# Future Possibilities - Step 2

## State Your Intention:

**Date:**

| Record memories of successful experiences of you having accomplished something similar to the wish you want to manifest. | Desirability | Difficulty |
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1. Find a quiet place where you won't be interrupted or distracted.
2. Close your eyes and focus on your heart (or Inner Anchor Point ), and imagine there is a window to your unconscious mind right there.
3. Ask your unconscious questions, like: "Show me the best memories where I accomplished _____ (insert your desire)." Expect to get an answer.
4. Or you can bring to mind specific success moments, with a question such as: "Please show me past successes when I was satisfied and fulfilled receiving or accomplishing _____(insert your desire)."
5. Review your memories and rate their desirability. Did it fulfill all your expectations and desire? If so, that would rate a 10 in desirability.
6. Now rate the perceived difficulty, how hard was it to accomplish that success? If it flowed and was stress free you'd rate that a 1.

Note: This process works for desires that rate a difficulty of less than a 4. To manifest desires beyond a 4 in difficulty you can work with the SA Objective process.

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