PLANNING FOR SUCCESS

Now with EFT!



4th Edition, 2019

ANNE I. MERKEL, PhD, ND, CNHP, CGP
The Ariela Group of Wholistic Services
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COVER PHOTO:
***"Journeying the Path"* by Anne I. Merkel, 2000**
Painting in acrylic on canvas.

This mandala depicts the call to the path of growth, the Sacred Quest, moving forward in life toward one's dream. The Kokopelli heralds with his flute the ending of the old life and beginning of the adventure to the new. There is another mandala painted underneath this one… the old replaced by the new.

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Dr. Anne Merkel,

Practitioner of Energy Medicine and Natural Medicine –

Specializing in deep and chronic issues of Whole Person Health and Well-being

For information about Anne Merkel, Ph.D., her work, and the services offered via her on-line and in-office Georgia practices, you may visit her two websites:

- ***www.ArielaGroup.com*** **is the location for Dr. Anne's Energy Medicine practice** where she offers support and training for individuals and other health practitioners - using a variety of Energy Medicine therapies including EFT (Emotional Freedom Techniques), NET (Neuro Emotional Technique) ,and where you can learn more about her use of Energy Remedies, Homeopathy, and two forms of Acupuncture. Also check out her blog and books on Amazon – all focused on helping you to clear your own inner blocks to moving forward in your life and career.

- ***www.AnneMerkel.com*** **is Dr. Anne's Natural Health Practice website** where you will learn more about her work with naturally addressing autoimmune conditions, chronic health issues, and degenerative dis-ease using Energy Medicine and Naturopathy modalities. Dr. Merkel can help you understand your unique DNA and how to feed it to keep it healthy in her ***Functional Epigenetics Health Package***, and if you are currently suffering from a physical health issue she will help you to support the right natural healing approach to complement other treatments, starting with clearing your emotional blockages through her personalized ***Functional Medicine Programs***. You may be interested in learning more about the nutritional supplement and food sensitivity testing that she can recommend for your unique case, and her book on Amazon: ***Autoimmune Cases – Naturally! Treating Chronic Conditions with Energy Medicine and Naturopathy***.

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ACKNOWLEDGEMENTS

Since I was a little girl I have enjoyed sharing information with others as well as using energy to make people and animals feel better. Fast forward many years, two doctorate degrees, and almost thirty-five years of research and study in various areas of Whole Person, or holistic health and Energy Healing; I am happy to re-release my popular e-book series to a growing audience of meridian tapping enthusiasts!

The four books in this series could not have been created had it not been for my many teachers and guides along the way… many of whom I still count as friends and mentors.

Three special men in my life are responsible for my personal and professional development. Thank you, Arlen, for pushing me to a limit where I entered the world of new possibility. Thank you, Mark, for introducing me to the world of Alternative Health, Eastern Philosophy, Esoteric Studies, and for including me in many of your studies along the way. And, finally, thank you, Martin, for encouraging me to be myself and to walk the path that speaks most loudly to me.

My teachers who have personally triggered or supported my learning on my present path have included: Dr. Sheldon Deal, Dr. Scott Walker, Dr. Rob Maddocks, Dr. Depak Chopra, Dr. Wayne Dyer, Gary Craig, Barbara Marx Hubbard, Donna Eden, Abraham, Margie Tice, Dr. Ritamarie Loscalzo, Dr. Adrian Larsen,… and so many more! To you all and others I am humbly grateful!

And, I want to acknowledge you for obtaining this document with the intentions of positively changing your mindset, your life trajectory, your energy field as you move forward into the uncharted arena of your evolving life. Bravo, and Go for it!

Anne, 2019

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INTRODUCTION

When one approaches planning from a left brain, analytical perspective it can take many steps and much time. I have taught hundreds of workshops around planning, and now I approach this from a very different angle.

In the last twenty years there has been a lot of talk about the Universal Law of Attraction. This Law, like the Law of Gravity, is natural, and it is going to happen with or without our consciousness about it. So, in order to best utilize this to our advantage we can identify certain aspects of this LOA and implement it as we do our daily, weekly, monthly planning.

For many years I took energy work into my corporate training and consulting practices. Satisfied customers world-wide speak to the success of this. Now I utilize Energy Medicine first when I take on new clients suffering from chronic physical illnesses. They, too, must clear the energetics around focusing on a plan of what they will attract in their health.

The approaches in this guidebook, including EFT, take planning to the next level, and I wish you ease in your process!

