

There's a whole world out there of people that need you to start that you are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this who takes her business seriously is willing to go on who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused fierce and financially free. Here's your host Jen Scalia. Hey, Hey, welcome to focus fears and financially free. This is your quick fight podcast for online entrepreneurs who want to create wealth and freedom with their business so you're in the right place if you're looking for the mindset and strategy to get seen, known and paid online. I'm your host Jen Scalia mindset and visibility strategist and I want to thank you for joining me. I know that there are just so many things that you could be doing

with your time and I am just thrilled that you have chosen to spend your time with me and make sure that you also join us each and every Tuesday where you'll get a short 15 to 20 minute training on how to build wealth from the inside out. You'll get a little bit of strategy, a little bit of mindset and a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship. So I really think you're in for a treat with today's episode. I'm going to be sharing the fast formula to get what you want when you want it, whether it's new clients, more money, a dream body or a dream relationship. I'm going to be sharing the simple formula on how you can bring that about and create that in your life really, really fast.

It will defy odds if you can really stick to the formula. So I don't want to talk too much. I just want to dive right in and teach you the fast formula to getting what you want when you want it. Let's do this. Welcome to day 18 of wealth from within. And today is all about the fast formula to getting what you want when you want it. So officially you can use this formula to literally get everything that you want in record time. So there are actually two parts to this. Part. One is about making a decision. The other part is believe certain things about space and time, which are most likely things that contradict everything you've believed for many, many years, which most of the lessons in this program are things that we have to practice, things that we have to be consistent with, things that we have to just continuously do over and over again to replace what we originally thought about a certain thing.

So the first part here is a little acronym that I created for fast and that is focus all strength too. So that is really the essence of the fast formula. We're focusing all of our strengths, all of our energy, all of our power, all of our thoughts, all of our decisions to the one thing that we actually want. And what this is that you actually decide, you must decide. And by definition, decide means to cut off every other possible option, right? Everything else, every plan B, every safety net, every other thing that may possibly happen and decide that this is the only thing that's going to happen. This is the only way that you're going to be. This is the only option for you. You want to fixate all of your energy, all of your steam and all of your focus to being the person that already has that thing that you want.

This may be a little tricky. So what I want you to do is just start with one thing now, essentially an eventually throughout this program we want to embrace the full embodiment of the person that we want to be and really all of the things that we want, but start small cause I don't want you to feel like you have to be all of it right now. And then it seems hard and then you don't believe it and then it doesn't happen. So start with one thing and fully embrace that one thing. So what is one thing that you are deciding right now? There is no other option. There is no other outcome. So I want you to think about that today. What does that one thing? And then as you start to get really good at it, and as you start to have evidence that, wow, I'm really powerful and I can make these, make these things happen really fast, then you can start to bring other things into it.

But if you're having trouble, definitely start baby steps. Start with one thing. And that's, it's true for all of these lessons. Don't feel like you have to do it at the same time and all in record time. Um, this is definitely a process in how we have to get this done. Okay. And if you're, you're a master manifestor, you may be able to pick up on this stuff pretty quickly, but definitely embrace even the littlest things that you're able to do and you're able to accomplish. And you're able to focus on, all right, so that is part one. It's focusing all your strength to the one outcome that you decide cutting off every other possibility and really just putting a line in the sand that this is what I want. The second part of this is to start thinking about time manifestations and what I mean by that is we have a tendency to believe that certain things take a lot of time.

So with the fast formula, I want you to start to reprogram and rewire your thoughts around how long something has to take. This goes back to maybe some of the other things you know you have to work really hard to make money. You have to be in business for a certain amount of time. In order to charge a certain fees, you have to have a certain amount of time. If you want to lose weight, it takes a long time to fall in love or to develop a relationship with someone. But if you can reprogram yourself to really feel like, you know what, these things don't take time, especially when you're deciding, especially when you are so crystal clear on that outcome and what you want. None of this stuff has to take time. So the second part of the fast formula, and the second part of today's lesson is to start to include some time manifestations into your journaling and embracing the non-existence essentially of time in your mindset.

