

Lesson 1: Naked Clarity

AUDIO LESSON TRANSCRIPT

Hi ladies and gents. It's Tamra here; Relationship and Self-Love Therapist, Author and founder of the online school *Getting Naked*, where we strip back the layers of conditioning stopping you from enjoying more love, more happiness and much more pleasure in your life. Welcome to week one of *Remarkable Relationships* - where I'll be teaching you the naked basics on love, life, relationships and everything in between.

Before we start, I really want to congratulate you all on taking the step to create change in your life. Doing something different can be challenging, so really give yourself a pat on the back, because the next three months - while fun and insightful - will require you to **leap** out of your comfort zone. Just know, however, that when we're out of our comfort zone, we're giving ourselves permission to grow, and invite new and exciting experiences into our life.

Now some of you may be asking, why is this course called *Remarkable Relationships*, when I'm working on finance, or health, for example. Well, we're all familiar with relationships with *other* people. But there is also the relationship we have with our self, and that relationship dictates our physical health and our emotions. If you have a healthy relationship with your body - like feeding it nutritious foods and positive thoughts - you'll have a lot of energy and vitality, and ultimately, tip top health. This will then filter out into *other* areas of your life, and will affect your career, even your finances.

Your career and your finances are simply an extension of the relationship you have with yourself. If you're feeling vibrant and confident, this is going to extend into your working life. That's why it's vital to get the relationship with YOU down pat. And that's what this course is about. 'Developing your relationship with you', is the *strategy* for reaching the goal, we'll set together, later on tonight.

So before we get started on tonight's topic 'Naked Clarity', I just want to take you through a visualisation, to help you relax from your day, help you unwind, so you're ready to absorb all the information and insights on offer:

So.. very simply right now.. I invite you to get comfy where you are.. that's it.. simply relax.. and allow your body to sink into the chair or floor or bed that you're sitting on.. that's it.. and on your next breath in.. simply notice how your eyes get heavy.. that's right.. your eyes getting heavier and heavier.. with you simply allowing them to close..

And with your eyes closed now.. start to focus on your breath.. slowly inhaling.. and exhaling.. inhaling and exhaling.. and just allow your breath to settle into it's own steady rhythm..

And as you continue to focus on your breath.. simply notice how each intake of air is falling into sync with the hot air balloon before you.. that's right.. you're standing in a field.. and before you.. is a vibrant hot air balloon.. that's being pumped full of hot air.. getting bigger and bigger.. with each inhalation you take..

And just imagine that hot air balloon now.. and it's in your favourite colour.. It's bright.. it's vibrant.. it's glowing.. and it's drawing you in.. And as you watch it grow in size.. you feel yourself and your opportunities expand before you..

This balloon is about to take you on a ride.. a ride above any doubts or insecurities you might have about your life or your future.. any fears you have about your abilities to create what you see in your mind's eye..

So as the last intake of air is pumped into that vibrant balloon.. you step forward.. climb into the basket.. feeling totally safe.. totally safe and secure.. knowing that you're about to embark on an exciting journey.. that's right.. today is the start of a new adventure.. it's like one of those choose your own adventure books.. where YOU get to decide what the ending will be.. and what path you take to get there..

As the hot air balloon lifts off the ground.. with you feeling totally safe and secure.. you realise that this flight is completely in your hands.. that's right.. you're in control of where you take this balloon.. it's up to YOU how high you go.. and which direction you decide to take.. this is YOUR ride..

As the hot air fires into the balloon.. you start drifting upwards.. and you look down.. observing the people below.. as they get smaller and smaller.. the higher you fly.. and as this happens.. this intense feeling of renewed energy fills you up.. just as the air is filling the balloon.. you are being brought to life by this surge of vitality and ambition..

The higher you get.. the more you realise what you are capable of.. and as you look down on the people and places below.. you suddenly have a new insight.. a new perspective on your life.. from this high up place.. you have this undeniable KNOWING.. that whatever you set your mind to.. you can achieve.. no longer are you held back by other people's restraints and limitations.. now you have the freedom to explore yourself.. and how you would like your life to look and feel..

The balloon.. now floating higher.. takes you above the clouds of doubt.. the clouds that in the past.. would have blocked your view of what was possible.. these clouds are around you now.. and suddenly you realise they are nothing to be scared of.. they have no effect on you.. they have no substance.. they are simply thin air..

