

Mary Allen: Okay, let me officially welcome everyone to *Momentum Mastery Monthly*.

I'm Mary Allen, your host, leader, coach, and cheerleader here to be a part of creating and sustaining success and inner peace in your life. I'm incredibly excited to kick off this program tonight with all of you here that are listening live and that may be listening to this either as an MP3 recording or on CD as part of this unique membership program.

Several years ago, I created a program called the *Success and Inner Peace Bootcamp*, which was a 12-month coaching and life mastery program where a group came together, we committed to a series of three goals and an agenda to hold inner peace as we were pursuing those goals. And I literally have had hundreds of people go through this program structure paying anywhere from \$1,000 to \$2,000 a year to participate.

I wanted to create a way where more people could not only get access to the same information and community and connection and momentum that we created within the *Success and Inner Peace Bootcamp*, but also I wanted something that was ongoing because, inevitably, what happened, the people that were getting so much out of the *Success and Inner Peace Bootcamp*, the year would come to an end and they'll be, like, "Oh, Mary, we want more."

So, then I went and I created a couple of graduate programs. And even at the end of those programs, they're like, "Mary, we want more." And I know, for a fact, that people have gone on to do other year-long programs and other structures, because all of a sudden there wasn't kind of something new and fresh for them to continue to plug into.

So, *Momentum Mastery Monthly* is sort of the next evolution of the *Success and Inner Peace Bootcamp*. This is a place where you can come. I'd love to invite and challenge each person listening to this right now to really imagine, number one, that this isn't you know, a \$37.88-a-month program, but this is a \$1,000 or \$2,000-a-year program that you've invested in and that even though you have the option to come and go with the membership as you like, (there's no long-term commitment) but that you in this moment really commit to a year at this point, because we're really going to be looking at where are you going to be a year from now and what would it give you to be committing to this program structure over the course of the year as opposed to, "Oh, you know, I'll be on the call here. I'll be on the call there."

I really, really want to be a part of you creating and sustaining both success and inner peace. So, of course, I'm doing the nudge-nudge act as if this was, you know, a several-thousand-dollar-a-year program. I guarantee the content that will be coming out of here and all the bonuses and goodies that will be layered in into this membership site as it continues to grow will make it more than worth the nominal investment of \$37.88 a month.

I do want to also just real quick do a reminder. Some people had asked, "So, exactly what am I, you know – you know, what's involved with – you know, for 37.88 a month?"

So, there will be two calls each month, one like this where we're going to be focusing on success. In a minute we'll be talking about creating your 12-month vision. At the second half of each call, we'll be opening it out for interaction, hearing from the participants that are here on the live call or submitting questions through our online forum, the Q&A section. So, we'll be addressing those, doing some laser coaching, so lots of interactions. So, definitely, those that are here on the call will be rewarded with extra support and extra interaction.

The second call of each month will be focused on your inner peace. On June 15th, our next call, we'll be really talking about mastering the now and how we can really relax into that juicy place of inner peace at any moment by really becoming masterful at living out of the present moment. And so you'll have these two calls. You have the MP3 recording that you can access at any time online or download to your iPod or iPhone, and you'll also be receiving CDs in the mail.

And I will just point out that if you're not a big CD fan and you prefer not to receive those, you can actually downgrade your subscription to \$27.88 a month and just get the MP3 recording for each month. So, as opposed to doing the extra cost, so I'm passing that savings on to you as well. So if you'd like that option, then just email sam@lifecoachmary.com and indicate which option you prefer moving forward. But believe me, I'm more than committed. It may be a small investment on your part, but because we're able to leverage technology in a group setting like this, I'm able to deliver as much content and as much richness as what people are paying thousands of dollars a month for to work with me one on one.

So, okay, so I want to cover just a couple of little keys before we get into the juice of our topic. I'm assuming that as anyone who's been attracted to *Momentum Mastery Monthly* or is accessing *Momentum Mastery Monthly* as a result of being a part of the *Awakening Beyond Achievement Tour* that you're wanting to create even more momentum and more movement and more inner peace in your life. And that means some shifts and some changes.

And it just so happens that these last four days I have spent my time moving. I can't think of a more perfect analogy or metaphor for change than to physically move households, right? Even though it was only three miles down the road, whether we want more inner peace or whether we want to publish a book or quadruple the income in our business, it involves some changes. So, the principles of moving actually apply.

So, let's talk first. We've got to decide, where we're moving to. This is where we're going to get in to really teasing out our year-long vision here in a minute. Really important that we know where we want to head. Kind of hard to if we're not clear. Chances are we're going to stay in the same old household month in, month out, month in, month out, and often for years until we get really clear about where our destination is.

Then, of course, we need to pack up. That means we need to gather enough of our energy being in this in order to shift into our new destination, right? To actually shift into that new destination, I've got it very fresh here in my mind, you need some strategic action, absolutely strategic action. I'm personally a big fan of taking inspired action. So, strategic, being a little bit more planning from the head and, "Okay, what logically makes the most sense? What do we move first? What do we move second? Are we getting the moving truck? Are we going to get helpers? Or are we going to do it all ourselves? Inspiration being much more in the flow.

