

Inner Actions and Outer Results Record

While it's easy to see the result of outer actions, such as making a phone call and getting an answer, it's not so easy to see the results of inner actions. So monitoring them is essential to give you a feeling of confidence about what you are doing at an inner level. Although you are recording these things on the same line, the same day, they are not necessarily linked, as with this kind of work there is often a time lag. It's when you look back over a month or longer that you can see that the inner actions do manifest in specific results. Here are some examples.

Actions

11/2/10

Success seat exercise

12/2/10

£1700 energy visualisation

13/2/10

Radical forgiveness exercise

Results

Saw new client

New person on Circle

Bill lodged £1000 – thank you