So with all of your doubts and fears behind you now.. you drift through the clouds easily and effortlessly.. into the blue sky.. and notice how warm and calm and inviting this place is.. feel the freedom of being in this place of safe security.. knowing that everything from this point forward will be different.. you've left behind the troubles and hurts from the past.. they're staying where they belong.. in the past.. NOW all you focus on is the present.. and what you need to do right now.. in order to create the future you'd like.. a future of abundance.. joy and happiness.. a future where anything is possible.. a future full of love and fulfilment in ALL areas of your life..

And as you contemplate the opportunities and possibilities from way up here.. when you take a birds-eye view of the world.. you realise that it's time to fly.. no more holding back.. no more questioning who you are.. now is the time to soar.. to reach heights you have never experienced.. heights that until now.. you only thought possible in the movies..

Now you embrace all that you are.. and you promise yourself.. that from this day forward.. you will be true to yourself.. you will nurture who you are.. always giving to yourself as you would a small child.. filling your self up with nourishing foods.. thoughts and acts of kindness.. from now on.. you treat your body like a temple.. and your heart like a bible of wisdom..

You are one amazing creature.. and it's now time to be that person.. to embrace every part of you.. to live your dreams.. and know that all your efforts and investments in yourself.. will pay off.. will give you a sense of satisfaction and clarity.. on who you are.. and what your purpose is..

So full of hope and ambition.. so caught up in your amazing potential to fly.. you failed to realise that the balloon had actually landed.. without you realising it.. That's right.. you're back on the ground.. safely landed.. secure.. And that feeling of love for yourself.. that excitement for your future.. has stayed with you..

You step onto the earth.. your enthusiasm and love for life grounding you.. it's locked inside your subconscious.. so that anytime you feel those clouds of doubt rise above you.. you simply ground yourself.. closing your eyes.. imagining the earth radiating energy up from the ground and into you..

That's right.. in times of doubt.. you will simply ground yourself.. by closing your eyes.. and imagining the energy of the earth coming up through your feet and filling you with this fullness.. this love.. this excitement you now have for your future..

So do this now.. ground yourself in this feeling.. take a moment right now.. to feel the energy of the earth rise up into your entire body.. filling you with love and ease and purpose..

And when you feel completely grounded.. simply wiggle your fingers.. and wiggle your toes.. take a deep breath in.. hold it for three seconds.. three.. two.. one.. and as you exhale.. open your eyes.. ready and willing to take the next step.. towards your amazingly happy and fulfilling life..

OK, so let's start today's topic, which is NAKED CLARITY. So what do I mean by Naked Clarity? Quite simply, we spell out, in detail, exactly what it is you've enrolled in this course to achieve. What's

the outcome that you're looking for? And *how* will you know, when you've achieved that?

We all have things that we've achieved in our life, and there are other things that we haven't quite got yet, things we're still striving for. It may be a reliable car, a dream job, a romantic partner, a better sense of who we are as individuals so we feel complete and whole, for many of you I know self-confidence and getting a handle on your emotions is something you'd like to work on. Whatever it is, you can't work out *why* that's not what you're experiencing in your life. And this thing may be causing you much frustration or grief.

No matter how hard you try, you keep getting the same result, and it's not the result you're after. It's like you're repeating the same pattern over and over again, unable to break this cycle of negative outcomes. Unable to get off the merry go round of unfortunate circumstances. And the longer you stay on that merry go round, the rougher the ride generally gets.

Now this has happened to me plenty of times, and that's what put me on the path of finding an answer, or a **formula** that I could work with in order to break that pattern and finally achieve the results I desired. And I wanted this formula to be one that could be applied by *anyone*, in *any* area of their life.

So essentially, that's what I'll be sharing with you over the next three months. I'll be giving you, not only the formula, but the skills needed to action that formula and help you become self sufficient in achieving whatever it is that you'd like. I'm about giving **you** the skills to change *your* life, so you're not reliant on me - or anyone else - in the future. It's much more empowering to be able to create your own change, than be dependant on others to do it for you.

Just think of a blank canvas. That's what you have before you, and I'm giving you the paints and the paintbrushes needed to create a masterpiece. And that masterpiece is *your life*. Contrary to popular belief, you can create your life to look however you would like it to look. The colours, the designs you want to use; they're completely *your* choice.

