

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

### **Secret #6 SPOTLIGHT – Week 4**

#### **F.O.C.U.S.™ – Unlimited**

The **U** in **F.O.C.U.S.™** stands for **Unlimited**. The only limit to what you can achieve and what you believe is possible to achieve in your life is YOU.

Your thoughts will *always* dictate your results.

Whether you think something is possible for you or not, is always going to be decided by your mindset – and nothing else.

**Think about a goal that you might have set yourself in your life so far – it could be about anything at all including business, career, sports, salary, partners, weight, fitness, your home or anything else that is relevant to you. Take some reflective time in a quiet space, to think back and reflect on the Timeline of your life. Imagine that in front of you is an actual line drawn on the floor. At one end is the you from your past (starting at whatever age feels right) and at the other end is the you of the future (at whatever age feels right). Somewhere along the line is the you in the present. You can either walk your Timeline literally, along the floor, or you can close your eyes and imagine you are walking along it. Either way, please walk slowly, so that you engage emotionally with each significant event at the relevant dates along the way.**

**Ignore the Timeline from the present to the future for now. Then starting in the present, move slowly along the Timeline walking backwards through time towards the past, noticing all the significant events that have happened in your life along the way. When you reach the date (approximate or actual) of a significant event, pause for a few moments and pay particular attention to what you experience and how you were feeling at those points.**

**What kind of limitations did you hold about what was possible back then? What impact did those limitations have on what happened?**

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**What insights do you now gain about each event as you experience it again, but this time with the benefit of hindsight?**

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**When you reach the you in your past, turn around and then walk forwards, retracing your footsteps, through time back towards the present.**

**Write down any new information or insights you gain this time;**

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**Go back to the goal you set in week 2 of this Secret when you worked on your 'Outcome' – what limitations might you have placed (whether intentionally or not) on your goal and what you believe is possible? What would your *actual* goal be if you could embrace there being NO limitations?**

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The Law of Attraction works in a very powerful way – like a magnet that attracts like with like; like a boomerang that brings back to you exactly what you throw out. And it works like gravity – so you don't even have to believe in it or test it out. It is just a Universal Law.

When you have limitations on what you believe is possible, that is exactly what gets returned to you. Think about your Reticular Activating System – it will support you with whatever you focus on, helpful or not. If ever you think about your goal, and it is shrouded in a limitation with your inner voice telling you you'll never achieve it – that's exactly what will happen. It will become a self-fulfilling prophecy.

Let go of any limitations, and then allow yourself to truly trust and believe that your goal will be achieved. Create a video in your mind of you achieving your goal and replay it over and over again whenever you think about what you want.

Now to really enhance your emotional connection to your goal, ask yourself WHY you want to achieve it.

**What specifically will achieving this goal bring you? Look beyond the goal itself – what are the peripheral and deeper reasons (as well as the obvious ones) why it is so important? Connect with your passion fully. 'Why exactly is this so important to you?' 'When you achieve it, what will that bring you?'**

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**Now walk another Timeline – this time from the present towards your future self, at the point at which your goal has already been achieved. Walk slowly and steadily forward from today, taking with you all the wisdom and insights that you gained from walking along the Timeline in your past just a few moments ago.**

**What do you notice? What changes or differences do you experience when you walk through each step towards your goal?**

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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.**