

**“I’m just not where I thought I would be at this point in my life. My health, my career, my relationships, my home- it’s just not what I thought it would look like. How do I change it? Can I even change it? Is it worth it? Is it too late for me?”**

When I hear things like this, it just breaks my heart. I think to myself, well, is it true? Is that really all there is out there for them? If there really is true abundance out there, why are so many people lacking in money, love, security, happiness, health?

Well, what if we had a way to get all of that for ourselves? What if we could change where we are right now for something more positive, more abundant, more of what we’ve been looking for?

These next pages offer you a chance to do just that.

My little gift to you is a tool that you can use over and over again to help create the life of your dreams while still being realistic.

**You can have what you want.**

But in order for you to get it, you need to clear out the blockages that you have in your physical, emotional and mental bodies. You’ll need to “Cut the Crap.”

And for you to be able to clear out the blockages, you need to learn how to be painfully honest with yourself. If you can be honest, then you can get to the heart of whatever is getting in your way.

If you can be honest, you can make true and lasting change. You can make huge strides towards the health, happiness, love, career, home and life that you’ve imagined for yourself.

I’m not talking pie in the sky dreams, but honest, down to earth goals that are within your reach today but somehow have kept themselves just out of your grasp.

After that, we’ll work on pie in the sky dreams...

Are you game?

Let’s go.

**Take Action on YOUR Dreams Today!**

List the top 10 things that you truly, madly, deeply want out of your life. Write this list as if your eyes are the only ones that will ever look at it.

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Pick your top 3 and circle them. Now rank them. What is your number one goal? What is the one thing you want out of this life of yours if you could have nothing else?

What I really truly want is:

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I really want this because:

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If I never got this, my life would be:

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If I could have this, I would be willing to sacrifice:

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Who would this hurt or harm if I got what I wanted?

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Who else would stand to gain if I got what I wanted?

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How would I really feel if I got what I really wanted?

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What steps, if any, have I taken already to get what I want?

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Now that you have some clarity over what it is that you really want, look over the above statements very carefully. Have you answered them with as much honesty as you could possibly muster?

Are you **100%** sure that the above is what you truly want out of life? Are you coming from the desires in the innermost depths of your soul or out of a notion that you were given from your parents, grandparents, teachers, spiritual leaders or friends?

Who told you that this is what you want?

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Why did you answer the way you did above?

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**When we can learn to be honest with ourselves, then we are opening ourselves up to greater growth and greater freedom from whatever restraints we've been given or that we've willingly taken up over our lifetime.**

If you'd like to change your answers, then go ahead. This is your life we're creating. You must feel it in your whole body. If you don't and still go ahead, you'll still make positive changes towards your goal, but maybe not as much or as fast as if you chose your true heart's desire.

I'll use myself as an example. I'll keep it basic and relate it to my birthday.

For my birthday, I really want these yummy gluten-free cupcakes from a bakery downtown. They are perfect for me and I love them. It would be a really special treat if I had these cupcakes to help me celebrate my birthday.

BUT, the bakery is far away and the parking is terrible. It's not the cheapest bakery and my favorite flavors are not always guaranteed to be there.

So I decide to put off my true desire (the downtown cupcakes) for something that would be easier (local supermarket cupcakes) on the cupcake purchaser (my mom).

By doing this, I would be sacrificing what I really wanted for something that is (for now) easier and cheaper to obtain. My mom wouldn't have to go out of her way, dealing with traffic, terrible parking and taking the chance that what I really want wouldn't even be there.

I know how ridiculous this example may seem, but stick with me for a little bit longer.

If I don't ask for my true desire (the downtown cupcakes) from the person who can get it for me (my mom), then I am in essence denying something that I really want for someone else's comfort and ease.

In the case of the cupcakes, this really isn't the end of the world.

But multiply this by days, months, even years. We build up resentment, anger, feelings of constant sacrifice and just never get what we want.

Where are we now? (Besides without our cupcakes...)

