

Identifying What Matters to YOU – Positioning for Change

It can be really frustrating for people trying to figure out how to set goals whether personal or business related or even to relaunch their lives in a different way. Would it surprise you if I told you that everyone has felt the same way at some point in their lives?

Often we focus in on a couple of areas in our lives that we are not happy with.

'I've had enough' we say. 'I'm losing weight'. 'I'm going to find a new job'. 'I'm moving' and off we go!

A better approach is to take a '**panoramic**' view of your life to define all your goals and then to determine which ones are actually the most important to you.

This way you don't try to take on too many goals and action steps that not only will overwhelm you but just might do more harm in the long term. That's an equation for failure. The secret, if ever there was a secret to goals success is to start with the most important goals first...and don't tell me that they all are important. *You must pick your **top three**.* Goals require action steps. Action steps are just that, **steps**. You will need to pace yourself if you don't want overwhelm and failure.

So here's my "2 Step Method" to determine what really matters to you, that panoramic view that will strategically position you to make the changes you desire in your life. After all, you deserve to live your best life.

Are you ready? Let's get started! [Click Here To Continue](#).

The 2 Step Method

STEP 1

There are many areas in life that we focus on when setting goals. I have narrowed it down to the following ten:

1. **Spiritual – Knowing oneself**
2. **Growth – Learning**
3. **Family, Friends, Relationships**
4. **Health/Fitness**
5. **Career/Business/Work**
6. **Fun/Recreation**
7. **Community**
8. **Home/Physical environment**
9. **Partner/Love/Romance/Relationship**
10. **Money/Finances**

So, the starting point, before you learn how to set goals and embark on the process of change, is to make an assessment of **ALL** ten areas as they pertain to **YOUR** life.

Grab a pen and paper because I want you to give each of these 10 areas a score on a scale from 1 to 10. ***"If you are serious about goal setting, you might want to buy yourself a journal to keep track of what you learn."***

So, for example, if you feel your work situation is just fabulous, you might give yourself a score of 10; if you feel it is the absolute worse you might give yourself a score of 1, and so on.

Remember each score has nothing to do with the others. There is no perfect total or perfect average – just like real life!

"Don't write your answers until you have thoroughly read the questions below and given each one some serious focused thought."

Read each of the sections below one at a time. When you have completed the section on one life area write down your score on a scale of one to ten for that area. Then move on to thinking about the next life area.

So let's get going. This should not be painful. After all this is about you and gaining clarity over your life...so having said that, Enjoy!

1. **Spiritual** – Knowing yourself - Do you know who you are? What are you currently doing to grow your spirituality (with or without a God)? You may or may not believe in a higher being. If you do, what kind of relationship do you have with this higher being right now? How important is this relationship to you? Is the relationship as important to you as you would like it to be?

Score yourself now and write that score on your paper or journal beside '**spiritual**'

2. **Growth** – Learning - Are you a constant learner? What are you doing to learn, grow, and push yourself out of your comfort zone? Are you happy with the amount of time you give to new learning? Are you expanding what you learn on an intellectual level - seeking out more information in certain areas? On an emotional level - are you continually learning how to manage your feelings and emotions?

Score yourself now and write that score beside '**Growth**'.

3. **Family, Friends, Relationships** - Think about your family, your relations, your friends. What is the quality of those relationships? What are you doing to strengthen your relationships with friends and family? How are you supporting them, and how are they supporting you? Are there any toxic relationships in your life you need to get rid of? How are you taking charge to make things better? Do they vary? Are there some people with whom you'd like to have a higher quality relationship? Are there some that you would like to spend less time around? Are your family & friends what you had hoped for in your dreams?

Score yourself now and write that score beside '**Family, Friends, and Relationships**'.

4. **Health/Fitness** - What are you doing to improve your health and well-being? How often are you moving your body? What are you eating? How well do you eat? How much exercise do you do (recall the last 3 days)? How much rest/sleep do you allow yourself? Are you 'running' on empty? What's a normal bed time for you? Are there changes you've often considered but haven't implemented? What's it like to look in the mirror and see yourself?

Score yourself now and write that score beside '**Health and fitness**'.

5. **Career/Business/Work** - How is your current work situation? Is it fun? Satisfying? Frustrating? What's important about it? How are you improving your career and work environment? Are you treating your co-workers and/or employees with respect? Are you consistently moving forward in a positive direction? Is it what you always wanted to be doing? How do you feel at mid-day each day? How do you feel at the end of each day or at the end of each week? Do you have a career that you are happy with? Are you passionate about your work? If not, are you looking for a career you can be passionate about? Where are you heading?

