

Patricia Barnett-

Extraordinary Results - How to Shift, Breakthrough and Be Your Best

Day 8 prompts. Read these before watching the interview. PICK AND CHOOSE! These will help you process the interview if you read them before you watch. If you want to really dig in and expand, engage with the prompts after the interview!

- Have you ever experienced a quantum shift, a huge breakthrough?
- What is a Ta-Da moment vs. an Ah-Ha moment, in Patricia's words?
- What is Patricia's work based on? What common theme do you see in our speakers/creators?
- What is the first key? What is the answer to this for you? Go through this segment and answer the questions for yourself?
- What is the Jim Rohn quote she mentioned? What do we need to shift to create change?
- Patricia makes a different version of the insanity quote...what does hers focus on? "Who can I be NOW, how can I be, to become what I want to become NOW?" Discuss what she is talking about here.
- What kinds of results are you seeing in your life? What is the feedback you are getting from your results right now in life?
- What is the second key?
- What are you interested in? What can you get interested in that will support the direction you are going in?
- What do you think about the idea that we already are what we are wanting to be? How can you promote that idea?
- What's the one thing separating us from what we want to be? Write notes on this. Do you understand this?
- More talk of the quantum field...is this God?
- "What if....? How can you use that to open to possibilities, and shift your paradigms?"

- Discuss the 3rd key. WE have heard this from several times already in our event. Who do you associate with?

Elevate and Jump into Patricia's 7 Keys to Happiness!!

Love, Anne & the SpiritRiver Team