So, allowing yourself to be guided is to, "Okay, what's the next item that's going to get hacked into a box?" Literally, to allow that to guide you as opposed to being a mental decision or choice. Sometimes you may find that happens when you grab an item and you're getting down to the end and, "Okay, oh, you know what, I've got a space over here for this. I've got the perfect place for that."

This is what happens as we're moving towards our most important goals. The more we get into that inspired flow, the more we can be

tuned in to all of our resources and all of the different nooks and crannies for ways to use this piece of information into an article or to fine-tune this chapter by drawing upon a previous experience. So, inspired action.

And then, of course, along the way of any journey, we've got some course corrections involved. Indeed, it may be a shift in strategy, maybe a lift into the inspiration and the flow. This is true whether your agenda is about creating greater inner peace in your life or it's about supporting you in goals in the relationship department, in the bank account department or in transforming, building, growing, starting a new business, creating new products, new services.

And then, of course, as we arrive at our new destination, this is where I think people can begin to get stuck. We start the process and somewhere along the journey of a physical move, you may feel like you want to throw in the towel. Maybe you're tired of climbing the stairs or lifting another box. I'm certainly present to that. Thank God, I have a husband that is very strong and has a good back, because he carried away more heavy stuff than I did.

But as we are making any transition - any change, there comes a place where we're in that mid-flight arena, and it could be really easy to want to give up. Or maybe we actually are pretty close to our destination, i.e., all the furniture and boxes are in the house, but there's still some reorganizing that needs to do, right? Physically, some things need to be adjusted, and we need to do things differently than we were doing them even a month ago or 12 months ago.

Physically, your routine is going to shift and change. Mentally, you've got to make some adjustments. Mentally, what needs to shift? What needs to change? Emotionally, you know, we may think, "I'm at my new destination. I'm still here." You just maybe have taken on one or two new projects, but emotionally, what needs to shift? Do you need to expand your ability to receive more abundance to come in to accommodate these new goals?

With any change, things are different. It's just the way it is, you know. In a household that's easy to see that the kitchen's set up differently. How are you going to run laundry? Where's the laundry basket going? You've got to get all of the electronics set up in the right way. And there's a different shift emotionally even to just getting used to doing things in a new way than you've done before.

And so we can notice that there can be resistance to change, or as you're with me in *Momentum Mastery Monthly*, we can notice this resistance with fresh eyes, get curious about it and then allow ourselves to adapt and shift and change so that this new destination is one that encompasses a great deal of inner peace and also has you enjoying this new outcome, this new goal, this new vision that you've set for yourself.

So, there's a little metaphor, shall we say, for the changes that all of us are embarking upon. We can draw upon it again and again, because like you may not need to physically move locations yourself in the next 12 months – which isn't the most fun thing in the world to do – but we all are going to be making changes and shifts along our journey over the months, over the year, over the years to come.

So, let's get into a couple of logistics. We're going to talk about a 12-month vision. Then for the people that are here on today's call or listening in the forum, this is where I'm going to ask two things. One is, "What's really drawn you to be a part of *Momentum Mastery Monthly*?" – and, number two, "What's at least one goal that you have set for yourself over the next months to come?" There is also will be something for you to look for in the monthly membership site. I've put together a questionnaire to really help you focus and get clear about the next months to come.

I'm going to just assume everybody is here for a year whether that's true or not. It sort of makes it easier from a place of context. So, we're going to have you complete this questionnaire if you're up for it, and you really want to up your own commitment. This way, I'm going to know and you're going to submit it back to me. I promise I will read each and every one of them so that I'm aware of what you're up to and how I can support you on our calls, between our calls in the membership forum and along the journey. So, look for that questionnaire.

Also, I've got a welcome letter I put together for you as well that will give you a schedule of calls over the coming year. You can see what topics are coming. This is all here for you just so you are able to get the most out of *Momentum Mastery Monthly*.

A couple of other keys, and I'm bringing all of the best stuff from the *Success and Inner Peace Bootcamp*. I want to just lay out a few kind of guiding principles, shall we say, that will have all of us kind of singing from the same hymnal especially when we get on our interactive portions.

So, number one guiding principle, really encourage you to get a hardbound journal for *Momentum Mastery*. This is so you can take notes, and they're all in one place as opposed to taking notes on a loose-leaf paper, and then there's a page here and a page there, and then they get mixed up somewhere else. The next thing you know maybe either the notebook gets tossed or the papers are not all in the same place. A hardbound journal will allow you to keep all the notes that you take on this calls in one place.

I also suggest getting a binder for assignments. So, each call, you'll have the option to really take on the assignment that I give you and post it to the forum. Most of you are connected already to *Momentum Now* on ning. If you're not, over the weeks to come, one of my assistants will be calling you and just making sure that we've got you in the forum that you can navigate appropriately, because this is your support community to interact with one another, to also to share your assignments, to get call information.

There are other resources that are going to be made available to members only through this site. So you'll definitely want to be sure you're connected. But I will say for sure, one of the most powerful aspects of the *Success and Inner Peace Bootcamp* was the interactive piece in the online forum. So, we have created that same structure, *Momentum Now*, where as you reach out and open up yourself to the other participants in the forum, you'll begin to see what a high quality group of individuals are assembled in this community. You can get inspired by what they're up to as they share their goals.