But before I teach you the formula that's going to allow you to deepen your self-love, we need to discuss **commitment**. There is no point *knowing* the tools for creating your goal, unless you're *committed* to taking the actions necessary to bring that goal to life. The magic cannot happen until you let go of the *exit strategy*. You may know this exit strategy as the *excuses* or *reasons* you come up with not to pursue something to fruition.

So, in order to make this course work for you, you **MUST** commit to both yourself *and* commit to the processes. It's like your job. If you fail to show up, you fail get paid. If you fail to do the work in this course, you fail to get the rewards. Ultimately, the only person you're cheating, is yourself.

When you commit you must commit with every cell of your body - right to the core of your being. This is about making a conscious decision to do whatever it takes, even if that means getting *mentally* and *emotionally naked*, in order to clear out the gunk that's been stopping you having what you'd like in your life.

If you're struggling to feel that you can commit, then ask yourself this question: What will it cost me *long-term* if I don't make his commitment now?

If you do the same as what you've always done, you'll get the same result you've always got. So, you've got the commitment contract on your handout. It reads:

I commit to doing all it takes to nurture my relationship with ME. I accept full responsibility for my own happiness, knowing that to create my goal I MUST apply ALL my learnings. I realise that any uncomfortable feelings are part of the process and must be worked through in order to make positive changes in my life. I commit 100% to myself right now.

Now I want you to read that to yourself **OUT LOUD**, so you *feel* it in your body. And then sign it. So I'll just give you a moment to read and sign it now.

Now once you've signed it. Put it up somewhere you can see it everyday, to remind you of the commitment you've made. I'm not going to moddy coddle you through this course. I'm here to be your tour guide, to show you what's achievable and available to you, if **YOU** do the work. You're the one

who has to be open to the sights and experiences you can have.

Which leads me to talk about **RESPONSIBILITY**. Now there are two places we can live our life from. We can live on the CAUSE side of the equation or the EFFECT side of the equation. You'll see this on page 2 of your handout.

If you're living on the CAUSE side of the equation, you're on the side that creates everything that happens to you in life - all your *results*. If you're on the EFFECT side, you're saying: 'Everything that happens to me was someone else's fault'. What you'll find, is the majority of the population live on the EFFECT side of the equation. They're the people who say, 'I don't earn enough money because my boss won't give me a pay rise', or 'I have bad genes and that's why I can't lose weight'.

That's not a very powerful place to live from, as you'll end up with a lot of *excuses* and *reasons* as to why you didn't get the results you were after. If you move to the CAUSE side of the equation - which is the point of this course - you're creating the results that you want, and ultimately getting in control of your life, so you can achieve your goals and desires. To live your truth.

Perhaps your dad walked out on you when you were young and that's why you have all these issues. Maybe your mum ignored you for much of your childhood and that's why you feel so alone. There's no denying these people played a role in your current mental state, but *blaming* those people isn't going to make you feel any better. Blame only brings us pain and takes away any power we *do* have to create change.

Living on the 'cause' side of the equation is about taking complete and total responsibility for *everything* that happens in your life. If we apply this to the *Remarkable Relationships* course, you can get as much out of this course as you like, or as little. It's like if you fill your car with a quarter of a tank of petrol, it's only going to get you so far, but if you put in a *full* tank, you're going to travel much further and probably get to a much nicer place. The onus really is on YOU to create the results you want. I'll give you the formula, but you need to put in the effort because it *is* YOUR life.

So let's not waste anytime, lets teach you the **Self-Love Formula** - which when applied thoroughly, *will* help you heal your life. Now this formula is pretty simple, unlike a recipe that can have a million different ingredients, this one has *five* simple steps. And if you've worked with me before, you'll be familiar with them. So let's look at the Self-Love Formula - the formula that will help you create **change** in your life:

STEP 1: And this is on your handout. Firstly you need to **GET YOUR CONSCIOUS MIND** focusing on what you **DO** want, as opposed to what you DON'T want. Have you ever noticed that if you only focus on negatives you attract more negatives into your life? You get stuck in that negative spiral, and start thinking about worst-case scenarios. And before you know it, your world turns upside down. I'm sure you've had a taste of this at some stage.

Maybe you get a parking fine, and then worrying about not having enough money to pay for the fine, you start focusing on scarcity. This scarcity thinking kicks off a domino effect and the next day, feeling down about your circumstances you use retail therapy to ease your woes. It gives you a quick little pick-me-up, but before long, the pain of your overspend triggers off the negative mind chatter.