We are stuck in a cycle where we never ask for what we want from the person who can actually get it for us. We constantly think of others first and shortchange ourselves time after time after time.

Don't get me wrong, it's commendable to be thinking of others and how our desires affect them. But sometimes, we go too far and put ourselves last all the time.

As my sister-in-law Kate told me once, it's nice to be nice but enough is enough when you end up being the doormat.

Let's take this one step further.

What if I got the cupcakes for myself?

I'd be the one dealing with the traffic and terrible parking. I'd be the one potentially disappointed by the flavors but then I could choose the next best thing.

***What if*** I actually took the responsibility of getting for myself what it is that I really want?

***What if*** I was the only person who would have been responsible ever for getting the cupcakes?

***What if*** there was no one else to help you get what you truly wanted out of life?

***What if*** you were always the only one responsible for your true heart's desire?

Are you following me?

Who is standing in your way of getting what you really want?

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Are you standing in your own way?

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What excuses are you using to justify not having what you truly want?

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Who are you blaming, resenting, angry with, frustrated with or whatever other emotion you can come up with because you haven't gotten what you really want?

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Let's take a look at that list again.

Let's take a look at all of your answers again.

Re-read my cupcake story.

**You are the only one responsible for your dreams.**

If you ask others to accomplish your true heart's desire for you, then what does it truly mean to you?

In a word, nothing.

If it isn't important enough for you to get it yourself, then why do you even want it?

Do you need to change your desire list?

Go ahead and make adjustments if you need to. I'll wait.

In the meantime, I'm going to get a cupcake. : )

Tough love is, well, tough but if no one is ever willing to be the one to speak the truth then none of us will ever move forward.

What emotions, if any, came up for you during the last few pages?

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Do you believe that you can have what you truly want?

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Do you believe that you deserve what it is you truly want?

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Do you believe that you can create your future?

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Do you believe that your thoughts, feelings and actions created your present situation?

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Do you believe that you can change?

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What does change mean to you?

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Do you like change?

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Do you fear change?

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Are you open to change?

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Are you ready to cut out the excuses?

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Are you ready to cut the excuses and finally give yourself a fighting chance at health, happiness, love and the career of your dreams?

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Let's put it another way.

What do you stand to gain if you DO NOT do anything and maintain the status quo?

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What do you stand to lose if you DO NOT do anything and maintain the status quo?

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Maintaining the Status Quo

Gain \_\_\_\_\_ Lose





What do you stand to gain if you CHANGE the status quo to move you closer to your true heart's desire?

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What do you stand to lose if you CHANGE the status quo to move you closer to your true heart's desire?

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Changing the Status Quo

| <u>Gain</u> | <u>Lose</u> |
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After you fill in both charts, ask yourself, what looks better?

Where would you rather be?

I want you to take an extra special look at two of the columns.

Look at your "Gain" column for maintaining the Status Quo.

Now look at you "Lose" column for changing the Status Quo.

**Where do you stand to gain or lose more?**

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Let's talk **Sacrifice** for a moment.

I'll admit that the word "Sacrifice" has a pretty negative connotation. Sacrifice, death, punishment and deprivation all ride in the same boat in my mind.

Not fun, right?

What would you say if I told you that the change you are looking to do can be done **WITHOUT** sacrifice?

You're skeptical. I saw the look, the eyebrow raise. You don't think it can be done.

Well, you're half right.

We **ARE** going to sacrifice some things.

We are going to sacrifice **GUILT, SUFFERING, PAIN, EMBARRASMENT, ABANDONMENT, DEPRIVATION, HUMILIATION, and FEAR.**

What else do we need to sacrifice?

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In place of all that we are going to sacrifice, we are going to embrace other things.

We are going to embrace **LOVE, GRATITUDE, HOPE, LAUGHTER, FUN, GROWTH and HAPPINESS.**

What else are we going to embrace?

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The choice is yours.

Are you ready to continue?

Are you ready to let go of your old thoughts, feelings, limitations and embrace the new thoughts, the capacity for positive growth and change and limitless gratitude that will now flood your life?

