

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

### **Secret #6 SPOTLIGHT – Week 3**

#### **F.O.C.U.S.™ - Choice**

The **C** in **F.O.C.U.S.™** stands for **Choice**. Wherever you are at in your life, and whatever the circumstances, you are *always* at a point of choice. Always.

Choice about what to think, how to feel, what emotional state to be in, how to behave or how to respond to any person or situation.

The moment you tell yourself or believe that you have no choices, the outcome is decided. And that will almost certainly guarantee that you won't get the result you want.

Sometimes you might find yourself in a situation where it feels like you *genuinely* do not have a choice. Whilst this might be true sometimes, it is unlikely to be true *all* the time, in *every* situation. Feeling that you have no choice in a situation is more likely to be the result of your mindset at the time because there are relatively few instances in life where you genuinely do not have any choice at all.

Are there certain people that you are connected to, that always tend to focus on the same unhelpful things? There always seems to be a problem with them? They always seem to pay attention to the things in their life that aren't going so well – rather than focusing on the kind of things they could be grateful for.

Or are there people you know that when you are with them, you always have the same kind of conversations that tend to end the same way? There might be an associated feeling, and it's usually uncomfortable.

Have you noticed yourself always tending to play a certain 'role' in your life – such as the 'joker' or the 'antagonist' or the 'victim'?

**Think carefully about the different situations, and circumstances you tend to find yourself in with friends, family and acquaintances. Think about the dynamics of the groups you are part of.**

**What role do you typically play in those groups?**

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**What is your typical and consistent pattern of words, thoughts, feelings and behaviour that let you know you are playing that role? (Until now, you may not have even realised that this was a role you**

**typically play; it may only be now when you stop and think about it that it becomes obvious to you);**

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Psychologists talk about each of us having a 'life script'. Which is a little bit like having the script to the Play or Movie of your life. And in certain circumstances, it is suggested that you will naturally resort to having a particular role because that is your life script, which was ingrained in you from a very young age and has been reinforced by all the 'messages' you have received about yourself on your journey through life so far. Both internal and external messages, so whatever it was that happened to you along the way, and however, you internalised your responses to those situations as a child and then subsequently as an adult.

The key learning for this week is that you really do *always* have a choice in any circumstance, of how you are going to think, feel or respond. You can *always* change your perception of a situation, and change your relationship to it.

So whatever role your life script would typically suggest you would normally take, be it victim, joker or whatever, you can change it. If it's an unhelpful role that leads you to question yourself or criticise yourself afterwards, you can make your decision: right here, right now. Enough. No More. I am not playing that role anymore. Today is the day when I change.

**If you do feel that you want to step out of your life script, what specifically would you wish to do differently?**

**What would other people see or hear you do differently? (your new external behaviours);**

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**How would your internal emotional experience be different?**

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**What could get in the way of you making this change?**

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**What tools have you learned so far that will ensure you have the confidence to implement this change, and how will you use them?**

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**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.**