This is a great opportunity to brainstorm around where you need additional support or encouragement. Sometimes, we just need that virtual high five or that reminder that, "Hey, stick in with the game. You need it. Stay on your path." All of this is available in our *Momentum* forum.

And a way that we can kick that off is by – and we've already got a few people that have done so – is really sharing what some of your top goals are, what do you most want to get out of *Momentum Mastery Monthly* over the months to come. So, I encourage you to use the heck out of that. Keeping it interactive is one of the ways that you'll absolutely get endless value from this forum.

Another guiding principle is to be 100% present for calls. It can be very tempting, since we're all in a virtual environment, each in our own individual cities and our own individual states and even

countries. You can be tempted to multitask and do other things. I'd really love to invite you to be fully present so you can really take in everything from the call and learn from each other as well as we get into laser coaching and sharing and hearing what other people are up to and focused on. So, be in 100% present for calls.

And then this is a little bit more when we are interactive – and, that is, speaking in sound bytes. So, the more laser you can be with your share, the more specific you can be about a question. This is absolutely something that helps us move the call forward. And, of course, if somebody does go on too long, I jump right in there and we'll maybe cut you short so that we can address the most people's questions and hear from the most people on each call.

Two other guiding principles, one is to ask for what you want. This forum is here for you. *Momentum Mastery* is a real live coaching program. I feel like I need to keep reminding that the investment of \$37.88 is not that much. You could barely go to dinner for two for \$37.88. It's not a large amount of money, but it is for you. So I want you to reach out to really ask for what you want. You'll be surprised what you can receive through the virtual environment of *Momentum Mastery*.

Then, finally, a guiding principle is to be open to receiving, and even to just sit for a minute about your ability to receive, to really be supported. When I was in New York City just a week ago, 10 days ago, one of the questions we put out to the audience towards the end of the day was, "Where do you resist receiving?" And when I asked that question, there was about five or six loud sighs, like, "Ah," like, "Oh, my gosh. Oh, dear." It's like, "I don't know," but I want to look at "Where do I resist receiving?"

It was really shocking for the participants in New York City to discover when we get honest about where we cut ourselves off from receiving financially, receiving emotional support, receiving the nutrition and self-care, receiving compliments, receiving coaching. So, really looking at where you may resist receiving and to challenge yourself right here and right now how you can expand your ability to receive over the months and year to come.

You'll see, actually, next month, in July, we'll be looking at resistance and expanding our ability to receive in a lot greater detail. So, we'll be taking what we do at the *Awakening Beyond Achievement* tours, as some of you are familiar with, and really spending an entire call just exploring resistance and another full

call where we can expand our ability to receive and how we can really do that.

Okay. So, that's all of my logistics for now. I'm going to just check in. If you'd like to ask a question at this point, you can press star two to raise your hand. I'm going to just check our Q&A forum and— let's just see here.

Fantastic. Oh, good. So, just some hellos. Hello, Stephanie, in Vegas. Hello Marlin in Cameron Park. Oh, good, and we see here, Stephanie shared, "My main goal initially is to reaffirm my beliefs about discipline and control, recognizing that I am the only one controlling me and that can be a great thing." Absolutely.

So, one of the biggest things I typically talk about on this initial call in the *Success and Inner Peace Bootcamp* is about your willingness. Willingness is one of your magic ingredients and keys to creating greater *Success and Inner Peace*. It's the way to really allow *Momentum Mastery* to support you on the greatest way.

So, discipline and control are other code words for willingness. Good, we'll be talking about that quite a lot over the months to come. Fantastic.

Okay. I'm not seeing any questions here, so let's dive into one of my very, very favorite topics and also will be the subject of your homework, which is to create your own 12-month vision.

So, a 12-month vision – so, first off, what is that? A 12-month vision is something actually – years and years and years ago there was a group of us that came together and the idea was to write out a vision pretending as though it's exactly one year from today, right? So, that would be June 1st, 2011.

And as you're writing out, this year-long vision may be a page or two. Imagine that you're reflecting back over the last 12 months. For the last 12 months, you're talking about all that is now in your life, June 1st, 2011.

When I was first exposed to this process – gosh, I think this is 2003 – we came together and I wrote out a few things. And so I'll give you an example. This is in fact – this is from my year-long vision back in 2003.

"It's April 5th, 2003, my life is really amazing." Back then, that was my future. "This year, I truly got how abundant and joyous my life is and how truly worthy and deserving I am. I set my intention to live the most amazing year of my life to date and life delivered an abundance of magical surprises and gifts. Anything I desired, I created and manifested immediately." So, throughout, I'm talking in past tense from the future.

So, this is something else that I wrote actually in 2003 in the area of relationship. I was single at that time, but this was what I wrote.

"I'm ecstatically happy that I have connected with my soul mate and life partner. Last year, he surprised me with a beautiful proposal and now we are planning our wedding. I feel so at peace in committing my whole being to this beautiful soul. He's everything I desire in a man, spiritually, emotionally, mentally and physically. We have an amazing chemistry that makes me melt, shiver and open more fully.

"I feel both vulnerable and yet completely held in his strength. His masculinity has freed by feminine spirit to dance, explore, let go and love even more deeply. I feel so adored, so loved and so cherished. He's affectionate and romantic. We both share a desire and passion to learn and grow. We work through challenging moments gratefully and easily.

