

Session Two Secret Ingredient (Part 2 of 3):
**Clear and Intentional Focus on Your Burning
Desires Will Transform Them into Reality**

Exercises – Get Clear About What You Wish to Unleash

When you do these exercises, get in touch with your inner wisdom and answer these questions from your heart. Your true desires and inner wisdom are easy to access by following this process:

Reserve quiet time, remove all distractions, relax, close your eyes, and inhale and exhale deeply three times to release any tension. Open your eyes and write the answers to these exercises by accessing what you feel as fast as you can without editing and without judging - be creative when you write. Let the messages just come, take your critical mind out of the way and just write. Don't avoid writing things because you believe they are not in your reach, not available to you in this lifetime and or they are frightening to you. Those are the things you want to notice and write about most of all.

1. Write a paragraph of your ideal, perfect life and career in detail and in present tense as if it has already occurred. Write a perfect day that is in harmony with your soul – one where all your business and personal aspirations have already been met. Search for only inner peace and fulfillment. What would you be doing and accomplishing in all the areas in your life that are important to you? Cover the aspects that all human beings desire to feel (see pages 6-7 in part 1):

- Inner Connection
- Self Expression
- Love
- Contribution
- Growth
- Freedom

Include other categories that are important to you if you don't quite see a fit under the six categories above. Go way out of the box with this exercise as you write an uplifting, magical story of how your life can really be without any limits.

Be open for surprises as you begin to write. For example, I didn't believe I had the ability to write or to enjoy writing but my paragraph writing indicated I wanted to be a best selling author that helped millions of people break free. This revelation shocked me! My desire was to write books from my heart and I didn't even know it.

Focus on peaceful feelings around what you want. Consider a lifestyle you would like to have, no matter how out of the box or creative or out of reach it may seem. For example, I wrote about combining my love of boating and teaching workshops and created an idea for conducting workshops on boats. What a great way to get paid for what I really love to do!

2. When you are very old and you look back on your entire life, the three most important questions to ask yourself will be did you live a fulfilling and enjoyable life, did you love, and did you make a difference? Look at what you wrote in question #1 and ensure you have included living life to the fullest, loving to the fullest, and making a difference. Go back and step up your writing in question #1 in a big way if you haven't already included these three aspects.

3. Make the decision right now to live, love, and make a difference each and every day. This activity will improve your life dramatically and give you the boost you need to change your life and to have a believable, successful state of mind overnight as you begin to feel good. Take it a step further. For example, ducks visit me on my boat all the time. I pumped up some music and danced with a duck by following his moves the other day. I enhanced my life by stepping my enjoyment up a notch!

You are in your “heaven zone” if you engage in an activity and you are living, loving, and making a difference all at the same time. That is living an extraordinary life. For example, I played balloon volleyball with senior citizens at an assisted living facility recently. We play sitting in chairs. It was a recent highlight in my life as I know I made a difference in their lives and they made a difference in mine. I couldn’t stop laughing and there wasn’t any other place I wanted to be. What could you do to incorporate living life, loving, and making a difference all at the same time? The first place to look is at what you have planned to do the rest of today and tomorrow.

4. Shape your legacy right now by determining what you want to be known for by family, friends, associates you work with, your community, etc. What can you begin to do today to live up to that reputation? What kind of role model can you be as others watch your actions and listen to your words and observe how you choose to live your life?

As you write your answers, include personal characteristics that are inline with how you want to live, love, and make a difference. Start living your list and watch others take notice of how you’ve dramatically changed. Your actions and words alone will shift your life and influence those who are observing you so how do you want to be remembered? In what way do you want to influence others in your life? Remember, your actions and words are contagious so choose to be a positive influence by what you say and do, right now.

5. Answer these questions:

- What do I really love to do above all else?
- What am I better at than anyone else?
- What angers me and drives me crazy in the world?

- What types of problems do I love to solve most of all? This is a big picture question. For example, I love to help people identify and reach their highest potential in life and work.

6. Imagine you are 105 years old. You've lived a long and full life. What are you glad you experienced and accomplished? If you reach 105 and continue to live your life the way you are right now, what regrets do you think you will have? Only include things you would regret if you continue your present path without any positive growth.

7. What would you do if you had true financial and time freedom and no fears?

8. What do you think is not possible for you to achieve in your lifetime that you wish you could achieve?

9. Create a list of your 3-5 favorite skills. Include skills you love to do, those you wish you could get better at, and those you would love to be able to do but you don't believe you can. Do not include skills that you are good at that you don't find interesting. You can choose from these lists or come up with your own:

Adventuring

Creating

Helping

Influencing

Investigating

Building (hands on work)

Serving

Technical Skills

Managing Data

Organizing

Leading/Directing

Planning

Communicating
Writing
Negotiating
Mediating
Public Speaking
Teaching
Selling
Marketing
Relationship Building
Developing People
Coordinating
Financial Management
Analyzing
Administering
Caretaking
Enlightening
Designing
Diagnosing
Inventing
Problem Solving
Thinking Logically
Monitoring
Promoting
Strategizing
Affecting
Counseling
Facilitating
Producing
Directing
Motivating

Which 3 categories of skills would be most enjoyable for you?