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GOAL PLANNING FOR SUCCESS

Introduction to the Process

This guide is designed to provide you with a step-by-step method to plan how to successfully achieve your most important goals. It is easy to use and, when complete, should provide you with a road map to take you where you want to be. You will know what you want to achieve, how long it should take, what you need to get there, and how to measure your progress.

To use the ***Goal Planning for Success*** process, simply answer the questions on the next few pages. The questions are meant to cause you to think, so you may not have the answer immediately upon reading the question. That is fine and normal. The more thoughtful you are in answering the questions, the more complete your plan will be.

Use the planning process for only one goal at a time. If you have several goals, make copies of the planning process grid and go through the process for each goal. You can then prioritize which goal should be worked on first. You may wish to set at least one goal for each life category that is identified in the Ariela Group ***Visioning Guide***, which you hopefully have already completed.

As you are writing goals you may become aware of resistance coming up in your mind. You may feel it somewhere in your body. It may manifest as fear, doubt, hopelessness, frustration, confusion, another emotion, or even an un-named blockage.

We all have certain inner resistance at times to moving forward – and to making plans and setting goals. When this comes up for my clients or in my own life I utilize Meridian Tapping Techniques such as Emotional Freedom Technique (EFT) and other energetic tools. These clear the emotional charge, thus eliminating the resistance, so forward movement toward the goal can be easily accomplished. There are EFT sections to guide you in this e-guide.

If you would like to know more about these techniques that you can easily learn and apply in your own life, you can ***go to my website for instructions***. I offer training programs for coaches and health practitioners to use EFT, and I often work with other practitioners to support their clients when they meet a subconscious obstacle. Sometimes just one session using a focused energy tool can break through the resistance.

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STEP ONE: Identify the Goal and its Level of Importance

1. I have used a visioning process to clarify, and the goal that I intend to achieve is:

2. The specific reasons that I intend to achieve this goal are:

3. My life will change in the following manner when I achieve my goal:

4. I will feel happier when I achieve my goal because:

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5. When I think about the possibility of achieving this goal I feel some resistance. I commit to go to the next section and clear my resistance.

   _____Yes _____No

6. By answering these questions I now realize that I am ready, willing, and able to commit the time, energy, emotions, and resources necessary to achieve my goal:

   _____Yes _____No

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STEP TWO: Identify Resistance that Might Sabotage Attaining the Goal

1. The goal that I intend to achieve is:

2. The resistant thoughts that I have about this goal are:

3. The emotions that I feel related to this resistance are:

4. I feel these reactions in my body as I think about this goal:

5. I have felt the same way about an idea, a goal, a project in the past. Describe this:

6. I plan to use the following page as a guide to clearing this energetic blockage.

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CLEARING RESISTANCE

Before we go any farther in this guide it is time for me to share a potent energy clearing tool that you will be able to utilize now and for the rest of your life.

Emotional Freedom Technique is a form of energy therapy acupressure that uses a gentle tapping technique instead of needles to stimulate traditional acupuncture points. The ***EFT*** protocol balances the energy system and appears to aid psychological stress and physical pain relief. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. ***EFT*** is non-invasive and is easy to learn and apply for yourself. It supports you to clear all feelings of resistance, emotional charge, constriction, pain – usually in a matter of minutes.

To learn more about ***EFT*** please go to the following link, watch the video, and sign up for the complimentary introductory recording that will guide you to understand the process and identify the tapping points.

Go there to learn about EFT Tapping.

If you have specific questions about ***EFT*** or meridian tapping in general, please feel free to ***contact me at this link***.

Now that you have reviewed a bit about the modality, I invite you to use it to clear all resistance to the life categories listed previously. Since you will be working with these categories as you follow this planning process, it is best that you clear any charge you have up front about setting and achieving your goals.

1- Identify the word or life area or goal around which you feel some constriction or resistance or charge.

2- Gauge your level of emotional charge on the scale of Low=0---10=High.

