



LIVING THE SKILL 'WILLINGNESS'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Open yourself to receive of the blessings that this Presence has for you.
5. Ask to come to your innate consciousness of 'Willingness'.
6. Describe a situation when you experienced 'Willingness'.
7. Describe three things you observed in that situation that supported you in living 'Willingness'.
8. Describe how you can incorporate these things in your life to live willingness more fully.
10. Express gratitude to the inner Presence and your partner.

"The amount of good luck coming your way depends on your willingness to act."

Barbara Sher

"What I lack in talent, I compensate with my willingness to grind it out. That's the secret of my life." Guy Kawasaki

"To be able to lead others, a man must be willing to go forward alone." Harry Truman