"He's a man of integrity. His word is gold. I'm inspired, awed and empowered to become the highest version of who I am because of his presence in my life.

"He's exceptionally fit and committed to his health. I trust and believe in him with every ounce in my being which has given me unbelievable freedom, peace and joy."

So, I wrote that back in 2003, and I was single, no prospects of man showing up on the scene. And those of you that know me, I'm now married. Actually, I'm now married for four years. And those of you that have met my husband will probably say, "That is a pretty darn accurate description of John." He's physically fit and totally a man of integrity. You know, this line of "I feel so at peace in committing my whole being to this beautiful soul," very, very true. And I will say at the time I wrote it, I had been proposed to before and turned him down. I have had some commitment issues in the past.

But part of what we're doing year-long vision for is to bring about greater alignment in all areas of your life, the areas that aren't aligning perfectly the way that you would like.

So, each aspect of this was not really alive at all of my life. But we'll to continue to talk about how we can craft your year-long vision so that you can bring to life that which you wish to attract over the months and over the years to come.

So, I'll give another example. I'll give you just a couple more examples for languaging and then you will actually get to receive. I will post this in the forum so that you can read in detail several different examples; I do one of these just about every year. So, some of them change a little bit and usually there's a little bit different emphasis each year because one of the keys to creating your – a 12-month vision is to really look for any part of your vision that feels a little sticky or hard or confusing where you write it down and the inside of your nervous system goes, "Yeah, right. I would really like that to happen, but I have no idea how that's going to come in to being."

If that's the case for you, then, this is going to be one of the areas that you give special attention to. So, for example, I – you know, now we fast forward, Mary is engaged. I am going to get married. And here it is now my 2006 vision. One of the things I was really concerned about was how in the heck am I going to plan my wedding and get married in a peaceful way. I was not feeling very peaceful at that time at all. So I wanted to just sort of get my head around it – my head, my heart, my entire being and nervous system.

So, these are a few things that I included in my 2006 vision. I'm not going to read it all, but I'll read just some segments so that you have the idea, and then you can pull the rest off of either the transcripts or off of the membership forum.

So, here is February 16, 2007, and I am now reflecting back on one of the most extraordinary years of my life.

"This year, (the year began with extreme clarity and focus,)..." I actually wasn't so clear and focused when I wrote this, but there was a lot on my plate. However, I became a master prioritizer and made room for everything that is important to me. I handled things one after another with joy and a grounded sense of inner peace. As a result, I'm feeling the abundant rewards of my efforts and the love that is prevalent throughout of my life.

"My wedding on May 5th was one of the happiest days of my life. I planned it meticulously well and surrounded myself with the most competent vendors and support team. It paid off. I let go of all the details on the big day so I could be fully present to each unfolding moment. On the day of my wedding, I was relaxed, excited with my heart open fully radiating love. I started the day with a run and meditation at the beach. It was a gorgeous and divine day."

So, I can continue to read. I'll let you refer to it later. But, so far, that's exactly what I experienced. It's how it unfolded.

And one of my good friends who was at my wedding and also had the opportunity to see this vision, she said, "Oh, my gosh, your wedding was exactly – that's exactly how I experienced it, with how you wrote it."

So, this is the power of creating a year-long vision of really emotionally allowing yourself to align with that which you wish to receive.

So, I'm going to give you nine keys. I'll run through these really quickly. And then this handout will also be available to you in the membership forum for you to download, and I'll send an email that will give you link directly to that.

So, here are the keys to creating your 12-month vision. **Number one is to identify your top three to 10 goals.** So, this is really the brainstorming part of creating your year-long vision. You might look to something like the "Will of Life" or just a goals worksheet where you've identified maybe three to 10 goals. The "Will of Life" sheet being where you take eight different areas of life and rate yourself on a scale of one to 10: health, relationships, finances, physical environment like where you live, fun, personal growth – so you might have all these as different topics – and brainstorm of what you really want to create over the next year.

So, if it's June 1, 2011, what are all the things that you would like? If you've recently attended the *Awakening Beyond Achievement Tour*, you've already got a sheet here that you've done some brainstorming with - you might pull that out for this exercise.

So, what do you really want? By the way, *more* is not necessarily better. What really matters here is being connected to what you want. Just naming a whole bunch of stuff that, "Oh, you know, it'd

be nice to have..." you know, there is really no emotional connection. Better to name fewer things and be really be emotionally aligned with the few things. Okay, that's key number one.

Key number two, identify the feelings you want to experience over the next 12 months. So, this is really key. Identify feelings as in capital letters – how you feel when you achieve your outcomes? You may want to sit with each one and allow those feelings to arise. If one of your goals is to publish a book by this time next year, how would you feel having that book in hand and not only having the book in hand but having hundreds or even thousands of copies already sold, right? How would it feel to double, triple or quadruple your income and to be servicing the clients, or delivering products or how your income is coming about to the people that are involved in helping you double, triple or quadruple your income?