Rock on then.

Take a big breath in. You've taken some big steps by admitting that there are going to be some sacrifices made. You've admitted to yourself that there are things that you need to take responsibility for and that you are now ready to embrace the change and move forward to your new life.

Before we begin creating an Action Plan, we need to address three small but critical pieces for effecting positive change.

First, **Support**.

Who is going to be there to support you?

- 1.
- 2.
- 3.
- 4.
- 5.

Is there anyone else?

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When I say "Support", I mean unwavering support, unconditional love and acceptance for what you are trying to accomplish.

I do not mean someone who is going to be, or becomes, judgmental or critical. You deserve so much and that is not part of the package.

You can choose to either distance yourself from the negative and former support system or you can choose to create boundaries on how you interact with them while you are going through your growth stages.

Either strategy works. It's your choice.

What do you choose? Do you choose distance or boundaries? Choose now and then act on it if you ever need to. Below, we will address some specific actions to take with the naysayers.

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Along with "Support" comes "**Unconditional Love**".

My dog Sally gives me unconditional love but she is not and should not be the only one.

If I am looking to do something big with my life, then I need to give myself unconditional love and unconditional acceptance. We'll take these two together.

This is not really an easy thing to accomplish. We're told to love others unconditionally, to accept them for who they are but when were we ever told to love and accept ourselves in the same way?

I remember hearing terrible things about narcissism.

We're not talking about that extreme, but the healthy self-love that we can all benefit from.

Do you love yourself unconditionally?

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How do you show yourself unconditional love?

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What else can you do to show yourself unconditional love?

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Do you accept yourself unconditionally?

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How do you show yourself unconditional acceptance?

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What else can you do to show yourself unconditional acceptance?

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Following "Support" and "Unconditional Love and Acceptance" comes "**Gratitude**".

Gratitude is perhaps one of my most favorite words in the English language. It hasn't always been this way and it took me a long time to see the benefit of living my life in gratitude.

What do I mean by living my life IN gratitude?

I mean that every day I take time out to be grateful. It's not a one time thing, say at 12 Noon, I think of things that I am grateful for but rather, to seek out things that I am grateful for at all times throughout the day.

It's hard in the beginning but like any other habit, it gets easier with practice. I even fall off the wagon and forget to be grateful.

It's not a pretty sight when I get caught up in the negative. Luckily, I can make the conscious decision to stop the negative and pick up again the positive and the gratitude in my life.

I have to admit that it is a totally different way of living. You almost feel like an outcast for not complaining about every little thing that crosses your path. It's almost unnatural to find the good in all things, the lessons in the hardships, the silver lining in all the rainclouds.

It's not impossible, but it is a huge shift.

Along with changing your mindset when it comes to gratitude, it causes a very dramatic shift in your life.

There's a song out there called "There's Magic in the Making" that comes close to the shift that you will feel in your world. (Kudos to those of you who know the artist!)

It's subtle at first, but as you open your heart and your mind to more and more gratitude, you will become more sensitive to the good in the world and less sensitive to the negative.

Does that sound appealing? *Need a gratitude jumpstart?*

My suggestion is a Gratitude Journal or Blog.

Take 40 days. Each day write out a minimum of 5 things that you are grateful from that day. Try not to skip a day. You will be hard pressed some days to come up with 5 things that you were grateful for. You will have other days where you are just overflowing with gratitude. Accept it day as it comes. There is no right or wrong answer. This is all for you to get your juices flowing.

Choose to make it a habit after the 40 days are over. Write it down if it helps. Make a mental list if that works better for you. Just do it and feel the difference.

What does the word “Gratitude” mean to you?

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What are you grateful for?

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Who are you grateful for?

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What are the first 5 things that come to your mind that you can do to bring more Gratitude into your life?

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What is the 1<sup>st</sup> thing that you’d like to do today to bring more gratitude into your life?