This is just so powerful. It's really how I feel like I was able to get a lot of things done really fast. And for me right now, it's just a belief for me. It's just a something that I believe in that nothing takes a long time for me. That as soon as I did make a real decision and a crystal clear decision on something, it just happened. It just shows up in my life. I've used this example before, but it's such a perfectly example of when I decided that I was going to quit sugar and lose weight and you know, it's something that I tried to do in the past many, many, many times. I mean dozens of times and I was not successful. But in that time I had decided, I actually made a decision and my mindset was on point that I was actually able to number one, accomplish the task.

And number two, I was able to lose 20 pounds within a month. Now, if I would've went to any same person, health coach, a life coach, a doctor, anybody, and I said, I want to lose 20 pounds in 30 days, they would tell me I was insane. But for me, what I started doing was journaling that losing weight doesn't have to take time. I lose the weight just as fast as I gained it. I'm able to lose a pound every single day. These are, you know, the time manifestations that I'm asking you to start to incorporate not only in your journaling but just in your daily life and your mindset and your beliefs is that things actually don't have to take a long time. And one of my mentors actually says that the solution doesn't have to take as long as you've had the problem. So let's say you had a problem for years.

Maybe it's you're battling with depression, maybe it's weight loss, maybe it's failure and relationships and it's been a cycle for you and it's taken a long time. The solution to that doesn't have to equal the amount of time that it's, that you've been in that situation, so it doesn't need to take a long time to heal. Essentially. Once we make that decision, the that healing process can happen right away and the things that we want can start showing up right away. This is also the same theories that I used when I manifested my relationship. I wanted it fast. I didn't want to have to spend months and months and possibly years going on a bunch of first dates and meeting a lot of different people. I wanted it fast. I knew what I wanted and I manifested the perfect person and even the relationship itself has moved rather quickly and not in a bad way.

You know, we both are just in a space where we know what we want and so there is no reason to stretch it out or make things take a long time because it's just not necessary. Right. For your journaling prompts today, I want you to think about what you choose to focus all your strength to and remember baby steps so you don't have to do everything all at once. Right now. What do you choose to focus all your strength to right now? Maybe it's a goal, you know, maybe it's a financial goal where maybe it's a weight loss goal, maybe it's something with a relationship. Maybe it's, it has to do with an opportunity. But what do you choose to focus all your strength to that thing that you want to happen really, really fast. What are some of the things that you want to happen fast but that you believe have to take time?

So weight loss again is another perfect example. Charging higher fees, making a lot of money, you know, getting a tribe full of people who are interested in working with you. So what are some of the things that you want to happen fast but you believe right now has to take time. And I want you to start to switch that. Okay. And finally, where is there evidence that that it actually doesn't take a long time at all? So if we look around and maybe the evidence isn't in our own life, maybe it is, you know, someone else's celebrity, maybe it's, you know, a friend appear. I want you to look for evidence that the thing that you want actually does not have to take a long time so that you can prove to yourself that it's just a belief that you have, that it does take a long time.

And then lastly, I want you to write out at least 10 of your desires in the present tense and include time, manifestations. So some examples of time, manifestations are, I lose weight really, really fast. Everything I want happens just like that. I never have to wait to get what I want. All of my desires manifest instantly. I make money so fast and so easy. Everything happens so fast for me, including my body transformation. So I want you to think about what those desires are and start to weed this time, travel into your beliefs so that we can get what we want. And it happens really, really fast. So that's it for today's lesson. I hope you enjoyed it and I hope you get everything that you want in record time.

All right, so that about wraps it up for today's show. I want to thank you again for tuning in. I would love to hear from you where you're going to apply this fast formula in your business. So make sure that you head on over to JenScalia.com forward slash E 18 that is the letter E and the number 18 and check out the show notes for this episode. I also have some free goodies on the website for you there as well. And also make sure that you tune in for the next episode. You're definitely not going to want to miss this one. This is going to be how to close the gap from where you are to where you want to be. So really kind of a continuation of today's lesson and this is going to be humbling. This is going to be very sobering, but something that's really going to allow you to see why you haven't yet gotten what you want. So make sure that you don't miss that one next week on focus ears and financially. Let's keep this conversation going. Join us in the private discussion group, the ambitious babe at. We're ambitious, driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at JennScalia.com/tribe.