

So, you've decided to change

The Steps Necessary - Preceding Change

First, you must know where you are coming from. I'm overweight. I'm broke. I'm shy. I'm— you fill in the answer. What is your starting point?

Second, you must know where you would like to end up. What is something you really desire? Health, wealth, freedom? What would you consider a “Worthy Ideal” for yourself?

Third, know what success looks like and what definition you are using for success.

I recommend memorizing and taking to heart Earl Nightingale's definition of success.

Success = A progressive realization of a Worthy Ideal

Progressive = Continuous / Smooth

Realization = Coming to fruition

Worthy = Worthwhile / something you would stake your life on.

Ideal = Your Perfect Dream / an idea that you are in love with.

There will be a “gap” between where you are starting from and what you want to achieve. That gap will be filled with the steppingstones that you can utilize to move you towards your worthy ideal.



When defining those steppingstones, it is best to *focus those steps on what you desire*, not on what you don't want.

Focusing on What You Want – NOT ON What You Don't Want

An old adage: "Be careful what you wish or pray for you may just get it!"

Too often we allow our minds to wander and come up with things we think we would like, rather than the things we really need.

Focus is sometimes a two-edged sword. The ability to focus is located in two areas of the mind. In the conscious and in the sub-conscious portions. Unless focus is in alignment in both of those areas, it will not become a need. It may be a wish or desire but will not have long-lasting effects.

The *Law of Abundance* states that what you focus on is what is most likely to come about.

The Bible Said it First: (BSIF) Proverbs 23:7 "*For as he thinks in his heart, so is he.*"

Awareness is a major key in establishing a focus on what it is we truly desire. If your awareness is fuzzy and not defined, then your focus will not be clear and defined.

Example: You look in the mirror one day and notice an increase in your love handles. Your conscious mind instantly decides that you need to lose some weight, possibly ten pounds.

However, when you **focus on** the amount of **weight** you want to lose, where is your focus? **On the weight**, of course! So, are you making it more difficult for yourself? Probably! If you focus on the weight, chances are your focus won't be on all of the micro-habits that it takes to reduce fat in the body.

If you were to **shift** that **focus** to the **idea of Optimal Health**, then to reach that goal, the weight would automatically have to come off as part of the process.

Any time you spend time thinking about what you don't have, you'll get more of what you don't have. Think you can, or think you can't, you'll be right every time. You will prove to yourself what you think.

Become specific about what you want. You could let go of the idea of losing weight and just say, "I want my weight to be (xxx) pounds." Or you might want to set your target as a certain amount of body fat. Now your **focus** will be **on the target** and not on how much or what needs to happen.

When determining the steps, it is going to take to reach your goal, it helps to know "why" you are attempting to make the change in the first place.

If it is for reasons of vanity, someone else desires it for you, or it's just a whim, then the subconscious probably won't recognize it as a true desire and therefore it won't happen over the long term. People quit when the reason is not personal or substantial. Sometime individuals will reach their goals and then Yo-Yo back up. Doing it for the wrong reasons, are not long lasting because our forgetters are so good. Our subconscious has not been convinced that it is truly needed.

If it is a true **Heart Desire**, you will make the lifestyle changes required and it will probably come true.

This "Focus Principle" applies to the Macros of Life as well as the Macros of Health.

Focus creates passion, leading to motivation.

Together (with steps in place) i Can

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