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**Now it’s time to put it all together.**

1. We’ve identified what it is that you truly want out of your life.
2. We’ve identified what or who is standing in your way, your blockages and your excuses.
3. We’ve identified what you stand to gain and lose by making zero changes and staying in the status quo as well as what you stand to gain and lose by making positive changes and growing towards your true heart’s desire.
4. We’ve identified your support system, encouraged unconditional love and acceptance and learned how to live life in gratitude.

What next?

The next step would be to create Action Steps that would give you a step by step, paint by numbers approach to your true heart’s desire.

**What are Action Steps?**

Action steps are very specific, very attainable items on your true heart’s desire To-Do list.

Let’s get started.

**Your True Heart’s Desire:**

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What or Who are my top blockages, my top excuses or would stand in my way of success?

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What is my plan of action for dealing with these blockages, excuses or naysayers? What am I going to say or do when confronted with them? Is there someone or something you can ask for help, if needed?

Blockages: \_\_\_\_\_

Excuses: \_\_\_\_\_

Naysayers: \_\_\_\_\_

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Since I have looked at what I stand to gain and what I stand to lose by staying where I am, what would my number one benefit be for me to NOT change?

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Are you afraid of being uncomfortable or doing something out-of-the-box?

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Is this something that I can get over or am I already over it?

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Since I have also looked at what I stand to gain and what I stand to lose by changing my current situation and moving towards achieving my true heart’s desire, what is my number one benefit to actually go through with this?

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My top supporters are:

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I am going to show myself unconditional love and acceptance by:

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I am going to show my gratitude daily, weekly, monthly by:

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I choose now to accept exactly where I am and where I am looking to go. As of today, this is where I am on my journey towards my true heart's desire:

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I choose now to accept my imperfections and my "bad" habits. They are part of who I am and I love them regardless because they make me who I am- special, unique and loveable. The hardest part for me to accept this will be:

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I understand that it will take time and effort for me to grow, change and achieve my true heart's desire. I understand and accept that it will take little steps, one by one, to get where I'm heading successfully and without stress, pain or frustration.

The smallest step that I can see myself taking today is:

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The largest step that I can see myself taking today is:

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Today, I will:

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**Time for Brainstorming!**

Take the next 5-15 minutes and brainstorm all the steps that you believe you'll need to take to get yourself from where you are today to where you are looking to go when you achieve your true heart's desire.

No step is too big or too small! Do yourself a favor, make them fun!

Ready, Set, Go!

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The next few steps are fun!

What order do you want to do your action steps in?!

Start with the smallest and once you've gotten a little more success under your belt, then it's time to tackle the larger action steps.

If you feel like you've bitten off more than you can chew, then break them down even smaller.

This is your life. This is your true heart's desire. There are no rights and there are no wrongs.

You choose what needs to be on the list. You choose what needs to NOT be on the list.

**You are in charge of your life.**

**You make all the decisions.**

**If you fall off the wagon, you have not failed. You just get the chance to try again.**

**You have infinite re-do's or do-over's!**

When you're ready, turn to the next page and fill it in. Post it somewhere where you can see it daily. Make several copies if it helps and put them everywhere, carry it in your wallet, in your purse, on your desk, on your computer.

Do what you need to do with your list of Action Steps to finally grab a-hold of what has been just out of reach!

Celebrate all of your accomplishments! Indulge yourself in the life of your dreams!

You deserve it! Good luck and best wishes,

Annette C. Nack

Certified Holistic Health Counselor  
American Association of Drugless Practitioners

*PS I hope you enjoyed this "Cut the Crap!" E-Book! Please feel free to use it over and over again!*

*PPS As a special bonus gift to you- A 1-hour brainstorming session with me to help you gain greater clarity & really nail down those Action Steps! Just \$30, at 1/3 of my regular price ONLY for my new VIPs! Interested? Shoot me an email at [annette@whatthebleepdoieat.com](mailto:annette@whatthebleepdoieat.com)*

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**My True Heart's Desire:**

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**My Action Steps**

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