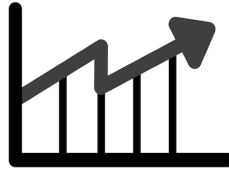


# Highest Possibility States

Sorting Through The Subconscious



9 Tools, 9 Habits

**Jennifer Engel**

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Jennifer Engel  
11 East Main Street  
Saint Charles, IL 60174  
[jenniferengel@blessedbasedbusiness.com](mailto:jenniferengel@blessedbasedbusiness.com)

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(From Tool & Habit 2: The Clean Up - pages 42 & 43)

### ***The Three Questions:***

**Consideration:** Before access to the internet, we all lived in pretty closed-off places and spaces, with people who often looked like us, and had similar thoughts and beliefs. Now we are exposed to the whole world, which thinks and acts and responds in so many different ways. This can make it confusing for what is right for you. Whenever I am learning anything new, I ask myself these three questions:

Question One: ***How does this information physically make my body feel?***

If it makes my body feel positive, I keep listening and consider taking it into my own thought and belief system. If it feels negative, I change the channel.

Question Two: ***Will this information make me (and those around me) more functional over time?***

Some people can handle a glass of wine a day or a hit from a joint now and then, others cannot. Sometimes things that seem fun at the time, can have devastating effects as time goes on. That is why it is imperative not just to ask yourself how the new thought makes you feel at the time, but how it makes you feel and function over time.

This will require some reflection and data collection over the course of several days. Consider keeping a journal, or a note on your phone, or downloading an app that monitors your mood.

The data you collect can help determine if these new thoughts and experiments are leading you to your Highest Possibility State or taking you lower.

**Question Three: *Is this new thought and behavior causing me to be seen the way I want to be seen?***

On one hand, not caring what others think about us can liberate us from fear, guilt, anger, jealousy, lies, and more. On the other hand, if your new ideas, thoughts, and behaviors can cause the people around you to see in you a light that you do not wish to be seen in. If this is the case, you may wish to consider how your new thoughts or behaviors are (or are not) serving your Highest Possibility State. Many times, people will “hide” thoughts and behaviors because they know it is not serving their highest good. Another reason people “hide” thoughts and behaviors is fear of being judged and hurt by the people they love the most. It can be tricky determining what thoughts and emotions are serving your Highest Possibility States, and which ones are taking you lower. Some thoughts and behaviors serve our Highest Possibility State, but they may go against mainstream belief and other people’s comfort levels.

The same thing can be said for Lower Possibility States as well. The answer comes from how you answered your questions, as well as going back and reflecting upon the top things and people you say are important to you and why. A question to ask may be *are the people in my life supporting and adding to my Highest Possibility State, or are they bringing me lower?* If the answer is “bring me lower” we will address this topic as we get into the next chapter.



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