



# Let's Get to the Heart of the Issue: STEP 2

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## STEP 2: THE "SYMPTOMS"



Now that you have a vision of what you want. Step 2 is about taking a close look at the reality of your current situation.

We start by looking at the outward manifestations, signs or "symptoms."

For example, if you're working on getting to the heart of a health issue, take an inventory of the different symptoms you have or the parts of your body that you feel challenged by. Write everything that comes to mind.

You can do the same for any other area of your life. If you're wanting to get to the heart of the issue in your relationships / finance / career / etc., list all of the different ways in which this problem manifests in your life. Use the prompting questions:

Regarding your issue, what do you SEE? What do you HEAR? What do you feel PHYSICALLY? What do you say to yourself? What do you say to others? How is this affecting your life?

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Anything else?