



SOPHIA ASSOCIATES

Awakening Leadership Within

Which way are you approaching your situation or challenge? Note by your language and the actions you undertake which process you are engaging in. You move toward what you focus on!

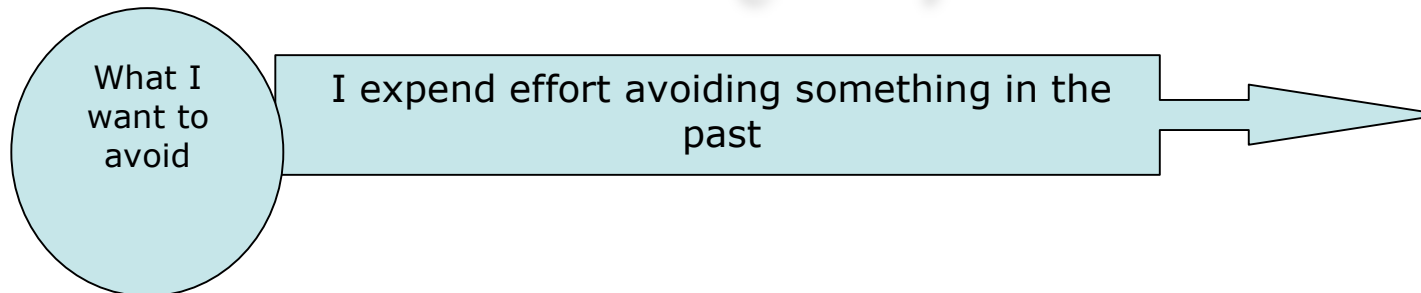
PROCESS OF AVOIDANCE		PROCESS OF CREATION
Is energy being funneled into avoiding something?		Is energy being funneled into creating something?
Avoiding mistakes of the past		Creating what you want in the future
Emotion: Fear		Emotion: Hope
Energy: Negative		Energy: Positive
Flow: Effort		Flow: Effortless
Direction: Moving away from		Direction: Being drawn towards
Sensation: Heavy		Sensation: Lightness
Other: Worry		Other: Energy



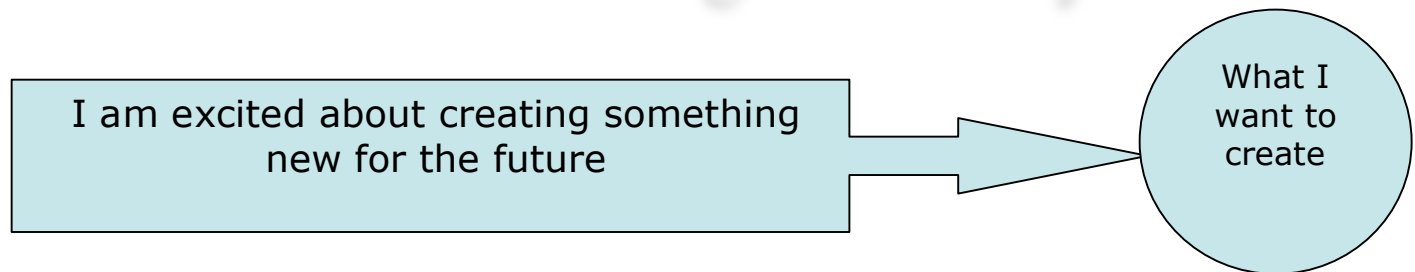
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Avoid - Create Model

Avoid: Pushing away from...



Create: Being drawn by...



You cannot achieve sustainable positive results from a negative motivation

You move toward what you focus on. Focus on **avoiding** something and you will actually move toward it, like driving a car and avoiding the guardrail. You will steer in the direction you look at. Focus on **creating** something and you will move toward it naturally.

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