



## One Simple Step to Open Your Mind to Possibilities

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Last week at my entrepreneurial boot camp, my clients learned how their invisible constraints can get in the way of developing a successful business as well as mindset systems and tools to clear those barriers. Invisible constraints are those self-limiting or self-sabotaging beliefs that we have developed over time based on our experiences yet we continue the same approach wondering why we keep running up against the same problems.

You may even find yourself spending more time and energy focused on what you don't want rather than stating your intention on what you do intend to attract into your life. By no surprise, you end up attracting exactly what you are focused on.

Attracting what you do intend to invite into your life is simple. Still, people stop short of declaring what they desire because their inner critic or ego rises up and starts that self-sabotaging conversation, "But what if you don't attract what you intend?" What I have learned is that the inner critic and ego are not your friends.

Instead of buying into that negative self-talk, state what you intend to invite into your life each day. Be as specific as possible. When I stated my intention of becoming a Best-Selling Author, I didn't know HOW I would do it. I just stated my intention and desire with certainty. Before I knew it, I started to manifest what I intended to attract and the "how" showed up. The right people at the right time came into my life. Of course, I did the work and learned all I could about becoming a Best-Selling Author.

Within one year, my book was sitting right next to Jack Canfield's *Chicken Soup for the Soul* and John Gray's *Men are From Mars, Women are From Venus* on the Best-Sellers List. That's what happens when you state an intention. It sparks a series of events bringing your intention into reality.

When your intention is combined with a mindset system of abundance, you start the wheels in motion. Remember to make your intention specific. You gain traction and momentum as things begin to align with your intention. Keep in mind that your intended result may change. You likely will attract results greater than you have imagined because you have opened your mind to the possibilities.

What is your intention?

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