We also want, with this key number two, to ask what feelings can you tap into that will allow you to realize your goals? So, for example, if working out and transforming your health is one of your goals, you might want to tap into, let's say, a feeling of anticipation – like, the anticipation of working out like really feeling excited to either get yourself down to the yoga studio – or in my case, my new location is I'm literally 20 feet from a jogging trail that goes – it's either a half mile down to the ocean or I could go the other way as well, but I figure moving in front of the jogging path, I might actually use it more. But to get my butt up and going on it, I'll be flexing the feeling of anticipation like how good it feels to be running and coming back all sweaty and having been invigorated from a fantastic work out and feeling strong, feeling energized, right? So, those might be some feelings.

For Stephanie in Vegas, what it feels like to really be in charge, disciplined, to really make powerful choices; to make this powerful choice and this powerful choice and this powerful choice, just choice after choice of disciplined choice. What does it feel like to be focused? Or joyous, right? How to be that one year from today that almost every waking moment was a joyous one?

Eager – eagerness could be one. You heard me mention in my *Manifesting a Man* vision, "adored and cherished." I wanted to feel adored and cherished. I really got clear that those were feelings I wanted to have. And it's funny, because after I read that and had recently shared that with my husband and as I sit across from the dinner table, it's like, "Oh, wow. The feelings are really

there. I do feel adored and cherished.” So, that's key number two: identify the feelings you want to experiences over the next 12 months, because you're going to want to integrate those into your year-long vision.

So, one of the most important things about your year-long vision is that there is lots of feelings and emotion. This isn't just a bullet list of goals. This is something you're going to be emotionally aligned with.

Key number three, describe what the outcome looks like. So, what results have been achieved? Is there money in the bank? What's the impact or effect on other people? Is there a book? Are there information products, group coaching programs? Is there a certain number of clients? Do you have a peaceful heart? Are you in a new relationship? Has your body weight or shape changed? How will you be spending time in the future? So, getting clear about what the outcome looks like. That'll be something that you describe in your year-long vision.

Key number four, you might do some brainstorming around steps to achieve, right? In order for you to realize your goal, what daily habits will support you? Is there a writing on a daily basis? Is it working out on a daily basis? Eating right? Creating a space energetically for something new? Maybe steps to achieve is setting aside a little bit of time each day to get emotionally connected to what you want. So, you might build that into your year-long vision. We might call it even a script. What's your script for the coming year? All right, so, if you're wanting to set up a new meditation practice or continue the momentum of your current meditation practice, script that in – so, the steps to achieve.

This is one place where we can get stuck, because sometimes, we don't need to worry about the *how*. For example, in my vision, I didn't put a whole strategy about how I was going to attract my mate. I just really got clear about what I wanted and that magnetized. If I was really isolating myself, and I wanted to meet somebody, I might script in something about "I'm doing more things socially. My friends are setting me up on fantastic blind dates." So, I might script in other things that would get me out of my cave, if that was a problem. So, steps to achieve.

An even another step to achieve, “Is there a shift that needs to take place from a mindset standpoint?” That might be one of the shifts. Did you experience a new sense of inner peace than you've ever experienced before that has now really altered how you move

forward, how you listened to your own divine guidance? So, that's key number four – steps to achieve.

Key number five, give special attention to any points that are so hard, confusing or sticky. I brought a little attention to that earlier. You want to assume first and foremost that even if it feels hard or confusing, assume that the shift is possible. That mentally, emotionally, physically or spiritually, the shift is absolutely totally possible.

You might anticipate how you work through any fear or potentially difficult situation. Maybe it is by getting the support of a coach that kicks your butt across the finish line, or holds your hand across the finish line, whichever kind of support you really specifically need.

One of the things I wrote for my vision this year – actually, I did this in the fall, because I was leading a different retreat, so I updated it. And one of the things that I wrote is, "My business has transformed in so many ways this past year. Last year, I started building the perfect team to support my rapidly growing business and it's paid off exponentially.

"Each team member loves what they do using the efficient and effective systems we designed, refined and implemented with Jamie and Beth, two of my coaches. This freed my time and energy up tremendously so I could focus on creating new products, programs and events. I've become a master at delegating.

"I'm so grateful to my team. Amber handles all the web tasks, shopping cart tasks with competence. My local assistant handles *Daily Gems*, posting to the blog, database work. My other assistant navigates customer support, social media nuggets and dozens of other items she does better than I do. Marie continues to schedule my favorite *Masters*, keeps my blog on track and creates marketing tweets. And, I also found the perfect affiliate manager."

So, all of that back in the fall, I had one and half assistants back in the fall. My team now is about five. And actually, one of the gals in my team just recently took on the role of affiliate manager, which I am very excited about.

But here's the thing. I wrote all this and I really got emotionally connected to the fact that I was going to make this shift and changes and – voila! – things are shifting and shaping. And I love my team – love them, love them.

Okay. So, **key number six, language, language, language.** So, the most important thing is having language in your year-long vision that is compelling and inspiring to you. I'm going to give you some examples from ones that I've written. And I'll see if I could also pull some from – you know what? Actually, as each of you pull your year-long vision together, it's always wonderful to see what other people post. I will give some critiques on that.

Since you're in the early part of *Momentum Mastery*, you're actually going to get more support from me than what will be possible in the months to come in terms of a lot of feedback and so forth. But take advantage of that now. Post those year-long visions. I'll do some coaching online so that we can make some of the key distinctions to have your vision being that much more powerful and much more effective.