Suddenly you're plunged into this self-beat up about how you shouldn't have spent so much, and how you have no money. You're broke. The next day all your essentials, like your car, your oven, your fridge, all start breaking down, one by one. And before you know it, you have so many bills to pay, you fall down in a mountain of overwhelm. And you quite literally, have no money left.

What were you focusing on during this time? *Scarcity*. Not having enough money. And look what that created. *Scarcity*. Not having enough money.

So let's reverse that. If we focus on what we **DO** want, as opposed to what we DON'T want, imagine how differently our lives would play out. You may notice when you're in the market for a new car, you start seeing that particular make and model all over town. This happens with any goal. As soon as you focus on what you **DO** want, you start to see the *opportunities* that you were previously unconscious of.

Everyone who is successful **sees** their success before they get it. Think of something you've dreamed up then achieved - maybe a career or a holiday - and apply the same formula to your new goal. The

mind cannot tell the difference between what is *imagined*, and what is *real*. That's why we scream and cry at movies. If you feed your mind with images and words that describe exactly where you *wish* to be, it will automatically attract people and experiences to help you get there, and push you into behaviour patterns that will lead you to where you want to go.

So, once we set your goal later on tonight, the key here, is to *stubbornly* focus on that goal. And this is one of your homeplay tasks!

So you've got your conscious mind sorted, now **STEP 2**, is to get your **SUBCONSCIOUS MIND** sorted. It is our subconscious mind that is responsible for 90% of our thoughts, actions and behaviours. It is also our subconscious mind that stores all of our **LIMITING BELIEFS**.

These limiting beliefs are the *hurdles* you may or may not be consciously aware of. These hurdles, essentially, are one of the biggest reasons we don't achieve our goals. You would have learnt a little about limiting beliefs if you've listened to any of my playshops before. And we'll be look at limiting beliefs in a *lot* more detail in a couple of weeks, because once you start to identify them for yourself and learn how to get rid of them, you'll start to notice some really big changes happening really quickly.

STEP 3 of our Self-Love Formula is **TAKING ACTION**. While *thought* is the creative power that will *begin* the process of turning your situation around, you must not rely on thought alone. Taking action requires brainstorming a list of strategies and action steps you need to take in order to get you closer to your goal.

I like to call this 'home**PLAY**' as opposed to homework as it's meant to be **FUN!** So each week I'll help you set your own **HOMEPLAY**. Ultimately, it's the *actions* you take *now* that create the *future* you desire. If you don't do the weekly shop, you won't have anything to eat. You *need* to take action, in order to survive. It's the same, if you're serious about achieving your goal.

STEP 4: SURROUNDING INFLUENCES Everyone is a product of their environment. We tend to mimic those around us. That's why it's so important to surround yourself with people who are achieving the results that **YOU** want.

If, for example, you wanted to double your income, I'd get you spending time with people who are earning *four times* that much, because these people have a certain set of belief systems that make them feel worthy of earning that much money. So even if you just spend time with them on a social basis - maybe a weekly cuppa or a morning walk - their habits and beliefs will start to rub off on you.

We'll go into a lot more detail about changing your social circles and the importance of having mentors in session 7. In the meantime, it could be a good idea to start thinking about *who* has the results you want, and seeing how you can spend more time with those people.

A lot of people tend to avoid this step, but what I've found through my one-on-one sessions, is that even if you're doing the *other* four steps - and you're doing those four steps really really really well - you still *won't* get your outcome, and you're likely to fall back into old patterns. You *need* to change your environment in order to have long-lasting results. It's like the cement that locks into place, all your brick laying.

And **STEP 5**: is where we **RELEASE ATTACHMENT** or we **SURRENDER**. When you surrender, you remove attachment from the *need* to have the thing you desire. You see, if you attach to something, you subconsciously push it away.

Just think of a relationship you've been in, where someone was really needy, really clingy; maybe it was a lover or a family member. Let me guess, you probably wanted to run, yeah? Well it's the same for when we set our intention or goal. If we get desperate for it, we send out the desperate vibe, and just like in dating, the desperate person usually loses out.

Now this isn't about saying: 'I don't *want* this goal anymore'. It's about saying, 'I've put in my order, all the wheels are in motion to create it, now I can trust that when the timing is right, it will come to me.' Now I know, *trusting* can sometimes be difficult, especially when we've been taught not to trust if there's no tangible evidence.

