

# *Self Mastery!*

## **Today is a day to identify what's most important to you!**

Here's the thing, many of us focus on what we **SHOULD** be doing rather than what we **WANT** to be doing.

As you peruse the list below, even if you have a low score in an area, I want you to be honest with yourself about whether or not that is the most important place to focus your attention for the next **duration of the course**.

There is no denying that in order to make a change you have to focus on the **DESIRED** outcome, (rather than the absence of the desired outcome).

For example, if you want to create more wealth, focusing on your poor bank balance won't get you closer to your goal.

You want to create in your minds' eye the image of what you will see, feel and hear when you have your outcome.

- ➔ So imagine that vitality you'll have
- ➔ Or seeing your bank balance increase
- ➔ Or feeling fitter and healthier
- ➔ Or enjoying more quality time in a positive state and appreciating the people in your life

Check out the list below. You can choose more than one area, however, I suggest you spend the time mastering **ONE** element over the next **21 days**, you can keep this area at the forefront of your mind while you do the activities from this course.

It really doesn't matter what you focus on- how you do anything is how you do everything, so an improvement in one area will impact another area. Choose the one that intuitively feels like an area you are passionate about improving.

If there is an area of life not reflected on my list below, add your own topic. Choose an area that you **WANT** to work on rather than one you feel you **SHOULD** work on. This makes it so much easier to create change.

# How to choose your main focal point for the course

Score each area on a scale 1-10

1 = dissatisfied

10 = totally satisfied

Look at your lowest scoring area and ask yourself do you want to work on that?

If not, choose the one that intuitively feels like the best investment of your time.

If there is a life area not reflected on my list below, add your own topic.

Print this sheet and rescore after 21 days **ONLY** your chosen area to see how you've improved.

Choose an area that you **WANT** to work on rather than one you feel you **SHOULD** work on.

<b>Life area</b> <b>Score 1 - 10</b>	<b>Today's score</b> <b>date _____</b>	<b>Day 21 score</b>
Personal intimate relationship, friends, family relationship		
Health & Fitness		
Clarity on next steps in life direction		
Self Confidence/Self Esteem		
Clarity of Goals		
Unhelpful habits/addictive behaviours		
Spirituality		
Business success		
Stress levels		
Income		
other		

My main focus until the end of this course will be: (the clearer you can be the better your outcomes will be)

State it in the positive such as:

"I want to improve my confidence level in seeking my next role/ client"

"I want to focus on creating better health and vitality"

"I want to improve my relationship with my partner"

"I want to get clearer on what is important in my life"

Write your statement of intention for the course below or in your journal:

**Improving this area of my life is important because...**

**If I don't make this improvement in my life the consequence will be.....**

**This is what I will gain from achieving this...**

**This is what I will lose from achieving this...**

**These are the people that can help me...**

**This is what I expect to notice as a change in me after the 21 days.....**

The first 3 steps I am going to take to achieve this are:

- 1
- 2
- 3

Remember to imagine in your mind's eye as if you already **HAVE** what you want.

This will assist your brain in finding solutions and answers, as well as put you in the right vibrational frequency/ frame of mind to close the gap from where you are to where you want to be.

When you have committed to your area of change and you have your meditation of choice, you can focus on your area of improvement each time you listen to your meditation.

Remember to imagine in your mind's eye as if you already have what you want. This will assist your brain in finding solutions and answers, as well as put you in the right vibrational frequency to close the gap from where you are to where you want to be.

As you go through the next 20 days of the course, as you do each daily exercise, ask yourself 'how does this apply to the area I wish to improve?' Your brain will make the connection, and then at the end of the course, score yourself again in the chosen area and see if you have scored higher.

And one more thing, there is no right or wrong way to do this course or any exercise in it. Just follow your intuition, do what feels best and enjoy the process!

*Until tomorrow.....*