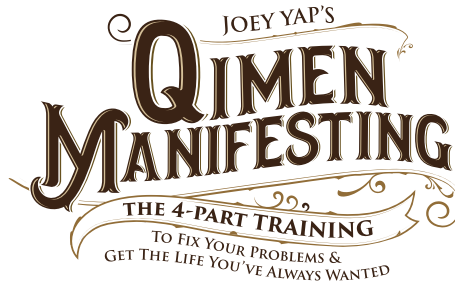




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THE GAINING CLARITY & SETTING INTENT CHALLENGE

IMPORTANT: For greater clarity & best results, do this after you've already performed the "Clearing of Negative Energy & Blockages" in Part 1 of this QiMen Manifesting Training

NAME	DATE

1. WHAT DO YOU TRULY WANT, AND WHY DOES IT MATTER?

Describe what you deeply desire and explain why achieving this will make a meaningful difference in your life.

2. WHAT WILL HAPPEN IF YOU DON'T ACHIEVE THIS?

Reflect on the potential losses or missed opportunities if you stay where you are. What would that feel like?

3. WHAT INTERNAL OR EXTERNAL BARRIERS ARE HOLDING YOU BACK?

Honestly acknowledge the biggest challenge keeping you stuck. How does it make you feel, and what's at the root of it?

4. WHAT RESOURCES OR SUPPORT DO YOU NEED TO OVERCOME THIS BARRIER?

Consider what would truly help you break free from this challenge. What do you need to feel more confident and capable?

5. WHAT IS THE NEXT, MOST IMPORTANT ACTION STEP TO TAKE?

Think about the one action that could change everything for you. What step can you take right now to move closer to your goal?