

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

Secret #6 SPOTLIGHT – Week 2

F.O.C.U.S.™ - Outcome

The **O** in **F.O.C.U.S.**™ stands for **Outcome**. Most people know exactly what they *don't* want. Are you carrying a few extra pounds at the moment? How do you express that to yourself and to others? 'I don't want to be fat anymore' or 'I don't want my clothes to feel tight'.

That example may not be relevant to you, but you probably know somebody who talks in that way?

What about other areas of life that *are* relevant to you? 'I don't want to be stressed', 'I don't want to be in debt', 'I don't want to have a mortgage', 'I don't want to be in this job anymore' and the list goes on.

What examples are relevant to you right now? List as many as you can think of;

If you are in the thinking habit of always expressing what you *don't* want, you will never get what you really do want. Because your brain doesn't process the 'don't' part of what you're saying to yourself – so it still has to focus on the very thing you are trying to avoid. If you think or say, for instance, 'I don't want to be shy anymore' – it is still a focus on 'shy'.

The reason for this is that your brain has a very special part to it called the Reticular Activating System.

Your Reticular Activating System (RAS) acts like a magnet to attract everything that moves you towards whatever you focus on.

It literally starts to create thoughts and ideas based on the images you form in your mind from what you pay attention to and invest energy in. It even changes the physiology in your body.

But there is a word of warning here – your Reticular Activating System will work on *whatever* you focus on – so you can guess what happens when you focus on what you don't want.

If I ask you to not, under any circumstances, to picture a pink elephant standing in front of you eating a banana – your brain has to first create the picture (eg focus on it) before it can then delete and discard it.

So, what is the solution? If you catch yourself focusing on what you don't want, ask yourself the question;

What do I want instead?

In the examples above, it would be 'I want to be slim; calm; financially free; in a job I love'. And instead of saying 'I don't want to be shy anymore', you would reframe that to be 'I want to be confident'.

Using your own examples from above, how could you re-frame your areas of focus into something beneficial that your Reticular Activating System can work towards helping you achieve?

As well as focusing on what you want, not what you don't want, it is really powerful and essential to have crisp clarity on what outcome you want to achieve because otherwise, it won't work anywhere near as powerfully. Without a clear sense of direction and focus, it's a little bit like going food shopping without a shopping list when you are ravenously hungry (and you probably know how that turns out).

The invitation now is for you to dream, in a 'big picture', 'blue-sky thinking' kind of way, and let your imagination run wild with everything you might ever possibly want to achieve in your life. And then gradually, let the individual pieces of the jigsaw start to take shape.

What you want does not have to be tangible. It might be that you want to achieve a consistency of feeling or sense about yourself. It is important to be as specific as you can so that your Reticular Activating System can start to support you to achieve your goal.

Music that inspires and moves you might help you create a wonderful space that allows your creative juices to flow, magic to happen and ideas to form.

Which piece of music or song inspires you and moves you emotionally – every single time you listen to it, no exceptions? Is it a power ballad? A duet? Is it a piece of classical music? Or something from a West End Show? What is it?

Now get yourself some coloured pens and a large piece of paper, and with your piece of music playing - loud enough and close enough to connect you emotionally – draw whatever you are inspired to draw, whether that is images, symbols, people, things – whatever pops into your mind. It doesn't have to be perfect – it just has to be yours. Repeat this process anytime.

What did you draw? Place a picture of it in the space below;

Now answer the question very specifically, 'What Do I *Really* Want?'

Identify as many things in as many areas of your life as possible, and spend some time consciously thinking about each of these things on a daily basis;

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.