

What is a Best Possible Outcome (B.P.O.)?

Just like it sounds, a B.P.O. is a tool we can use when we're ready to manifest something in our lives. It's a way to help us dream bigger and focus in on what we really want.

To be clear, a B.P.O. is not some kind of magical instrument to be used just once, like a penny tossed into a wishing well. No - a B.P.O. is more like the blinders on horse, something we use to help us keep our mind's eye on the path.

The whole point of creating a Best Possible Outcome is to make a kind of mind- map of what we want in any particular area of life (work, health, home, love relationship, money, etc). And, more importantly, it's not just the outer things we want, but also the inner feelings we want to experience that we want to capture when creating our B.P.O.s.

How do I create a Best Possible Outcome?

Here's the beauty of it; B.P.O.s are super simple to create! Here's how:

1. Take a blank sheet of paper (or, you can create this in a document on your computer)
2. In the center of the page, write the words "I Am" and draw a circle around them.
3. Now, decide what you are creating a Best Possible Outcome for. Is it for your work life? Love life? Financial well-being? Your home or living quarters? A relationship?
4. Write your subject at the top. For instance, if I'm creating a B.P.O. for my work, I'd simply write "Work" or "My Career" at the top.

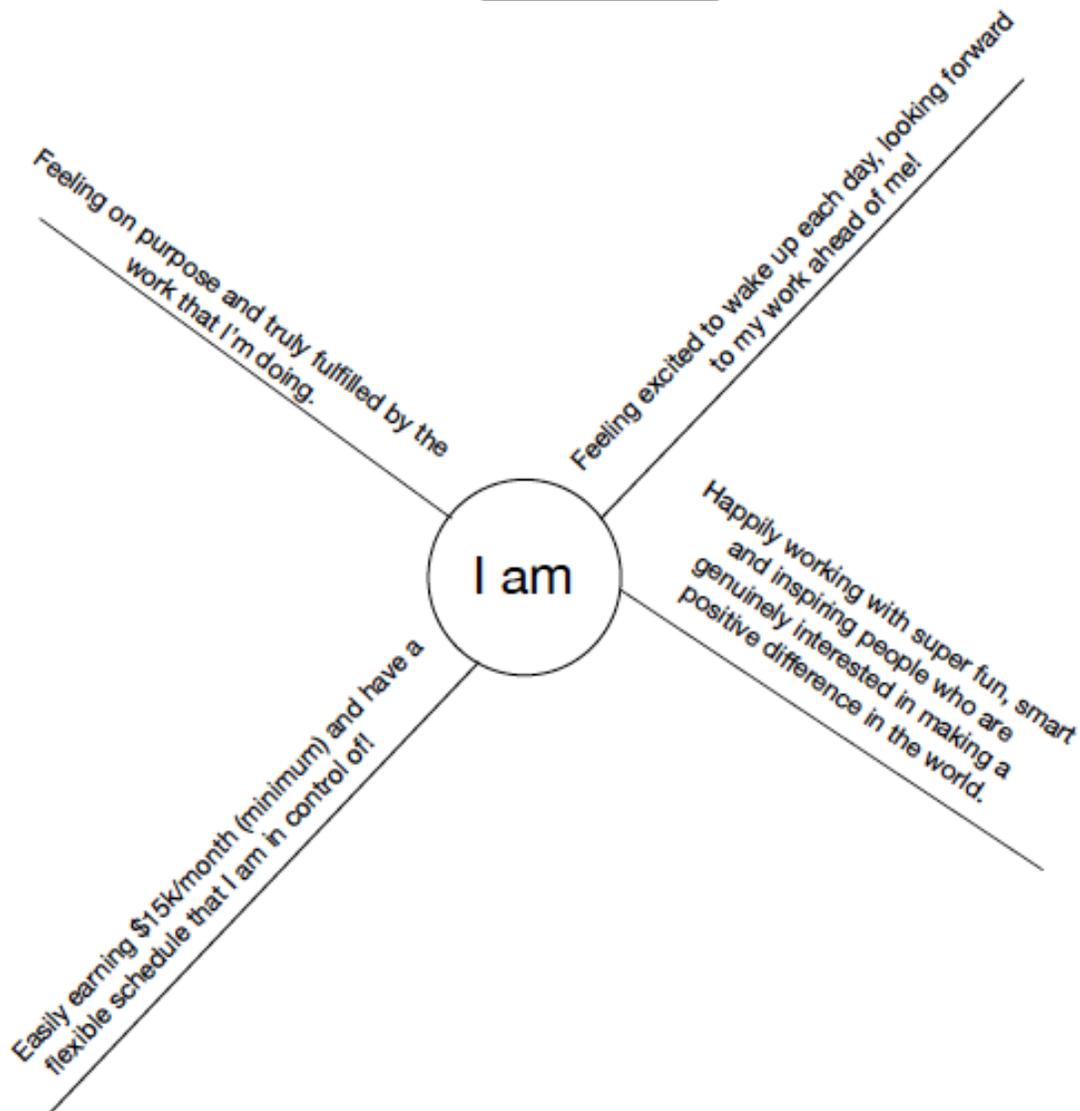
5. Next, draw a couple spokes that radiate out from the "I AM" circle in the center, just to get you started.
6. Now, you get to dream! On one spoke, write what you'd like to have happen/what you'd like to experience in the subject of your B.P.O. One rule here: **write all statements in the present tense.** So for instance, in my B.P.O. for Work, I might write something like this:
 - i. I AM.... Happily working with super fun, smart and inspiring people who are genuinely interested in making a positive difference in the world.
 - ii. I AM.... Feeling on purpose and truly fulfilled by the work that I'm doing.
 - iii. I AM.... Easily earning \$15k/month (minimum) and have a flexible schedule that I am in control of!

Fill the page with your own "I AM" statements, with one more caveat: **each statement must be at least 50% believable to you.**

7. Once you've finished your B.P.O., at the bottom of the page write the words, "This or something better for the highest good of all concerned" (this is written to acknowledge that we indeed want what we have written - *or something better that we cannot even imagine yet* - all for the highest good of everyone involved).
8. Re-visit and review your B.P.O. often... daily if you can! The more you can feel into and envision it, the better.

Because some of us are more visual learners, here is a Best Possible Outcome sample for reference:

The Best Possible Outcome for "Work" (sample)



This or something better for the Highest good of all concerned.

Finally, remember to have fun with this! Create a meaningful ritual, or simply take yourself out for a cup of coffee when you create your own B.P.O.