

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

Secret #6 SPOTLIGHT – Week 6

F.O.C.U.S.™ – Sensory (part 2)

The **S** in **F.O.C.U.S.™** stands for **Sensory**. Repeat part 1 of the Sensory work from last week, and continue experiencing this moment as though you have already achieved the outcome you want. Intensify the experience as much as you can.

What sounds can you hear around you? What are people saying to you? What words and language are being used? What are you actually saying to yourself? What is the tone of voice being used? How are you responding to what is being said? Are there any other noises such as music or clapping? Write down everything you notice in as much detail as you can;

Now pay attention to how you feel when you hear those words and sounds. What is your internal response to what you are hearing?

Knowing how good this feels, turn up the volume in your experience. Make it sound louder so you can hear it better and have a stronger emotional connection to it.

Depending on the outcome you want to achieve, there may also be tastes and smells associated with achieving that outcome. Staying in your experience and thinking laterally about this, write down what possible tastes and/or smells could be associated with the successful achievement of your goal.

For instance, you might crack open a bottle of bubbly to celebrate your success which would have a very distinct taste and smell. If that resonates with you, then watch yourself in your imagination actually opening the bottle, pouring the glass, clinking glasses to

celebrate your success and then drinking from it. What does that feel like as you savour the flavour and swallow?

Or you might go out for your favourite meal. Where are you and what are you eating?

What possible tastes could be associated with achieving your goal?

Your sense of smell is the most potent of all your senses and so is a very powerful anchor to your previous experiences. There will be certain smells that will immediately take you back to a specific time and situation (such as the smell of certain foods) or remind you of a specific person (such as a particular brand of perfume).

What specific smells could you associate with your experience to make it even more powerful as a guide to your sub-conscious in helping you achieve what you want?

When you are able to get real clarity and certainty about where you want your life direction to take you, it has a massive impact on your sense of self-esteem and self-worth. Because with your road-map in place, *you* are in the driving seat. You are taking responsibility for your life. And you are able to make conscious decisions easily about what you say 'yes' or 'no' to.

Review each week of this Secret. What are your key points of learning? What are you going to do differently from now on?

Congratulations - you have now completed Secret #6 of the Spirit Level Success™ System - Six Secrets of Self-Esteem. And if you have

worked through all 6 Secrets in order, you have now completed the Spirit Level Success™ SOLO Programme.

Are you ready to take your awareness and understanding to the next level of achieving Spirit Level Success™?

Head over to www.spiritlevelsuccess.com to join our on-line group coaching programme, Spirit Level Success™ CONNECT - where you will build on all your learning so far, deepening and embedding your knowledge, awareness and practical application of the Spirit Level Success™ System in a small, safe and confidential on-line group with other like-minded individuals - women and men with 'High Success on the Outside, and Low Spirit on the Inside' - coached and facilitated by Spirit Level Success™ System Creator, Self-Empowerment Coach & Mentor Bernadette Sarginson.