, anxious.

3. Accept your challenging thoughts, feelings & experiences. Continue to breathe and accept the thoughts and feelings you listed. (It is common to want to judge or fight the thoughts and get caught up in them again. Refrain from this. You are giving your tension attention. Good job.) When you first let yourself feel the power of some heavy emotions, they can seem to get bigger. Breathing, accepting and feeling the emotions is what helps release them.

4. Build a new focus. (This step is not about *how* to make something happen or even if what you want is possible. This will come later.) Look at each item on the left and start defining and “drawing a blueprint”, painting a picture or building a mindset of thoughts about what you want. Go through each item in the left column and flip it to the right, thought by thought, feeling by feeling.

- Ask yourself, “In a magical world, what thoughts, feelings or experiences do I prefer to be thinking, feeling and experiencing?”
- Cross off the items on the left. They no longer need your focus.

5. Engage your imagination. Breathe and imagine these things happening. Nature abhors a vacuum. Imaging activates emotions other than stress and The emotions will help drive forward movement. Let yourself feel better now! The new emotions will help drive forward movement. Make sure they are recorded on the right side of your paper.

6. Decide what to do next. Re-read your WANT column. Then ask yourself, “What is **one step** I can take **today** in this direction?” Change takes time. Define a realistic small step for today. It could be a thought-step like “Be kind to myself” or “Let go. You have done enough for now.” It could be a doing step like “Buy what I need” or “Call him now”.

Many times, the step people come up with is re-read the list and focus on my new mindset.

7. Take the step. Each small step strengthens your belief and certainty that you are on the right path. Continuing to take steps forward builds momentum. Suddenly you will new things happening. Eventually you will see you are living your next goals.

EXAMPLE:

The Clear Inner FOCUS TABLE (C.I.F.T.)

1. Take a deep breath and record the topic of focus: My back

I DON'T WANT -	I WANT -
<p>2. Record things you do not want to be thinking, feeling, experiencing, or telling yourself about this topic.</p> <p>My back hurts I ate like a pig Fat Lazy</p> <p>I'm hurting it I need to stop sitting so long and pushing so hard while I am on the computer Ashamed Unproud Disgusted</p> <p>I don't want to stop working. I want to get things done and succeed. I have to work harder I have to get it right Overdriven Embarrassed</p> <p>3. Remind yourself, "It is okay to be here. It is okay to have thought, felt and experienced these things. What matters most is what I bring forth next. What thoughts feelings and experiences do I want to experience and focus on now, because of the clarity this past provides?"</p>	<p>4. For each line on the left, ask yourself, "In a "magical world", record what I would rather be thinking, feeling and experiencing?"</p> <p>My body feels great. My back is strong, aligned and supporting me. I love how I can enjoy food and still stay balanced in my health, weight, and consumption. Trust. I trust myself.</p> <p>I breathe and send love and gratitude to my body. We work really well together. I have so much fun walking, running, and biking outside consistently. Free, Strong, Proud, Radiant</p> <p>I exercise regularly and feel so great. When I am working too long or too hard, I get up and recharge myself. It has made everything easier. I can see my progress at work.</p> <p>Relieved, balanced, back on track</p> <p>5. Breathe and imagine this. Enjoy the feelings now, even without the goal! Let go of how to make it all happen.</p> <p>6. What is one step I can take today in the direction of the above desire?</p> <p>Continue to focus here. Find a place to set up my exercise bike.</p>

7. Take that step.