

# FOCUS – ONE GOLDEN GOAL



By the time you get to this important lesson you have done considerable work towards getting connected with your inspired true self.

You have:

- Set up the success habit of the Early Morning Ritual, where you can truly hear your heart and soul guides/angels/intuition speaking to you in the quiet early hours.
- Explored your wishes and dreams and described your Day from Heaven.
- Encountered the tools of EFT-Matrix Reimprinting to help you Get Clear of past negative influences ... including the Inner Critic.
- Forgiven – others, God, yourself, to clear the stuck energy, enhance and uplevel your vibration with love instead of fear and hate.
- Reviewed your half-way progress.

Well done!

## Back to Goal Setting

Now we circle back to setting your goals based on what the program has revealed to you about your deepest wishes, dreams and future goal achievements.

**What was most missing from your Day from Heaven – and how can you turn it into a Goal?**

If you get stuck in this lesson, I have included a new Journal exercise to help you Get Focus anytime you feel off track... called:

**“WHO I TRULY AM”** and you’ll find it as a Bonus Worksheet with today’s lesson.



## **ROLES and LIFE ZONES**

Before choosing your Top 10 and Top 5 goals – and then choosing a single Golden Goal take time to review your Roles and Life Zones.

Your life is divided into different ROLES and LIFE ZONES.

Some are by choice.

Some have been thrust upon you.

And some may have glaring gaps from the previous year which you now vow to make up for.

### **ROLES**

In no particular order and depending on your stage of life you play the following roles:

Wife	Artist
Mother	Home-maker
Daughter	Office worker
Grand-mother	Coach
Writer	Entrepreneur

Then you can call the areas you enter in and out of on a regular basis LIFE ZONES.

### **ZONES**

Health	Spirituality (Personal and Community)
Money	Writing/Artistic
Travel	Coaching
Relationships (Partner)	Business
Relationships (Mother/Grandmother/Sibling/Daughter)	Play/Relaxation
	Self Coach



The last one is by no means the least important because self care is paramount to give you the mojo to achieve goal success – and create the life you love.

For instance, even if you do *not* choose a Golden Goal in the health category (e.g. lose 50 lbs) my advice is that you always give high importance anyway to habits of ***eating, exercise, early morning journaling and meditation.***

In my book ***You Can Break Free Fast EFT Tapping*** I describe the Break Free Freedom Formula as E + E + E + E = FREEEE

E = Emotions

E = Energy

E = Empowered thinking

E = Eating and Exercise

Why? Because they provide the fuel for achieving your top goals and manifesting the life you love.

## **YOUR TOP 10 GOALS**

Check in the above list if you have neglected one particular role or zone.

For instance, when I did my own life audit – including my death bed regrets and celebrations – I realized that one of my most valuable contributions is the legacy, love and devotion I put into my children and grandchildren (so far only one – Finley is nine years old and lives a great distance from me when I am in the UK).

I invited him to stay with us on the Isle of Wight for 10 days during the summer holidays and created wonderful outdoor activities so that he would have a summer to remember.

# Goal Success

Aside from beach sandcastles with Nick, kayaking, go-karting and fishing, he also picked blackberries to make his own jam and we went to see the magnificent theatre show, The Lion King.



Did I have to set aside my time normally devoted to coaching and writing business?

Yes.

And it was worth it because I knew WHY I wanted to do it and how to get back on track with my Golden Goal when he left.

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Now it's your turn.

Make a list of **your Top 10 Goals**.

Write them down in your journal.

*Then choose the top 5 that you want to focus on for the coming 12 – 18 months.*

Now choose **ONE GOLDEN GOAL**

# Goal Success



*This is the one goal out of all on those Top 5 goals that will make the most difference to your life and all the other goals on the list.*

Before you do that, let me remind you of the ONE THING philosophy set out in the best-seller book *The One Thing* by Gary Keller.

## THE RULES OF “ONE THING”

- Everything does NOT matter equally.
- Achievers always operate from a clear sense of priority.
- Most TO DO lists are just survival lists.
- A TO DO list becomes a SUCCESS LIST when you prioritize it.
- Multi Tasking is a myth – the Buddhists call it monkey mind – it can drive you bananas!
- Extraordinary success is sequential (STEP BY STEP) not simultaneous.

If you have 5 goals and you can't choose – just choose ONE THING anyway and promise yourself that if you achieve one goal this year...the next can happen the year after...no matter how painful that may be to say.

It is worth it if you look ahead 5 years and realise how much you achieved...rather than failed to achieve by watering down your energy and focus with many goals.

THE ONE GOLDEN GOAL ensures you know where to commit your energy and FOCUS until it is achieved.

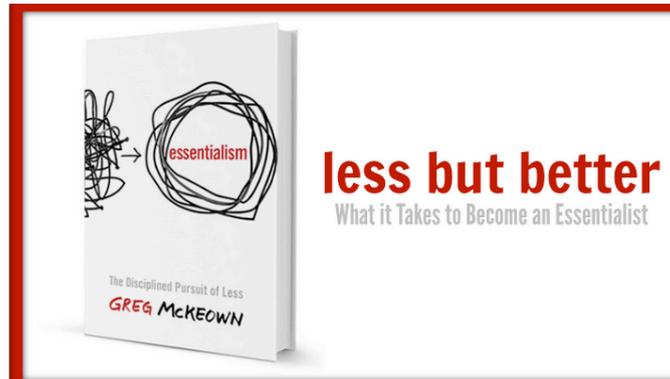
Be willing to accept that your 10 dream goals may take far longer than you anticipated or hoped. (Although some people report that once they let them go many of these goals manifest in mysterious, magical and unforeseen ways, much to their delight).

Pay a price if you have to.

Be willing to sacrifice much of the time and energy you would otherwise have tried to spread amongst all 10 or five goals at once.

## ESSENTIALISM

Another book that took the business world by storm on the same topic as *The One Thing is Essentialism* by Greg McKeown.



The ESSENTIALS, says McKeown are:

Not about getting more things done...but getting the RIGHT THINGS DONE

My Final Question to you then is...

**What one goal, if you knew you couldn't fail, are you going to make YOUR GOLDEN GOAL this coming year?**