

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

### **Secret #6 SPOTLIGHT – Week 5**

#### **F.O.C.U.S.™ – Sensory (part 1)**

The **S** in **F.O.C.U.S.™** stands for **Sensory**. Have you ever set yourself a goal that you really wanted to achieve, but never did?

Sometimes a goal can look great on paper and make perfect sense, yet something is missing – there's a kind of emotional detachment from it. And if that emotional disconnect is present, then it doesn't matter how much you tell yourself you want something, it is unlikely to happen and you could end up self-sabotaging. So how can you get some emotional investment in your goal? Simple. You create it in a way which is so potent and powerful using your **F.O.C.U.S.™**, and then you try it on for size and 'wear' it, as though it has already been achieved. Although this is an imaginary process, you already know that when you create a strong enough vision and connection, your Reticular Activating System will step in and support you to achieve whatever it is that you want, so this is actually a really powerful process.

**Think about one small goal that you would like to achieve. Nothing too huge at this point, but just one small result that would make a difference to you. Take as long as you need to identify this. Now describe it as fully as you can;**

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**Now set aside 5 minutes of quiet time, to be on your own and to be able to concentrate on using your imagination. Sit down comfortably, close your eyes, deepen your breathing and visualise the outcome you have described above. Step fully into a place where that result has already been achieved. Feel that success. Pay attention and notice what your experience is, as you enjoy the fruits of your efforts. Feel how good it is to have achieved this one thing that you wanted (and if you have any internal chatter telling you this is nonsense because clearly this goal hasn't been achieved yet, just gently quieten it down).**

**Notice what this feels like in your body. What exactly does it feel like? Is it all over or in one localised place? Is it a constant feeling, or intermittent? Where exactly can you feel it? What words would you use to describe that feeling? Describe your experience in as much detail as possible;**

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**Knowing how good this is, make the feeling even stronger, like turning up the dial on a cooker or radio. Turn the dial up to its most intense point and really enjoy your success.**

**What changes do you notice in your breathing as you move through the process of going from written-goal-on-paper, to living and experiencing the achievement of the goal fully?**

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**When you feel like you are fully in the experience, intensify everything even more.**

**What do you notice around you? What specifically can you see? Who is there?**

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**And as you are enjoying your success, watch yourself move towards a mirror so that you can look at yourself. Notice any changes you can see in your face or your posture – however small or subtle.**

**What do you notice is different about you? How are you standing? Is this the way you would normally hold your position? Is there any slight movement in your shoulders? Are they more forward or back than usual? What position are your hands in? What about your head and face? Are you seeing any difference in your facial expression? Is there a difference in the tone of your skin? Is your chin raised slightly higher than usual? Do you have more of an air of confidence about you? Write down everything you notice about what you can see as you live fully in the success of having achieved this goal;**

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**Repeat this process often.**

**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.**