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INFLUENCE

The Clarificator

This is a practice I use while journaling to help me identify hidden blocks and resistances that often signal a disconnect between my conscious desire and subconscious need for safety.

I have used it for years and continue to use it at least 3x per week. This is NOT a "one and done" exercise - it actually works better the more you use it.

And the more familiar you get with it, the better it works for you and the more you'll be able to use it in your own coaching with your clients.

But you can't take someone someplace you haven't been. So please give yourself the luxury of lived experience. USE this tool. Then use it again... and again.

It will reveal its workings just as it reveals yourself to you.

And the more you are able to meet your own inner need for safety, the more you will be able to create that safety for those you serve.

I hope you're ready.

I'm excited for you!

xoxo,

Geeta

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The CLARIFICATOR

The Clarificator is best used when

- 1** You feel stuck despite doing EVERYTHING you can think of
- 2** You feel like you're following the steps but things are not working
- 3** This block has been around for a long time but has always danced outside your reach.



So get out a pen and journal (we get our clients to put it all in a Google doc for us to look at later so we can help them transcend the blocks that come up, but we always recommend that they hand write first since there's something about longhand that accesses your subconscious mind).

[And you might want to watch this video](#) where I walk you through the following 5 steps in greater detail. If the link doesn't work, please make sure you've requested membership to our [Messaging that Makes Money group](#) on FB.

Here are the steps. Take your time with each one.

Remember: Depth over speed.

