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## **How to Make the Cycles of Success Work for YOU!**

No matter how focused or how passionate we are about our business or weight loss or goals, we can find ourselves locked in unconscious negative programs running without even being aware of them. This is a process or system which finds very quickly where you are not flowing in life or success and pinpoints the area in which you will find yourself not moving, not succeeding, not getting what you want. This can lead to enormous frustration and personal anger turned inwards.

There is self-blame and beating up the parts of us that in fact, really want to succeed at our chosen profession or goal in life whatever that may be. In turn, this can lead to the deeper feelings of despair, and then giving up. "What is the point?" I often hear my clients say. "I have tried everything and nothing works for me. I cannot move forward..."

The process is:

### **The Passion Test:**

On a scale of 0-10 how passionate are you about your goal?

(If you score close to a 10 you can be sure you are on track to succeed)

- If below a 5 you can be really clear that this may not be for you at the moment. There may be something else which you are more passionate about that you can move forward with.

- Very often we fail the passion test because we discover this is someone else's idea at some level. Let it go and move into what feels passionate for you. Nothing less!

### **Clarity:**

(On a scale of 0-10 how clear are you about your goal?)

- When you are really clear about what you want to achieve, all the forces of the Universe begin to support you.
- Is this your goal? Does it belong to you?
- Or is it what someone else wants or advises or suggests for you?
- Are you clear about who your ideal client is?
- About how much money you want to receive?
- How that will feel for you?
- What will people say if you succeed at this goal?
- You might like to set a time frame - just to make it more exciting
- What beliefs do you need to clear in order to move forward?

### **Decisions:**

(On a scale 0-10 how good are you at making decisions?)

Many people think they are really good decision makers. The classic example is if I put into action unconsciously something I have not made a clear decision about. If I ask you to make a decision to pick up the phone, usually you would pick up the phone without thinking. It would be an automatic decision. However, if you make a clear decision **before** you pick up the phone you are able to notice if there are any gremlins at work in your decision. You may find you are not the decision maker you thought you were. If you are a procrastinator, you will have clear evidence how you can be "lost" always in action, always "doing" and stuck in that cycle rather than moving forward. Or, you may find you are putting off making a decision for many reasons.

- I can't do it
- I don't want to do it
- I don't know how to....
- I'm afraid I will fail.
- I'm afraid it won't be perfect
- I'm afraid they will judge/criticize me
- I'm going to self sabotage
- I'm going to rebel
- I must not stand out

There are many reasons why we don't make decisions. What if we no longer have to identify them anymore?

What if we can just eliminate all the reasons for being indecisive and move forward with grace and ease?

When you make a clear decision - you will feel very different. Your energy will be clear, your mind will be clear and you will feel excited about moving forward towards your goal.

Anything less than this feeling means there are still gremlins at work. You will probably feel a low mood, frustration, anger or other negative thought forms.

Write down your goals, otherwise they remain unconscious.

### **Starting:**

(On a scale 0-10 how easy is it for you to start anything?)

If you find it difficult to start anything you can be sure there are some negative energies at work here. If you have a "dip" in your energy you can be sure there is a "starting" gremlin.

If you feel as if you are swimming in treacle, walking in mud, distracting yourself, feeling unfocused, you have a gremlin at work.

### **Persevering:**

(On a scale 0-10 how persistent are you?)

So, you are really clear about what you are **passionate** about. You have **clarity** about what you want from your life, business, relationships.

You have made a clear **decision** about what you want to do and you have goals to move forward.

You are able to **start** feeling excited and energized. There is nothing holding you back from your vision and what you really want in your life.

However, are you constantly **starting** but not persevering?

Are you giving up before you even begin?

Does persevering feel exhausting, uphill, too hard?

One of the key rules of success in every area in your life is perseverance. If you are unable to persevere you may find yourself “nearly there” constantly without the energy to keep going. Often, you may be giving up just before you are about to be successful.

You may even find yourself persevering over and over again (rather like ground hog day) like an old gramophone record doing the same things over and over again but seemingly not achieving anything and not going anywhere.

There has been no **passion, clarity, decision** or **starting** - you are just stuck in “doing”. You may be really clear - but something is missing....

Perseverance without the other **key components for success** will probably keep you on a treadmill of action and unable to get off.

Completion:

If your strongest points are starting and persevering but you never seem to be finished you may find that bringing anything to it's natural conclusion may be really difficult for you.

There may be many reasons why you don't want to complete.

Using this technique you don't even need to identify those reasons. Bear in mind these negative thought forms holding you back are all just stuck energy in your body. They are a disruption in your body's energy system caused by trauma, upsets, specific events and the emotional beliefs imposed upon you (with your best interests at heart) from childhood.

When you have reached your goals and you feel a sense of completion, it is time to create a new cycle of success that really works for you!

Now you know where you are going in life - if you don't, it's time to ask yourself what you really want.