

The “Trail Map”

A Four-Part Process For Moving Beyond Your Comfort Zone
Based on Kelly Robbins’ book “Trust Your Next Step”

Awareness. “Change starts with an awareness that something is not as you want it.” Without an awareness of how life could be, things will stay the same. Be willing to envision your life with more Love, more Peace, more Wholeness and more Abundance. How would you like to see yourself in 5 years? How can you be more of what you want to be, and express yourself more authentically? To move beyond your comfort zone, you need a direction. Awareness of what you want to see for yourself is key.

Intention. “Setting your intention is the driving force behind getting you where you want to go.” Is your desire for change a day-dream, or a real vision to which you’re willing to make a commitment? Your intentions are a seed that you’re intentionally planting into God’s fertile Law of Attraction. You must have a clear vision and intention for this seed to come to fruition.

Decision. “Living your life with intention... is done one decision at a time.” To move forward into your vision of the future, you evaluate each decision as it comes your way: “Will this decision take me closer to or further away from my vision and goals?” We begin to make our decisions with greater intention and with our vision in mind. We try to minimize decisions that will take us away from our goals and ideas of the future.

Action. “Taking action is the final and frankly the most difficult to maintain in the true decision-making process.” In the Science of Mind we “Treat and move our feet,” meaning that we do our prayer work (treatment) and then allow God to work through us. We take informed action based on our vision of the future and the decisions we’ve made.