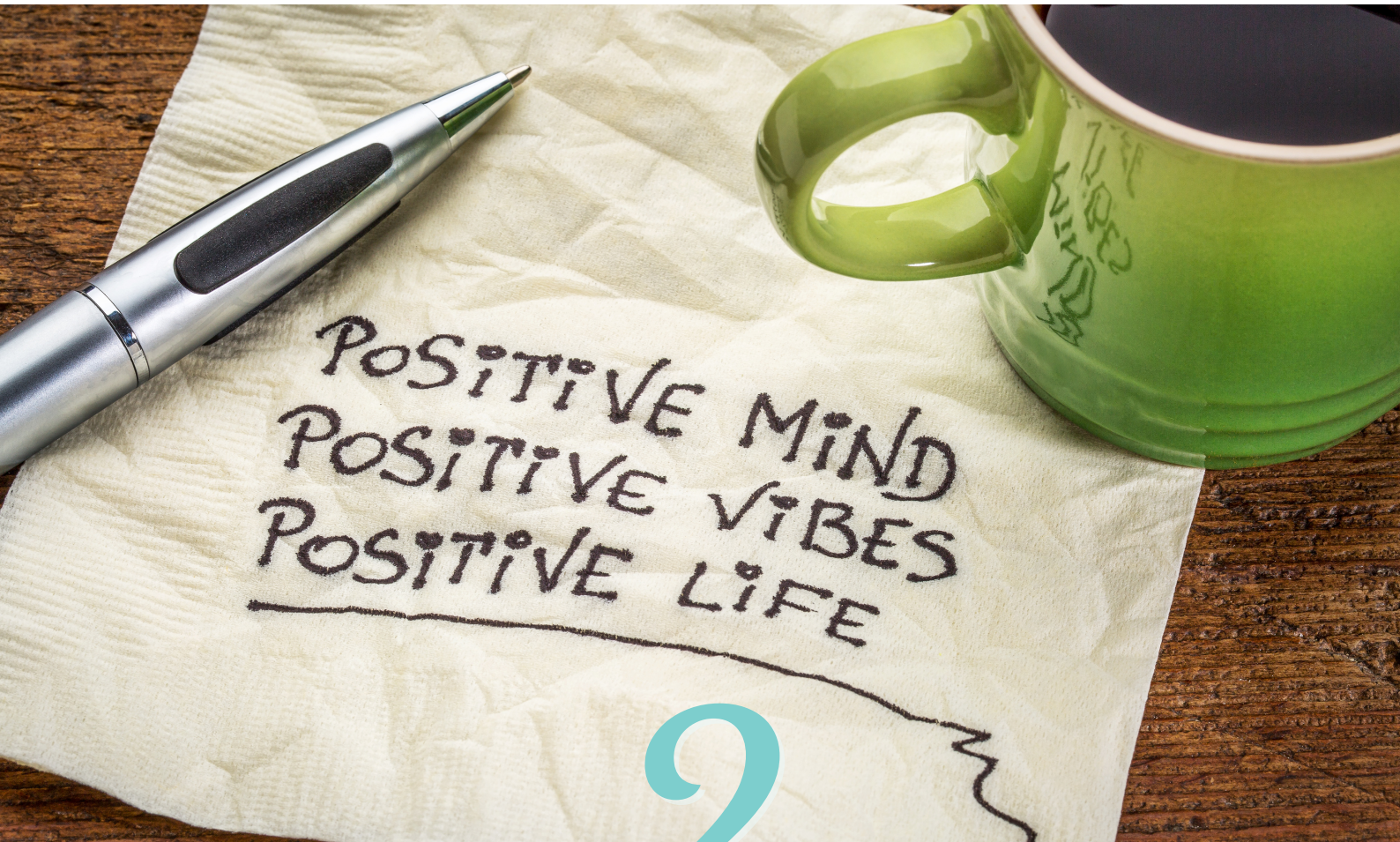


1

IDENTIFY THE BLOCK AND WRITE IT OUT
AS CLEARLY AS YOU CAN.

Underneath that, write out the emotions it makes you feel to be stuck. Bullet point them. Feel under emotions like "anger" or "frustration" for deeper ones like "grief" or "fear".

The goal is to actually uncover your true feelings, not just write stuff down intellectually.



2

WRITE YOUR GOAL IN THE AFFIRMATIVE

Don't say "I want to lose 20lbs", say "I want to get to 135lbs and wear a size 6. Frame it as what you want (not what you don't want).

Identify the core feeling that you want when you achieve this.

Yes, stop writing.

Really feel the feeling.

Wash your body in it for a minute.



3

FIGURE OUT WHAT THE FEAR OR SADNESS WANT TO PROTECT YOU FROM

Those emotions from step 1 are here to protect you.

They are actually here to serve you.

So figure out what you're subconsciously afraid of.

eg: If you become successful, it will make you mean or money-hungry.



BRAINSTORM WAYS TO MEET BOTH YOUR GOAL AND YOUR SUBCONSCIOUS NEED

Make an agreement with your subconscious that you will go for the goal, but you will not compromise its need.

For example, if you want to run a \$100K/month business but fear that it will burn you out and compromise your health, brainstorm ways that you can have both.

eg: You will work out for 30 mins every day - maybe you hire a trainer for accountability. Brainstorm how you will eat healthy despite not having a ton of time.

Put meditation or hypno blocks in your calendar so your stress levels are effectively managed.

This is where all of you gets to be involved because your subconscious and conscious are finally on the same page.



5

WRITE AN AFFIRMATION THAT MEETS BOTH GOAL AND NEED

I make \$100K/month and am in the best health I've ever been in. Write this out every morning in your journal. And have it on post-its stuck to your desk, bathroom mirror or anywhere you're likely to see it every day.

When you DO see it, feel the feeling you identified in step 2.

Just stop and take a moment to wash your cells in that feeling of safety or bliss.



If you're reading this on the go, I need you to do yourself a HUGE favour and block an hour in your calendar when you will actually do this exercise.

Because you and I both know that if it's not scheduled, it won't get done. And then the epiphanies we worked on will slip away and you will slide back into unconsciousness.

You asked for help. The Universe delivered.

Now you must work on receiving this help and committing to success by embracing the process.

Either do it now or block time to do it.

And when you're done, please post either photos of your notebook pages and/or your biggest takeaway from doing the exercise right in the group.

Those that have the courage to out their demons are the ones elected to lead the way.

I'm right there beside you. Tag me on your post so I can add insight.

Now go - get to know yourself better.

xoxo

Geeta Nadkarni

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