Part of that language, of course, is that it connects you. You're writing, number one, in past tense – so, that's something to really be mindful of. You're writing as though it already happened, and it's one year from today.

So, you may borrow any words from my visions that seem to fit from you. You'll also see some examples of visions in the back of *The Power of Inner Choice* in the appendix. There are several examples of some different visions that you can refer to if you want to get some other ideas.

Then, the other thing about language is also make sure that this is something that you'll want to actually read on a more regular basis. So, we want leave out any of the words like, "It's hard. It was really difficult to do this. I really struggled."

My self-talk was so negative, but then I turned it around. Let's just leave out anything that's not positive, because as we know too well, what we focus on is what we attract. Why build into your script that it was difficult or challenging to delegate for example? Let's make it easy and effortless. Let's allow a way where things magically come together, where the inspiration flows and where every time you took a step, the next stone just magically appeared.

So that's another thing on language, often one of the critiques that I will give coaches or clients, is to make sure that we don't have any negative language. You don't want to keep bringing that. And again just that it's emotionally connected to your vision.

Number 7 is creating space energetically. What this really means is physically and energetically we need to energetically make a space for that which you wish to receive.

If you're single right now, and you'd like to attract a new man in your life energetically, is there room for a man to come into your life - where you would spend time with him and share meals and go and do fun things? Sometimes when we're single, and in fact, I remember actually right before I met John that I needed to check in with this point to energetically create space for my new man to come into my life. So I literally imagined what it would be like for him to come into my life.

My coaching practice, there was a point in time when I had my seven to eight clients and energetically, I was appreciating all this free time more than I was appreciating having new clients. So what I needed to do was to energetically create space for new clients. I finally decided it's time to have a full practice; it's time for me to really make a living off coaching not just have it supplement my income.

I needed a full-time income. So for me, I took Tuesdays, Wednesdays, and Thursdays and energetically decided from eight in the morning until six o'clock at night, I was going to be available for clients. As I imagined that at first, my nervousness somewhat was going "Oh, it doesn't feel very good," right? But I stuck with it and so I could find a certain peace with how joyous it would be to really be serving clients from eight in the morning until six o'clock at night. Then, of course, I took on the mantra, "Bring it on." And actually within about seven months, my practice went from that seven or eight clients to 31 clients. I realized that was a few too many, and so I backed it down to a more comfortable level.

So energetically creating space for that which you wish to receive. Part of this is also connecting in with your sense of worthiness and deservingness. There's a chapter in *The Power of Inner Choice* (lesson number seven) on expanding your ability to receive that also really talks about worthiness and deservingness. So, we'll be doing a full call probably next month in July about really extending your ability to receive, and this sense of extending your sense of worth and deservingness.

Okay, last two keys and we're going to wrap up. Then, open the lines up for some sharing of some goals and any other questions.

Number eight, key number eight is to connect emotionally. I've been saying that throughout. So I just want to emphasize it as its own point, connect emotionally. Each day, you're going to want to deepen the connection to your year-long vision. It doesn't matter if you're fully connected now that's part of the point of doing your year-long vision when you write it, it really just needs to draw you. It needs to be a vehicle that can allow you to ultimately connect all the way. And of course, you can tweak and adjust throughout the year.

Key number nine, I like to blend the big with the realistic. So we want visions to inspire the best out of us. If the vision is sort of ho-hum and doesn't really stretch you, that's not really going to be very inspiring so you probably want to make it even more compelling and go bigger. On the other hand, I've seen other clients sometimes making \$25,000 a year, and they set a goal for a million dollars. It's so far outside of their ability to connect that it's just a wishful thinking and, there's just no way to connect. So, I'd rather see somebody nail a goal and really align with \$50,000 or \$100,000 or \$250,000 and really be grounded in your strategy and alignment there, not limiting. I don't want to ever put a limit on what we can always build in or more in our visions. But really naming, again, blending the big with the realistic. The overly lofty goals can kind of blow those inner circuits and be more discouraging than inspiring. So, this will be a last check to go through as you create your vision. Really look, "Do I have some elements here that are big enough?"

Blending the big with the realistic. And you'll see some questions on this worksheet about "What's your goal or outcome? How do you feel when you get there? What experiences will result when your goal or outcome is achieved? How you feel in the process of moving toward your goals? And what steps will you take in pursuit of your goal?"

So, there we have the nine keys to creating your year-long vision. So now, if anyone who has a question, you can press star two to raise your hand, and I will come to you. Are there any questions?

And actually right now, I'm going to try this. I'm going to open up the lines, maybe we'll take about 15 minutes and hear why you're inspired to be a part of *Momentum Mastery*, and what's one goal that you're focused on, or any questions that you have. Oh, we've got a question here. All right, Lisa, you're on.

Lisa: Oh, hi. Thank you. I feel a little bit silly, but I'm not sure exactly how I – well I do now, I know the reason that I got your email, about this phone call was, because I'm registered for your class coming up in San Francisco.

Mary Allen: Uh-huh.

Lisa: But I'm not sure what the website is and where all this information is posted?

Mary Allen: Okay. Yes, so, I'll make a note for one of my assistants to make sure that you are re-invited. So, to access the forum, you'll receive an invitation from Ning. The name of the forum is called momentumnow.ning.com. But you need to receive an invitation, and then you'll basically accept the invitation. You'll need to know that you're looking for it, otherwise, it'll probably just look like one of a gazillion other emails that's, "Who's sending me this email?"

