

Inner Knowing to Action Tool

**Here is a tool for getting clear about what you can do right now to reach your current goals and dreams.
Like the goal of becoming a Massage Therapist by attending MountainHeart School!**

Write out the below question and fill in the blank.

Do this at least 10 times.

Then look them over and pick one of the things you can do right now, today, and do it!

If I bring 5% more (consciousness, presence, focus, energy, etc.) to becoming a MountainHeart Massage Therapy student, I would _____.

Remember:

Our goal, that which enlivens us the most, is to get creative and bring value to the people we serve through our Massage Therapy practice.

At MountainHeart, that is our goal for you!

And we are very good at that!