

# The Intuitive Process

Identifying the thought patterns (beliefs) that funnel what we choose to pay attention to (observations) empowers us to create sustainable change without force or struggle.



Thought patterns are our beliefs - thoughts that we have had so many times that we believe they are true. They determine how we exercise personal choice.



Personal Choice is how well we select our point of focus. Choosing what we pay attention to (rather than allowing the external to determine our focus) funnels our observations.



Observations are what we are paying attention to. Multiple things are true of every situation, person, etc. We choose what we want to pay attention to. Observe what you want to experience more of.



What we choose to observe creates our thoughts and feelings. When you don't like what you are thinking or feeling, you can use that as an alarm system alerting you that you can refocus to what you want more of.



Our actions are the direct result of the way we think about things. To create long-term change in our actions, we must address our thoughts and feelings, which goes back to our observations, which goes back further to our personal choice.



Our experiences are created by our actions and reaffirm our thought patterns - continuing the cycle.