- Communication/People Skills
- Creative Skills
- Data/Financial Skills
- Helping Skills
- Management/Leadership Skills
- Organizational Skills
- Research Skills
- Teaching Skills
- Technical Skills

10. What is your preference in terms of what you like to focus your attention on?

- Helping people reach their potential
- Helping or serving people in practical ways (examples of practical ways may include financial, healthcare, food and entertainment, administration of work, home, or personal)
- thinking of new ideas and ways to improve things, processes, or strategies
- thinking of logical things

11. Write down 3-5 areas you are passionate about, interested in, or curious about? What are your burning desires and what are you determined and persistent about? For topic ideas, go to www.amazon.com, click on books and look at categories and subcategories there. Also go to www.ezinearticles.com and look for ideas under article categories and subcategories.

Other clues are what section of a bookstore do you typically find yourself in, what do you think about and pay attention to, what websites do you visit, and what kinds of people do you find most interesting?

12. Have you had visions of something that might seem impossible to achieve? For example, I had glimpses in my head of standing on stage in front of hundreds of people and inspiring them to take action and change their lives. A client of mine had visions of sitting around a conference room table with a very prominent business leader talking about her mission. What do you have flashes of?

13. What do you avoid out of fear or doubt? It may be part of your vision so write it down.

14. Once you determine your mission, how do you wish to express it? Come up with a list of up to five ways. Some examples may include writing a book, launching a new career, entrepreneurial venture, or volunteer work. Get even more specific if you know you want to begin a new career or business. For example, I wish to express my mission through writing and publishing, teaching, Internet marketing, and coaching as it relates to my career and business direction.

15. If you had all the money, power, resources, confidence, and right connections in the world, what would you do if you knew you couldn't fail?

16. Start with the end in mind – how will you know you are successful at reaching your greatest goals? What feelings would you have and what tokens of success would you experience? Tokens of success examples for me include receiving finished books from my new author clients, seeing the business cards and websites of dream businesses and careers that my clients have turned into reality, receiving emails from you with your success story, and my writing large checks to charities from the wealth I've accumulated from my online business.

17. What are you telling yourself you can't do that you think you might like to do even if it seems somewhat scary?

18. Now that you've answered these questions, look back at your answers and write a clear sentence that describes your mission. Write it from a passionate, burning desire point of view - from this very powerful place. You'll know its right if you can communicate it with such passion that it inspires people who listen. Just write it and don't be afraid to admit it. Make it really big. Maybe it's something you could passionately take a stand for on behalf of a group of people which could be a very large amount of people. Don't limit yourself by not writing something you don't think you could ever do.

How will you know its right? You'll feel racing excitement in your heart, and you'll envision feeling the six emotions outlined on pages 6-7 found in part 1. It may even feel impossible to you at this point. Just stay focused on the vision and the positive emotions it brings you, not what can't ever be.

Here's how to begin:

- a. Write down your three favorite skills, whether you think you can do them or not:

b. Write down three topic areas you are most passionate about:

c. Write down one to three ways you would like to express your mission in the world (write a book, launch a new career or business, volunteer work, for example):

d. Write down one to three more specific ways you would like to express your mission in the world – the how. They should tie in with your favorite skills listed in a. For example, a favorite skill of mine is inspiring. I inspire others to take action and the how for me is through publishing, training, and coaching.

e. Write here who will benefit from your mission and how will they benefit? (Hint: you may want to take a look at yourself when answering this question. The “who” may be people like you and the “benefits” may be what you boldly want for yourself in life most of all).

f. Combine your answers a-e to write your mission statement by filling out the following:

I [your favorite skills here] [who benefits] [how will someone benefit – tie this into your passions].

I will fulfill my mission by [how you wish to express your mission in the world] and [even more specific ways you will express your mission].

19. Determine WHY you want those things mentioned in your mission, why it’s important to you and write that down. The why has the power to take it from just a thought without a belief to a strong desire and belief that you can have everything you desire. If you start worrying about how it will happen or when or who or what will be sacrificed, you start focusing once again back on your fears, doubts, and limitations. Do not go there. Focus on what you want and why. Go deeper and deeper with your why answers to get to your core motivation. It may have something to do with living life, love, and making a difference and the six emotions all human beings desire so look there.

For example, I never thought I deserved huge abundance. I felt it was selfish. Now I know for sure I will have massive abundance and wealth beyond my wildest dreams because I answered the real why – the why is so I can give a big portion away to help the world in yet another profound way. That gets me motivated like you cannot believe to build my business in a big way. The results I know for sure will be nothing less than extraordinary – they are already.