But look for something specifically from Ning that says *Momentum Now*, and I will have one of my assistants make sure that we're actually having her go through and contact everybody that's a part of the tour and everybody that's in *Momentum Mastery* to make sure you're connected to the forum.

What happened is, last week, she was all set to go and then her computer crashed, and she had to take it in for repairs. So, she wasn't able to access the information to contact you all.

Lisa: Oh, okay. Thank you.

Mary Allen: You're welcome. Great question though. Thanks.

Good. So, any other questions, you can press star two. Any other questions? We've got another one here. Marlene, you're on.

Marlene: Hi. You know I feel like I have quite a few goals I'd like to accomplish in business, in relationships, and money. Can you go for it all if you feel the real connection?

Mary Allen: Absolutely. Absolutely. And you'll see in my year-long visions that I've just spread little pieces from each one, but I include health, and relationships, and everything you want to do in business. Absolutely.

Marlene: Because I was thinking, if I was really stronger mentally and physically, that's maybe where I should start. But that's not what I want the end result to be. The end result is full of business and more relationships, et cetera.

Mary Allen: Exactly. You know what, that's what I find is what we all want is that we do want it all. This is exactly what *Momentum Now* shares about, is about holding space for all the areas including getting mentally and emotionally strong to be able to live into and receive everything that you wish to receive. So, yeah, I would include it all and then this is where I blend the big with the realistic, I put everything I want and then I'm like, "Well, be like Santa Clause." I'm like, "I'm going to throw in like a couple of extras that are even outside my comfort zone." Maybe it won't happen this year, but it will happen in the years to come.

Marlene: Thank you.

Mary Allen: You're welcome. Great question. Any other questions Marlene or did that cover it?

Marlene: Oh, that's it.

Mary Allen: Okay. Good, good, good, and looks like here, we got Linda.

Linda: Hi.

Mary Allen: Hi.

Linda: How are you?

Mary Allen: I'm great. How are you?

Linda: I'm good. So, question, when will all of be up on the site?

Mary Allen: Yes. Yes. So, I will have this out by end of day on Thursday for sure and maybe sooner.

Linda: Okay.

Mary Allen: I would normally promise more. I'm still swimming in boxes over here.

Linda: I totally get it. You left us and went straight to boxes.

Mary Allen: But – it's actually so true. We were actually weren't supposed to move until July and then we came back and found a place to live. So it's like, "Okay, we're moving now."

Linda: Yeah, yeah.

Mary Allen: Yeah. So, we'll get those up by Thursday, if not sooner. So, great question on that.

Linda: Not a problem, but thank you very much. It was great seeing you here in New York.

Mary Allen: It was great seeing you. New York rocks.

Linda: Yeah. So, for those of you who are – for those of you who are going to be seeing Mary in other cities, you're in for a great treat.

Mary Allen: Thank you.

Linda: You're welcome.

Mary Allen: That was a good day.

Linda: Yes, it was.

Mary Allen: Very good. Any other questions? Let me just see if there are any other questions? Normally, we won't go this long for every call, but on the first one we do lay the foundation. So, here I will just check in to see if there are any other questions. Any other questions?

Okay, so, I'm going to open the lines and I'd love to hear from a few of you, one of your top goals. And if you want to actually name, two or three, if you can be real laser-like, that would be fantastic. You know, what are the top three and why are you drawn to *Momentum Mastery*? So, let me just open up the lines and who wants to go first?

Laura Lee: I will.

Mary Allen: Okay. Go for it.

Laura Lee: This is Laura Lee from Santa Cruz, California.

Mary Allen: Hello, Laura Lee.

- Laura Lee:* Hi, Mary. Well, I'm really drawn to *Momentum Mastery* for the simple accountability as I'm biting off a new career, and I'm not saying goodbye to my old one. So, I'm taking on a lot more, and I have a family. So, it's just being able to share with everybody when I feel great and when I don't feel so great, like when I could use some support.
- Mary Allen:* Absolutely. Absolutely. This is a great key, because I can tell already, just bringing your level of authenticity about what's really up. This is what makes the community really work and gel. It's when people bring their most authentic self, which is going to include some ups and downs and all over the boards. We're shifting and transforming, right? So you know really bringing that energy, because when we speak to it, we transform through it. And this is where the magic happens.
- Laura Lee:* Absolutely. Thank you.
- Mary Allen:* Really nice. And what's one of your goals that you're up to over the next year?
- Laura Lee:* Well, that is to have my business fully functioning, my coaching business, to have at least six speaking engagements, and then to have my own one-day live event in Santa Cruz.
- Mary Allen:* Awesome. Awesome. Awesome.
- Laura Lee:* Thank you.
- Mary Allen:* I know it's going to happen, because I know you. Excellent. And here - somebody raised her hand. That makes it easy for me. So, looks like Holbrook. Is this Cindy?
- Cindy:* Yep. I've been striving for my goals for awhile. I'm very clear about what I want. I think I've been having difficulty getting in the right vibration for us. And so, I started meditating about three weeks ago and right after I started meditating, I got the invitation to join momentum. So to me, it was just drawn to me.
- Mary Allen:* Perfect. Perfect. I love that. Put it out to the universe, and then voila! And what sort of the things you're up to over the next year?
- Cindy:* To build my advice coaching business. A short-term system within a year to replace my income from my day job and to move to Prescott, Arizona.