3- Using the tapping protocol that was described in the recording, you will tap the following points in this order:

- karate chop points/side of hand
- eyebrow points
- side of eyes
- under eyes
- under nose
- chin
- collarbone points
- under arm points
- top of head

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4- Start tapping at the karate chop point, think of a specific goal that contains charge for you, and state a phrase similar to the following at least three times:

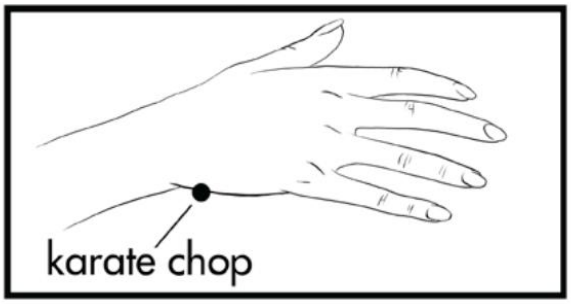
> *"Even though I feel some resistance or charge or constriction when I think of _____, I deeply and completely accept myself."*

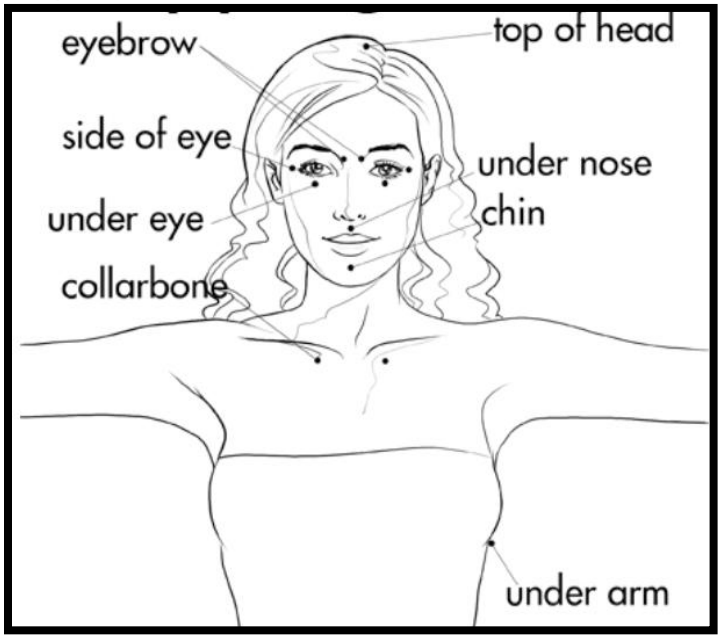
5- Tap on all of the subsequent points while concentrating on the word and its feeling. You may state something like the following as you tap each point:

> *"I choose to clear this charge/ resistance/ constriction."*

> *"I choose to free this area of my life to move forward."*

6- Continue to tap each point until the charge lessens, then move to the next point in the EFT sequence. Continue doing this until you can gauge the charge on that word to be lowered to no more than a 0-1 or 2 on the scale.





[We thank the *Tapping Solution* for the above graphics.]

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STEP THREE: Further Clarify the Goal

Now that I have decided upon a goal and have identified and cleared resistance, I will clarify here what I intend the results to be after attaining my goal.

- All of the details in the first column must be 100% met as I decide my action steps toward attaining this goal.
- The second column includes "Extra Credit" desires that will augment the results just like icing on a cake!!
- Remember to use EFT if any resistance shows up in this process!

100% REQUIRED = MUST BE or HAVE:	***DESIRES= EXTRA CREDIT:***

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STEP FOUR: Outline the Process Steps

I am now committed to my goal and ready to determine what I have to do in order to achieve my goal. There are several steps I must take to make my goal a reality.

1- First, to get into the right vibration with my goal I will center myself and **FEEL** the sensation and emotions of imagining that I am already enjoying the benefits of the results as I described them on the previous page. Each of my senses will speak to me of the success of attaining my goal!

Attaining my goal:

a. Looks like:

b. Sounds like:

c. Feels like:

d. Smells like:

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e. Tastes like:

f. Over-all is like:

2- I am describing these feelings here as I write a short paragraph describing how it **FEELS** to be living within the results of my goal… and I will read this back as I tap on my "*Heart Center*" points:

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3- Now I am ready to list the ***five to ten most important action steps*** that I will take to achieve my goal: (List the steps below and then number them in order of importance/priority, and remember to tap away any resistance to taking action using EFT.)

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STEP FIVE: My Timeline

I am committing to achieve my goal no later than this date: _____. In moving toward completion, I commit to stay in the flow as I work through each of the steps listed below, and I realize that some of the times listed will shift one way or the other based on the synchronicities that happen and the inspiration to act that I receive. I will complete the action steps that I listed on the previous page by the times indicated below unless better options appear. (Specify your steps from the prior page and indicate when each can be realistically completed. You may also add to these.)

