



THE KEY[®]

CLARITY THROUGH CONTRAST

CHRISTINE FRIEL MCGRORY

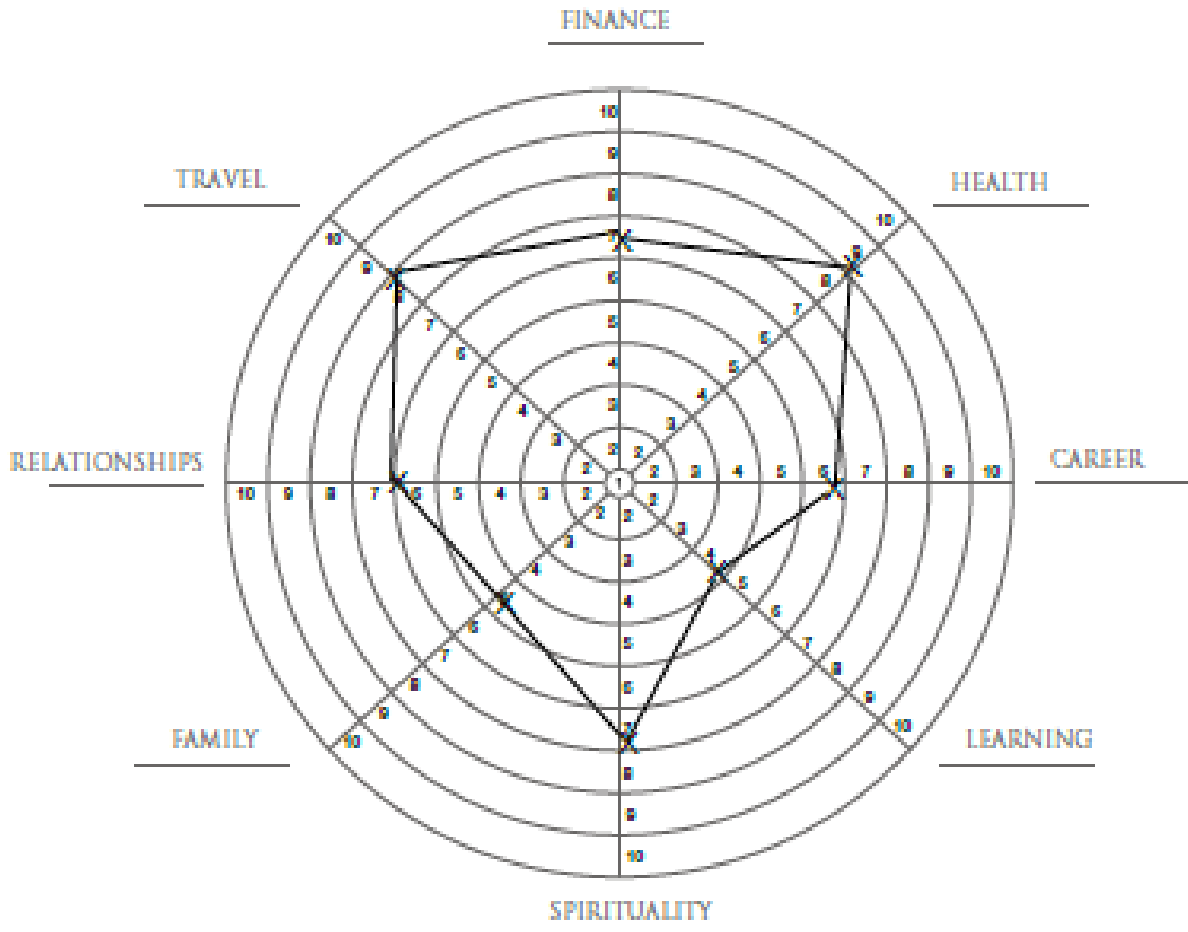
VISION WHEEL – EXAMPLE

VIBRATIONAL SCALE

10 = HIGH ENERGY / FEELING REALLY GREAT

5 = AVERAGE

1 = FEELING LOW / NOT GOOD



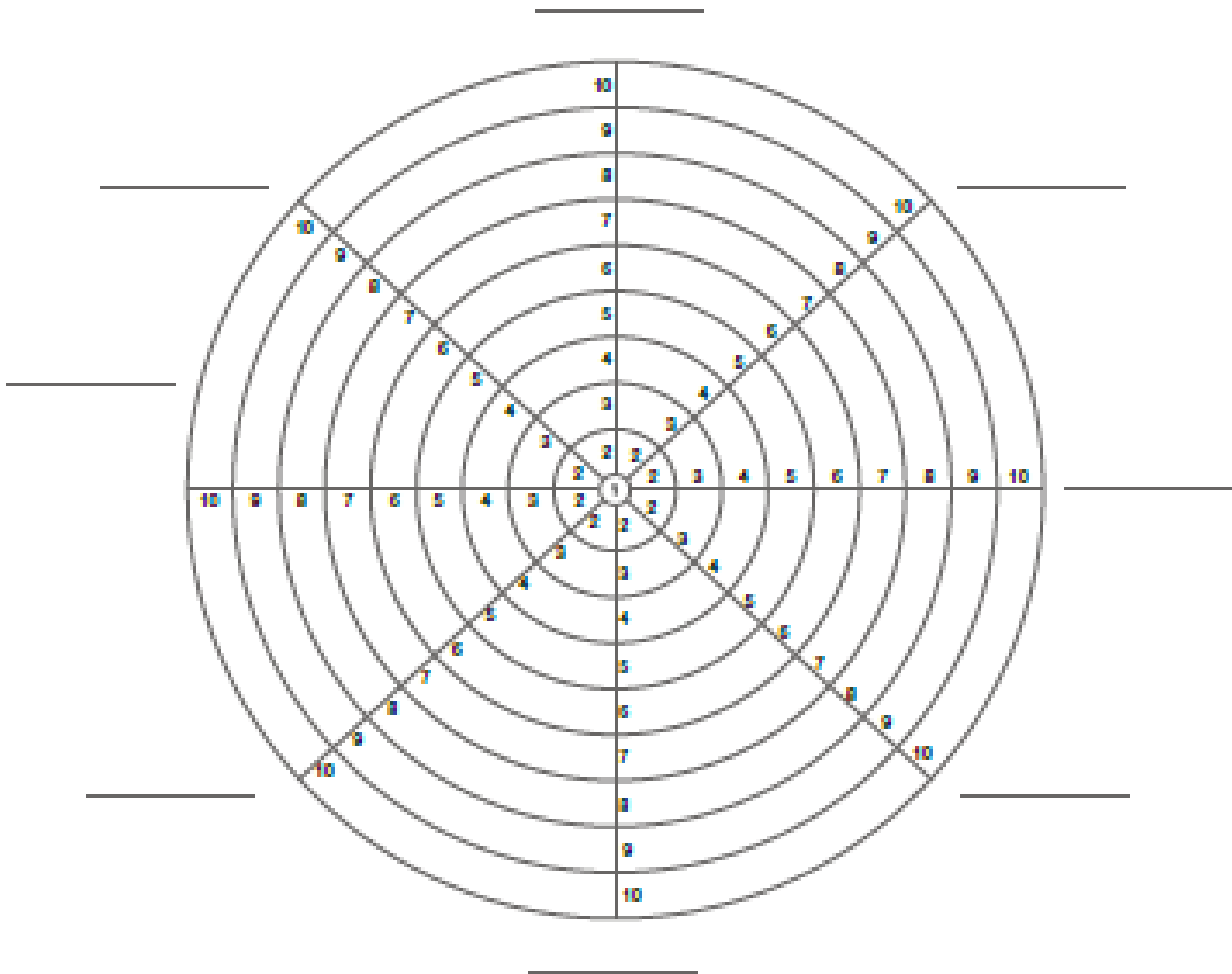
VISION WHEEL – WHOLE OF LIFE

VIBRATIONAL SCALE

10 = HIGH ENERGY / FEELING REALLY GREAT

5 = AVERAGE

1 = FEELING LOW / NOT GOOD



CLARITY THROUGH CONTRAST – EXAMPLE

CONTRAST – WHAT I DON'T WANT (-VE VIBES)



CLARITY – WHAT I DO WANT (+VE VIBES)

Finance - 7

I never have enough money

I hate my job

Family - 5

I am exhausted fighting

They don't listen to me

Health - 7

I don't like how I look

I can't lose that extra weight

I am always tired

I always have enough money

I want a new job

I will be okay

I want them to listen

I want to look slimmer

I have only a few kilos to go

I want to be fitter

CLARITY THROUGH CONTRAST

CONTRAST – WHAT I DON'T WANT (-VE VIBES)



CLARITY – WHAT I DO WANT (+VE VIBES)