

Today my aim is to introducing you to the power of gratitude and how it can help you continue what we have started, as well as a recap on focus and intention.

Last week one of the questions I left you with was “what are you focusing on?” The current popular thinking suggests that what we focus on will “manifest” in our lives? I wonder what you think about that statement? I wonder if you notice what you have been focusing on not just over the past 16 weeks, but in the months and years before you did this programme and I wonder what kind of outcomes you have seen manifest in your life because of that focus. Give that some thought now. Stop the audio and check in with your focus.

When a thought is engrained it works as an automatic response to a given event or situation. And this automatic response is operated by the subconscious mind which is active day and night and influences your behaviour and what you look for. (If you want to know more about this, look into NLP). So if your mind is constantly looking for what it doesn't want to happen or expecting to fail in general, the subconscious will set you up to recognize any signs of failure as you go about your daily life. When you recognise failure and expect it, you are more likely to tap into old patterns of failure and thus become involved in a self-fulfilling prophecy and fail again as expected. Even if you weren't failing, you may make yourself fail (subconsciously) as that is your base operating pattern and what you feel most comfortable with.

If you are interested in finding out more about this idea, look at Heartmath, Transactional Analysis and the APET model. And of course, The Law of Attraction.

1. In terms of the work you have done so far, what are you focusing on as you move forwards?
2. How will you keep yourself on track with the goals you have started during this programme?
3. What new goals do you want to use this programme for?
4. How will you incorporate the programme into your life on an ongoing basis?

Take time and answer those questions now.



Gratitude works well alongside focus and intention. In the Law of Attraction, it is said gratitude helps to open your heart and connects and aligns your vibration to whatever you feel grateful for which then then attracts more of what you were grateful for as well as feeling good about how much you have to be grateful for. I recall hearing you can't be fearful and grateful at the same time, or unhappy and grateful at the same time, which means if you want to change your mental approach to something, or if you want to shift out of a state of fear, change your physiology, walk around, then start thinking about all the things you have to be grateful for.

Perhaps you could do that now. Think about each area of your life, the wheel of life will be helpful here, take each area in turn and write a list of all the individual things you have to be grateful for. This should be an easy exercise to do, especially if you have people who love you and who you love in return in your life, a roof over your head, your health, enough to live on and sustain your basic needs, what else do you have to be grateful for?

- Take some time to think this exercise through

Regularly practicing sincere appreciation or gratitude for what you have, according to Heartmath, causes a significant change in chemical factory output for the body, basically that means that when you feel grateful you get to experience the beautiful qualities of that which you feel grateful for, which in turn connects your thoughts and focus to what you appreciate which elevates your state and makes you feel good.

By practicing gratitude you can regularly experience a person or event as a gift and when you appreciate something or someone you get to feel all those positive feelings again, and literally relive the experience, doing this impacts on your energy field in a positive way and creates a vibration which attracts more of what you are grateful for into your everyday life.

Consider trying it out. Here's an exercise:

- Decide to practice feeling grateful every day
- Commit to a specific time when you will do 5 minutes of gratitude work
- Select a form of exercise to attach the thinking to (ie walking, rebounding, swimming, dancing, yoga, cycling, gym work)
- At your selected time, take your 5 minutes exercise whilst thinking and repeating (ideally out loud) all the things you have to be grateful for. See if you can come up with new things every day for a week
- Really feel the gratitude, take it into your body as well as mind

The reason to attach the gratitude to the exercise is so you are connecting mind and body, research suggests that for change to occur the mind and body and heart have to be working in alignment with each other. Try it out for yourself and see



Exercise 2 – Keeping a gratitude journal

- Before you go to bed at night, write down everything you have to be grateful for, try and find new things every night for a week.
- Then whilst you are in that dream like state of Theta, (that's just before you go to sleep) programme your mind with an intention of how you want your day to be tomorrow

Exercise 3 – Morning exercise

- When you wake in the morning before you get up, think about all the things you have to be grateful for as the day lies ahead of you
- Remind yourself of the intention you set for yourself the night before and then state how you want your day to be.
- Know that if any challenges come up you will have a strategy to handle them

Practicing gratitude, builds your immune system, makes you feel good and may even bring more of what you want and have that is working well into your life. It must be worth a go!

- What will you do with this simple information?
- When will you start practicing being grateful?
- What exercise(s) will you decide to do?

Some books you may like to take a look at if you want to do more on gratitude work:

- Thanks! How the New Science of Gratitude Can Make you Happier – Robert A Emmons
- Gratitude Journal – Kathryn Price
- Gratitude A way of Life – Louise Hay

And I am sure you could find your own if these don't appeal to you.

So we are at the end of our time together, you have covered so much and come so far.

- How will you or have you celebrated your success so far?
- How will you keep on track?
- How will you ensure the changes you have made are lasting rather than situational?