Proposed Action Step Description:	***Completion Time:***

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STEP SIX: Inventory of Resources

For me to easily take the action steps and to successfully achieve my goal, I will need to have a variety of resources. I know I will need to commit time, energy, money, and emotional reserves to the goal. There may be other resources I need such as technical help from someone else, or various kinds of support/resources from those around me. Here in this section I identify the resources I need, where they might come from, and if I don't currently have the resource, how I might get it. (Although I will set clear resources, the clarity of knowing my need and FEELING how it will be when I gain this resource is what is MOST important. From WHERE or HOW the resources will come to me is a detail that can fall into place later.) This exercise will give me a blueprint for manifesting the resources I need to achieve my goal.

Resource No.1: Time

In order to achieve my goal, I need _____ hours per day/week/month (circle one).

I currently have that amount of time available. _____Yes _____No.

If I do not have time currently available, I am going to create it by:

The best times for me to dedicate to my goal are:

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Resource No. 2: Energy

In order to achieve my goal, I need energy to work on the goal.

I currently have that energy available. _____Yes _____No.

If I do not have that energy currently available, I am going to create it by:

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Resource No. 3: Money

In order to achieve my goal, I need money in the amount of $_____ as working capital and $_____ in savings so that I can work on my goal free of all financial fear.

I currently have all of that money available. _____Yes _____No.

If not, I will need to accumulate $_____ in order to meet this money resource need.

To do this I have listed below how I am going to fund my goal, where I am going to find the money, and what steps I have to take to put the money at my disposal:

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Resource No. 4: Emotional Strength

In order to achieve my goal, I need stamina, resolve, and motivation to work on the goal.

I currently have these emotional reserves available. _____Yes _____No.

If I do not feel that I have the emotional reserves in my own stamina, resolve, and motivation, I am going to enlist the support of others and create it in myself by:

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(If you need resources other than the four listed previously the following category areas are here for you to define each additional resource you need and how you will get it.)

Resource No 5: _____

In order to achieve my goal, I need _____.

I currently have this resource available. _____Yes _____No.
If I do not have it available, I can get it or create it. Below, I have listed how I am going to create the resource, where I am going to find the resource, and what steps I have to take to put the resource at my disposal:

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Resource No 6: _____

In order to achieve my goal, I need _____.

I currently have this resource available. _____Yes _____No.
If I do not have it available, I can get it or create it. Below, I have listed how I am going to create the resource, where I am going to find the resource, and what steps I have to take to put the resource at my disposal:

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Resource No 7: _____

In order to achieve my goal, I need _____.

I currently have this resource available. _____Yes _____No.
If I do not have it available, I can get it or create it. Below, I have listed how I am going to create the resource, where I am going to find the resource, and what steps I have to take to put the resource at my disposal:

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Resource No 8: _____

In order to achieve my goal, I need _____.

I currently have this resource available. _____Yes _____No.
If I do not have it available, I can get it or create it. Below, I have listed how I am going to create the resource, where I am going to find the resource, and what steps I have to take to put the resource at my disposal:

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STEP SEVEN: Progress Check

When I start working on my plan I commit to regularly check my progress to ascertain that I am moving closer to achieving my goal. Below I have listed when I will stop and measure my progress. I have also listed what must have occurred by that time in order for me to know that I am moving closer to achieving my goal. I use these measurements to correct my course, to inspire me, and to keep me moving forward until my goal is achieved. These are somewhat flexible in that each check can help me to better clarify my steps and adjust them when needed.

Date of Progress Check: _____

Description of progress that will have occurred:

Date of Progress Check: _____

Description of progress that will have occurred:

Date of Progress Check: _____

Description of progress that will have occurred:

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Date of Progress Check: _____

Description of progress that will have occurred:

Date of Progress Check: _____

Description of progress that will have occurred:

Date of Progress Check: _____

Description of progress that will have occurred:

Date of Progress Check: _____

Description of progress that will have occurred:

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Congratulations!!

You have created a plan to manifest your goal. Read it, revise it, let it BE as you are inspired to take the best, most productive steps, and as you ALLOW the details and resources to flow to you. This is the first step in making your dream into reality!!

With the exercises that we have introduced in this guidebook, and with your new realization of how you want to **FEEL** and how to clear any resistance that shows up to block you, now you may apply these valuable tools regularly and share with others so that before long you will awaken one day to the life that you envisioned and might have thought would only be experienced as your dream.

Yes, you CAN plan and create the life that you desire, so begin TODAY!!

I hope that you enjoy the process and that it empowers you to meet your full potential in all aspects of your life!!

If you have any questions about this guidebook, or if you would like to consider inviting a professional Energy Therapy facilitator into your life to help you with this and many other processes, please *contact me directly*. And,… remember my *books on Amazon*!

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