Mary Allen: Nice. Okay. Excellent. Excellent. Excellent.

Cindy: Also, I don't know if this is good, but earlier I hadn't mentioned my daughter, Amy. She's in Las Vegas. But I named her my "little cheerleader." So, I'm really grateful that she can be on this with me, because then we work together. We work together in the homework and everything.

Mary Allen: Yes. Yes, yes, yes. And that's really one of the keys, as with any call that you listen to or any program, so much is a value that you get is done in between the calls. So, really using it. I know for a fact— everything that we're bringing has been tested with hundreds of people. They still tell me they'd come back and use the same exercises again, again anytime they want to create new momentum in their life. So, absolutely, do the work, you'll get the most results. Fantastic. And we'll look forward to seeing you, in which city?

Cindy: Newport Beach.

Mary Allen: Newport Beach. Wonderful. Who's next? May we hear from two, three more here.

Marc: Hi, Mary, this is *Marc*.

Mary Allen: Hey. Hey, *Marc*.

Marc: So, what attracts me to momentum is the support for really visualizing clearly what I want. I noticed I need some persistence – it's like a new practice for me to be more focused on what I want, more focused on the future and standing in the future. And then, especially, that blending the big in the realistic. So, I feel it's like a contradiction, and I want to feel it like an integration.

Mary Allen: Yes.

Marc: And I guess related to that is a goal of – it's really not a sort of through-the-roof goal for my coaching practice. It's like a sense of abundance of the being of sufficient demand that I ramp it up further. But also, that I have time to work on this larger project. So, it's like having sufficient abundance that there's a safe context for my family. Then, I can feel comfortable going forward with this other ambitious project that's more speculative at this point.

Mary Allen: Yes. Yes. Very good. And I have a feeling a lot of us will be taking the abundance pill over the months to come as well. Let's

extend this abundance and allow ourselves, really, to receive all of the things that we desire and not having to compromise with family and health. Sometimes, success coaches want to throw those other ways aside, “Okay, you just need to focus and leave everything by the way side.” I know that ultimately.

Marc: Yeah. I guess, in my family history, there’s a risk of getting so caught up in this big cloudy vision that it sacrifices inner peace on a daily basis.

Mary Allen: Yeah.

Marc: I have these children just to be present with them is a miracle. So, you know being grounded, being present for them and not missing each of these days.

Mary Allen: Right. Exactly.

Marc: And, get dreaming.

Mary Allen: Yes. Well, and it’s about the same principle as we’re being present with our kids, is to also be really present with what you want to create on your business. And I knew you’ve got a juicy project that you’re working on. So, that may be relevant to many of the coaches here on the line too.

Cindy: Yeah, one day.

Mary Allen: So, very good. Very good. How about one more, and we’ll wrap up for tonight?

Amy: I’ve got a few.

Mary Allen: Okay. Great.

Amy: Okay. My name is Amy. I am Cindy’s daughter you spoke to a couple of people back. I was actually just attracted through my mom. She’s kind of been my walk and my introduction into the law of attraction, and everything that comes with it. Basically, she’s helped to teach me so much over the last year and a half that I’d probably be at a mental hospital if I didn’t know seriously how much in control of my life and my path I am.

Mary Allen: Right.

Amy: Just the way that things have happened, and I realized that it's because of the vibrations I was putting out prior to you. I've changed my focus a bit; although I still have a lot of work to do. And one year from today I see myself having a baby and having my novel published. I know that I can make them happen, because that's what I want.

Mary Allen: Nice. Beautiful. Love that, love that, love that. Wonderful. Well, I'm glad you're here and you've come to a great place to really integrate law of attraction principles - principles associated with allowing us to live squarely in a place of reality and experience inner peace. And really attract and create all that we want in our lives. So, you've come to the right place. It's a perfect playground for you.

Amy: Definitely. Thank you.

Mary Allen: Well, very good. So, we'll just wrap up here for tonight. Our next call is going to be on June 15th about *Mastering the Now*, same time. In the next few days, we'll have everything updated in the forum. One of my assistants, Mary Korst, will be reaching out to you and just make sure you're connected there and have everything that you need to be connected.

Then in the meantime, I just really would love to invite everybody that's on the call and that's listening to this as a recording or on the webcast is to go and post something in the forum. I've started to post about sharing your top three goals. I really would love everybody to do that. This is what's going to – kind of rise up the energy in this *Momentum Mastery*. And if you knew who were your other fellow listeners and community members, trust me, you're going to be inspired by each and every person that's here playing in this forum. So, go reveal yourself so that you can all be seen by each other. And we'll let the magic begin. We'll look forward to talking to you in the forum and then looking forward to you all being back on June 15th. So, with that, I'm going to open up the lines and we'll say goodbye to everybody.

Amy: Bye-bye.

Mary Allen: Bye, everyone.

Cindy: Bye, Mary.

Marc: Bye.

Laura Lee: See you in San Francisco, Mary.

Mary Allen: We'll see you in San Francisco. Bye, everyone.

[End of audio]