These questions are really important to answer. Many individuals I have spoken to over the years do coaching or personal development programmes, have successes and then slip back to the old ways of operating, they shared with me it is often because they take their focus off what they want, they don't mean to, they just forget. Sometimes it's because they don't continue to keep the time they spent whilst on their programme or with their coach aside, to check in with where they are and what they want, remember that old proverb? If you don't know where you're going, any path will do and you won't know when you get there.

All this means is time goes by fast we get so busy doing everyday activities, often without being present, just doing, not being. Not noticing where we are going, focusing on the task, getting on with it or getting rid of it, and then moving onto the next task in a waking sleep. Forgetting that a little bit of day dreaming is actually a healthy pursuit. A little bit of thinking about what we want and how to make it become a reality - a wise pastime. A little bit of planning ahead part of a success recipe/strategy, so that as the years go by we can look back and realise we achieved what we wanted to achieve, be it a loving relationship, a fulfilling career, happy healthy children who we can communicate with, financial stability or security, religious/spiritual or personal wellbeing or whatever it is your heart desires.

I wonder if the following exercise could help you in continuing to practice what you have started during this programme.

- Get a pen and paper and sit yourself in a comfortable chair, close your eyes and think about what you'd really like in your life (remember the be, do, have exercise)
- Imagine having what you want in each area of your life over the next 10 years, do this whole exercise for about three to five minutes.
- As you do the above, notice any negative thoughts or objections and write them down. If there aren't any well done, but if there are, which of the tools or techniques that we have used so far will you use to help you overcome each one?

Do that exercise before moving on

Think about the work we have done together so far, especially the work with the wheel of life.

- Make a decision to do your wheel of life again right now, write in your life areas and mark them subjectively 1/10 as you did previously and notice which areas have improved over the past 16 weeks. It is a great measurement tool to help you see where you are and where you want to be.



- Find your original wheel from our earlier sessions. As you look at the old one and now the new one, what has changed? In what way is each area of your life better? Are any the same or not so good? Why is that? Perhaps you took your eye off one area and built another one up. Get clear now.
- What do you want to do with the above information?
- How will you use it to continue your personal development work?

Now, looking at the new wheel you have just created, think ahead one year. Specifically what do you want to have happen in each area of your life in the next 12 months? Spend some time doing that now.

Now draw another wheel, do the above exercise and write a goal for 3 years for each area of your life. Specifically what do you want to happen in each area of your life over the next 3 years?

Now draw another wheel, do the above exercise and write a goal for 5 years area of your life. Specifically what do you want to happen in each area of your life over the next 5 years?

Draw a final wheel, do the same as above for the next 10 years.

Even if you know that things may well change in the next 3, 5, or 10 years this is worth doing, remember your reticular activated system in your brain will start to look for what you tell it you want, and so many people don't know what they want and often end up getting exactly that, just because they didn't know what they wanted. You can avoid being one of them! You can always alter and change your wants as the months and years go by, it's worth focusing on what you might want at this time because the time will come and go anyway so why not have a plan in place, knowing you are going to be flexible as and if circumstances change.

Do that exercise now.

How do you feel having carried that out? The above is a perfect way to keep you on track with this programme even though it has ended for now.

What will you do with the above information?

How will you use it to keep you moving forwards?

Where will you place your wheels to help you stay focused?



WEEK 16 exercises to do at home

Put these questions onto cards and place them around the house where you can see them. One in your bedroom for when you wake up in the morning, one in the kitchen where you will see it, one in your car and in your diary. Anywhere that will remind you of the questions you are to think about this week to help move you forwards.

Ask yourself these questions this week and in the future:

- Have I got clear goals?
- Do I notice what I am focusing on?
- Who am I becoming?
- What strategies can I continue to employ to help me work towards my 1,3,5 and 10 year goals?



Tip: Continue to work with a coach or buddy even if it is once every two months, this can really help to keep you on track.

RECAP

The information from today's lesson can help you to:

- Remind yourself what you have to be grateful for
- Keep you on track with your goals now the sessions are over
- Plan ahead for the next 1 – 10 years

Personal development work

Questions

Focus

Gratitude

Gratitude exercises

Research

Wheel of life as a measurement tool



ONGOING ACTION PLAN

As we reach the end of this programme where are you with your goal now?

Write a sentence saying what you think about your goal(s) and how far you have come right now.

How will you keep yourself on target with your goals?

What three steps could you take this and in future weeks to help keep you on track? Write them below.

- 1.
- 2.
- 3.

What have you done over the last 15 weeks to take you closer to your goal(s)? Write your progress to date here.

Where are you with your goal(s) now?

Write a sentence saying what you think about the goal you are working on right now.

Taking each goal in turn, a scale of 1 – 10 how much do you want to achieve your future goal(s)?

