

2. Your Focus creates your reality

How we use our mind is responsible for how we experience our life. It's not what happens in the outside world that makes our life, it is what is happening in our inside world that makes our life.

Reflect on what your top three subjects of focus are.

Where is your mind spending most of its time and what is the energy or emotion attached to that?

My Focus	% of time I focus on this	Emotion attached
Money, I think about how I need more	Every day intermittently. When I wake up and especially when I go to bed. Maybe 30% of my focus.	anxiety, a bit of fear, frustration
Work, I think about how stressed it makes me for various reasons	Every day, especially Sunday to Friday. It takes up a lot of my head space. Maybe 30% of my focus.	mixed, sometimes stressed, sometimes inspired, sometimes flat and bored if I'm honest with my true feelings

Now it is your turn

Type your answers in the blank boxes provided

1. Focus area 1, what is it that I spend much of my time thinking or talking about

What % of my day or week do I focus on this

What is the emotion or energy I feel that is associated with this

2. Focus area 2, what is it that I spend much of my time thinking or talking about

What % of my day or week do I focus on this

What is the emotion or energy I feel that is associated with this

3. Focus area 3, what is it that I spend much of my time thinking or talking about

What % of my day or week do I focus on this

What is the emotion or energy I feel that is associated with this

Great work, I know this can be pretty tricky. Hang in there, Coaching isn't easy, but it is effective. Next we are moving on to how to direct your focus more consciously

Take control

Make a conscious decision to create your ideal state of mind.

Considering that what we focus on grows more into our life, taking control of how you experience life requires consciously choosing your focus. It takes effort, and, it is effort well rewarded.

This means you are consciously choosing the state or mood or vibration or energy you experience on a day to day basis. You choose your state, as opposed to being at the mercy of unconscious habit or other peoples energy.

Replace what does not serve you with what does serve you.

What do I want my top 3 subjects of focus to be?

What % of time ideally should I try to focus on them?

What is the emotion/energy that this would create for me?

Tackle this exercise when you have enough head space. It may be challenging and you may want to give up, or not push past the, "I don't know". That is a sign that your brain wants to be the boss of you, and it has been given the reins.

To take the reins back, don't block yourself from writing what you really want to think and feel.

Write what you really want or desire, even if you don't know how just yet, as this is the first step in shifting your internal habits to serve you better. Push past "I don't know". What if you did know?

Now it's your turn again... really tap into your truth and what would serve you best

1. What do I consciously choose to focus on, in order to attract more of it into my life

What % of my day or week do I think would be good to focus on this

What is the emotion or energy or mood I feel when I focus on this

2. What do I consciously choose to focus on, in order to attract more of it into my life

What % of my day or week do I think would be good to focus on this

What is the emotion or energy or mood I feel when I focus on this

3. What do I consciously choose to focus on, in order to attract more of it into my life

What % of my day or week do I think would be good to focus on this

What is the emotion or energy or mood I feel when I focus on this

What did you learn about how you think and focus as a habit?

What can you do to ensure you practice your new discoveries from this section? What is one new habit you can Practise?

Phew! one more exercise completed, with just a few more to go. Take a breather if you need to refresh your energy or keep on at it if you feel you are on a good roll.

Life is a bit like a huge screen play

Head on back to your course and click on exercise 3 of Your-Youniverse

‘What Character Are You Playing’

Our main goal or intention with this course is to peel away some of the layers of your own mindset to help unfold a much deeper self-awareness. This awareness aids in your decision making, your relationships, your career and on your life perspectives.