

Inner Freedom Method™ Play Sheet

RePlay a Critical Moment

Identify a critical moment where your action was not in alignment with your Now Play Big Intention. In other words, a subconscious pattern was creating interference with for desire.

Replay the critical moment by going through the steps of the Inner Freedom Method

Note: if possible go through the steps with your coaching partner

0) Describe the situation. What action did you take that was less than ideal?

1) Briefly describe the scene...

2) Put yourself back in the scene and describe a few “reactive” thoughts that occurred for you

3) Do a scan of your body, where is the energy buzzing in your body?

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4) What memory pops up when you feel into it?

5) What was the “core intention” that came out of that earlier life experience?

How did that “core intention” serve you at that time? What was the “perfection of it”

How is your “Core” Intention (aka subconscious pattern) moving you away from your best action?

6) What is your NOW Play BIG Intention?

What are a few new thoughts you can think with this new intention?

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7) What is the perfection of this challenging situation in your life now?

How is it serving your Play BIG intention?

8) Describe the flow of gratitude you have about this situation now...

9) What do you see when you replay this critical moment with new Play BIG pattern language?

How will you respond the next time this critical moment occurs?

How can you “catch” your subconscious pattern before it directs your action?