Score yourself now and write that score beside '**Career, Business, Work**'.

6. **Fun/Recreation** - What are you doing for fun? If someone asked you what you do for fun, would you have an answer? How do you spend your non-working hours? Do you put aside time for the hobbies & interests you have? Are there things you care about but have yet to get involved in? How much are you learning about life outside of your work? Are you actively seeking things to do to free your mind from that daily grind? Would you like to

travel more/less? Do you value your leisure time and are you pleased with your leisure activities at the end of each week?

Score yourself now and write that score beside **'Fun, Recreation'**.

7. **Community** – When we die everyone leaves a legacy behind - the stories, memories and experiences others have of us. How well will you be remembered by your family, your neighbors, your community, and the world at large? What are you doing to give back? How are you helping the community you live in? Are you part of a community group? Are you taking a leadership role? Are you making the community a better place? Do you invest time using your talents to help others? Could you do more? Should you do more?

Score yourself now and write that score into your journal beside **'community'**.

8. **Home/Physical environment** - Take a virtual tour of your home. Is it how you'd like it to be? Do you keep your home clean, neat, and orderly...or is it a hot chaotic mess? Is it welcoming, relaxing, fit for purpose? What's it like to come home? Are you proud of where you live?

Think about your possessions. Do you have what you want? Are you proud of what you have? Do you have too little or do you have too much?

Score yourself now and write that score beside **'Home, Physical Environment'**.

9. **Partner/Love/Romance/Relationship** - Think about the relationship that you have with your partner - if you have a partner. How well do you get on together? How much do you appreciate his/her company? How much do you love your partner? Are you treating your partner with respect? Is your partner treating you with respect? Is this relationship the relationship of your dreams? Could it be better? Are you allowing yourself to take chances, be vulnerable, and open up? Are you also keeping your integrity and honesty intact? What are you looking for? Do you value yourself enough to refuse to settle?

Score yourself now and write that score beside **'Partner, love, romance, Relationships'**.

10. **Money/Finances** - How much do you earn currently? Think about your bank balance today. Think about your savings and pension. What assets do you own? How secure is your income stream? Is this enough? How comfortable do you feel about your financial situation? What are your financial goals, and how do you plan to reach them? Do you know how your career will help you reach those financial goals? If anything happened to you what kind of 'contingency plan in place, or is that something you need to work on? Do you need to make a budget?

Score yourself now and write that score beside **'Money, Finances'**.

Well done! You have just completed a **'panoramic'** view of your life!

STEP 2

So, this is your life right now. Is it how you want it to be? As you think about your scores how do they seem to you?

What areas are you pleased with and more importantly what areas are you not? Don't worry. Whatever scores you gave yourself simply reflect where you are in life at this moment in time. Each one of us will have a different set of scores. Some areas of your life will please you. Some, you will want to improve or change. Clarity can often open the door for change and improvement.

On a separate page write down the heading **"Fabulous"** and below this, write which of the ten areas of your life you feel are good as they are.

Now write down the heading **"Not Fabulous"** and below this, write which of the ten areas of your life you feel needs some work.

Now you have a clear picture of the foundation upon which you can build. Looking at the **"Not Fabulous"** list only, the next question of course is what would you prefer instead?

As I mentioned at the beginning, it's a good idea to identify the top three areas you would like to do something about. You don't want to become overwhelmed on day one.

Once you have selected these three areas you are ready to learn about goal setting. There is a science to goal setting. Not only have most people failed at it, most of us have never been taught the proper methods.

So there you have it. We have just covered my 2 step program required to determine what really matters to you and you are now strategically positioned to make changes and learn the proper way to set goals that really work. Are you ready to get started? Here's what you need to do:

[Enroll in My Life Mastery Secrets Academy](#) – It's FREE! You will be notified when we launch our 4 part series, **Goal Inspired Living: 4 Road Blocks keeping You From Getting What You Want**. The series consists of 4 videos in which we identify these road blocks and provide action steps to overcome them. This 4 part series is valued at \$297 but when you enroll in the academy...you receive it FREE

That's it! The door has been opened for you. You have a decision to make...you are positioned for change. Take your time to do this and to do it well. You are about to change your life....Are you ready? Of course you are! BTW: After you have enrolled...I have another gift for you. See you soon!

