



Like everything in the universe, the ebb and flow of life is cyclical. The momentum that success causes is too. In the spirit of the season, here is your goal setting ready-reckoner. Key to gaining from this is the FOCUS that it provides to your daily endeavours. What follows is a few words on each stage of the cycle about what you can do that actually creates real time measurable results. The reason it's comparatively easy is because once you consciously acknowledge your present reality objectively, each "ion" affects the next and the cycle is created and then perpetuated. Why do you think people say things like, "money comes to money" and success breeds success"? Well, here's your reason. Just own the first one and let nature take its course with the rest.



SITUATION

It takes courage to be honest with yourself. You are the easiest person for you to lie to. Once you can articulate your present reality without embellishment, you become present in the moment. When you know where you are, you can easily assess the best road to where you want to be. This causes REALISATION. You biggest job is done. You are now better off than 90% of the population.

MOTIVATION

Your clarity makes it easier to identify people, literature, videos or any external stimulus to shift your focus from needing it to wanting it. Everything takes on a positive glow. Demands become challenges and weaknesses become opportunities. Adrenalin "moves" you, physically, emotionally and metaphorically. This causes INITIATION. That first workout or pushback from the table.

REALISATION

This is that moment when a little light comes on in your head. Conscious awareness has replaced unconscious ignorance. Now you have a say without relying on luck, criticism, doubt or hope. The path is clear and the goal is visible in the distance. This moment of clarity causes MOTIVATION. Now you're running on endorphins instead of "hopium".

INITIATION

Initiation isn't momentum. Only momentum guarantees measurable progress. Make the progress measurable by putting dates on your goals. Stages achieved serve to perpetuate motivation and attain CONCLUSION. The sense of fulfilment gained gives rise to CELEBRATION. You've earned it. Initiation is your key to the miraculous.

CONCLUSION

You did it. It was **no** accident. Be careful - this is only half way! What happens next decides whether it's a onetime thing or something more permanent. The sense of fulfilment gained, gives rise to CELEBRATION. Enjoy

CELEBRATION

This is an absolute must. Celebration ensures your own conscious awareness of the result; which validates the effort and pain. Make it appropriate to the size of the task and/or the importance of the changes you caused. Conclusion combined with celebration assures SATISFACTION.

INSPIRATION

Motivation is required in the absence of momentum. Inspiration perpetuates momentum. Inspiration only comes from positive factors such as confidence rather than just blind enthusiasm or desperate need. It's never negative as motivation can often be. It's sheer positivity demands REPETITION of what just happened - you know, the satisfying bit.

SATISFACTION

Savour the victory. Reflect on the insight and guts you found to own it and do it. Know for sure what you did right and why it worked so you can repeat the behaviour. Know without question what you did wrong and why you failed so you can amend the behaviour. The knowledge you gained is now wisdom you can use forever. That's INSPIRATION

REPETITION

Repetition brings us back to the SITUATION. The NEW situation. The altered reality of a healthier body, a larger bank balance or smaller debt. You're no longer a bystander but a participant in your own evolution. You've just handled change the only proactive way there is to handle change - YOU'VE CAUSED IT.

BOTTOM LINE: Don't be distracted by benchmarks or trends. They're someone else's efforts. You may be better than that. Dare I say it.....

"BE THE BENCHMARK!" Merry Christmas & A Happy New Year to All

"Life is what happens to you while you're busy making other plans"

John Lennon

