

Spirit Level Success™ System - Six Secrets of Self-Esteem

Secret #6 SPOTLIGHT - Introduction



Welcome to Secret #6 – **SPOTLIGHT**, part of the **Spirit Level Success™ System – Six Secrets of Self-Esteem**. In this Secret, we will be looking in more detail at finding your **F.O.C.U.S.™** and gaining some real clarity on where you want your life to be heading. It is so important for you to know exactly what you want, when and how you want it, where and with whom – and most importantly – **WHY?**

I understand that you may be reading this thinking to yourself – well I don't really know, I have no real idea about what I want right now. And that's OK. However, it is important to get really clear on the fact that if you don't, can't or won't take the lead with where your life is heading – other people will do it for you, and make you fit into their plans.

And can you imagine how you would feel getting to any point in your life and realising that you had missed any opportunity to live fully – simply because you weren't living mindfully, consciously and on purpose.

You might have places you want to visit, people you want to see or meet, cherished memories you want to create with friends and family or assets you want to acquire, such as your family home. Finding your **F.O.C.U.S.™** will help you to get some clarity, and avoid the temptation to just drift through life letting things happen to you, rather than consciously driving things forward (and a slow drive is absolutely fine by the way) in the direction of your choices and dreams.

For the purpose of this Secret, you are invited to use your imagination, get creative and dream as big as you can. Because with the right mindset, the world really is your oyster. And when you get clear on where *your* Spotlight is shining, this will help build your confidence and give you an assured sense of always knowing you are on the right track.

One point of note here is about flexibility. Robust life results or outcomes that you want to achieve or experience are allowed to have some in-built flexibility. Give yourself that permission right from the very start. It may be that you set yourself a goal, and then something else comes along in the meantime that presents a brilliant opportunity, and would be a life-enhancing experience for you. Grab the opportunity with both hands, and simply adjust your original plans.

Your outcomes are *your* outcomes. And you decide how, and in what way, you prioritise them.

So, it's OK to delay one if it means you can achieve the other. If that's what is important to you. It doesn't mean you are failing to achieve or not honouring your goals – it means you are actually honouring yourself more fully, by having some flexibility when it is needed most. Wow – what a brilliant, flexible, responsive person you are.

Throughout this Secret you will see a few lines of space after you are asked a question, or after you are asked to reflect on a particular process which you have been invited to follow. At such points, you may find it useful to write down your observations of anything you notice or any insights you receive, so that you can record the progress you are making.

You might consider acquiring a special journal or notebook that you can use just for the work you complete within the **Spirit Level Success™ System – Six Secrets of Self Esteem.**

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Secret #6 SPOTLIGHT – Week 1

F.O.C.U.S.™ - Future

The **F** in **F.O.C.U.S.™** stands for **Future**. Often as adults when you experience times of anxiety or overwhelm, it's because a shift has happened in your thinking. You see, everyone has different aspects of their personality and each aspect feels different on the inside, and is expressed differently on the outside. Each feels different on the inside because the language and words of your internal voice (yes, the one that just said 'what internal voice?') change, and the emotions you feel in response to those words also change, so it can sometimes feel a little unsettling when you're experiencing it.

You have your very own inner child, and sometimes when you experience that part of your personality, it can literally feel like being a child all over again. What can unbalance you at the time, is that you probably aren't consciously aware of what is happening and so can get even more fearful or anxious, and then the feelings of overwhelm or anxiety can really intensify.

When you can rationalise your experience, and recognise that you have just simply slipped back into the past temporarily, you can start to feel calmer and more able to manage. As a child, you didn't have the life experience, knowledge or other resources that you have now as an adult, so when you learn how to bring yourself back to the present and get grounded again by using the **Spirit Level Success™ System – Six Secrets of Self-Esteem** you can easily bring yourself back to calm.

Likewise, anxiety, overwhelm and feeling less-than-grounded can also arise when you drift off into the future. Maybe worrying about things that might never happen, or letting your mind wander and dream up all sorts of unhelpful scenarios, almost like 'fortune-telling' but as though that outcome is already a foregone conclusion. And then you invest your time and energy into worrying about it – even though it hasn't yet and probably will never even happen.

As a general approach to living your life, constantly living in the past or being so focused on the future that you forget to 'smell the roses' today can mean that you miss out on living fully, and this can fuel your anxiety or sense of disconnect from your sense of self. The best approach is usually to live mindfully; consciously and congruently in the moment. Right now. Paying attention to everything in detail as it happens, enjoying every experience and having no judgment about what might happen either side of the present moment.

However, there are times when it is absolutely essential to move out of the present, and when it comes to dreaming and creating the Spotlight on your future – you are invited to step forward, find your **F.O.C.U.S.™**, dream and

create like there are no limits. As though your amazing, successful future is already here and you are living it already.

Take a few moments now to sit in a quiet space, and let your mind have some space for a while. Close your eyes softly. Slow down your breathing and focus on your out breath. Breathe deeply and fully. Pay attention to the miracle of your body, and how it knows what to do to breathe in and out, even without you doing anything consciously. Notice the feel of the seat beneath you, and how supported you feel. Unconditionally.

Imagine that standing in front of you is your future self. However far into the future you want it to be. It could be 6 months, 5 years, 40 years ahead of you – the timeframe really is up to you.

Take a really good, long look at your future self. Look at all those lines of life experience, and notice all the wisdom which emanates from you – even without you speaking.

Look at yourself directly in the eyes, with compassion and understanding. Look deeply into those eyes. See the gentle smile of knowing that everything worked out exactly as it was meant to, and everything in the future is ok.

Value yourself enough to invest enough time doing this to make a real emotional connection, and feel the shift of that connection, as though it is something tangible.

What is the message you get from your future self? It may not be words, it may just be a felt sense, a knowing. But if you are open and receptive, it will be there. You will get it.

Repeat that message to yourself, how do you feel when you say it back? What changes for you, on the inside? What shift do you get in your thinking?

It is really important that you take time during this week to repeat the work covered so far in this Secret.

Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.

This is your time now, and you matter.