But the tangible evidence lies in our *belief* systems. Know that the goal *will* come if you do every step of this formula. Do not fall into the error of thinking supply is limited. It's not *your* job to guide or supervise the creative process; all you have to do is retain your vision or goal, stick to your purpose and maintain faith and gratitude for all you already have. Know that there is no lack of opportunity.

So this is very much about: Letting go of the attachment to the outcome, while at the same time being open to receiving it. Week 8 will be spent teaching you how to do this. The more you live in the energy of already having your goal – because on an energetic level you already do – the quicker that goal can materialise into your physical reality.

So this really is about indulging in what it would *feel* like to have this goal. You need to get to the point where you stop *wanting* your goal, and start actually *living* your goal. You might like to write that down. 'Stop wanting the goal and start living the goal'.

So, that's the Self-Love Formula. A formula that will help you deepen your love for yourself, and thus achieve whatever it is you desire in your life in any life area. If you apply this, you **WILL** get the results you want. When you feel you're struggling with something, come back to this formula. Check to make sure you're doing ALL FIVE steps. This is what will get you to your desired result.

So, now you know the formula, let's get some **CLARITY** on what you want to achieve. This is where we set a goal. Why do we have to set a goal? Because if you don't know *where* you're going, *how* are you going to get there.

Think of taking a road trip. You get in your car, and decide to go for a drive. Now, if you don't decide on a destination, where might you end up? Who knows? Who knows if you'll even leave the garage? It's the same with goals. You need to be clear about *where* you're going, if you're to even *start* the journey of getting there. And this requires having razor sharp clarity.

Now, I know some of you are probably worried about setting a goal, for fear of not achieving it. So just consider this. You decide to drive from Melbourne to Sydney. That's your goal. But you get to the turn off for the coast, and decide to take a detour. What you find, is you really like the coast, so you decide to stay there instead of continuing your journey north.

Did you achieve your goal? No. Did you get a better result? Yes. Would you have discovered this amazing coastal area, had you have not set the goal in the first place? Probably not. You see, it's only once we get on the road, that we can experience something different to what we've always known. As you'll learn more throughout the course, there is no such thing as failure. We either get the result we want, or we get a lesson. If we pay attention to that lesson, it will help us get the result we desire.

Now we're going to set a six-month goal around an area that isn't quite working out for you right now. This goal area is probably the reason for you deciding to do this course. If not, think about what area in life is causing you the most pain or frustration right now. It may be to do with finances, not having enough, or your career – perhaps you're not happy with your job, it isn't giving you the satisfaction you crave, or maybe it's time to swap careers but you don't know how.

For others, you may like to work on relationships, repairing a relationship with a family member or friend or finding true love ☺ I know a lot of you are wanting to work on your relationship with you, and by that, I mean overcoming a poor self esteem, so you can have the confidence to follow your heart; to no longer care what others think of you, to know that you *are* good enough. To have that deep connection with yourself – the type that has you trusting yourself in all situations, that has you *knowing* from deep inside, what you need to do, every moment of every day.

If it's a health issue you're wanting to work on, that's fine too, we can get to the bottom of what's creating that particular ailment – and we will focus specifically on healing body parts in Lesson 9. That said, all the steps we'll take up until then, will help clear the thoughts that are creating the physical symptoms.

The important thing is: you need to focus on just **ONE** goal. Once you finish this course, feel free to use this formula to achieve *other* goals, and I hope you will all do this! But if you try setting too many goals at one time – especially when you're just learning the formula – you'll spread your energy too thin.

Take it slow, and simply start with ONE goal.

Now in order for goals to be effective, they need to fit a particular criteria. Let's go through that now. And this is also on your handout:

Firstly, your goal needs to be **Inspiring**. It needs to be a goal that excites you and makes you *want* to take action towards achieving it.

It needs to be **Specific and Measurable**. So if you want to earn more, put an actual figure on it. If you want to remove a few kilos, how would you know you were there? Would you be wearing a certain dress size, for example? If it were a goal around developing relationship with self; what would you be doing differently in your life if you had a healthy relationship with YOU!

Of course the goal needs to be **Achievable** in the six-month time frame. So becoming a brain surgeon in six months without any prior knowledge or education in that area might be out of reach – I'm not saying it's impossible though!

You do want something that is **Risky**. Something that pushes you *outside* of your comfort zone, otherwise, what's the point? You see when you sit in your comfort zone, you get the same thing you've always got. It's when you step *out* of your comfort zone that you create *new* results. You GROW.

So to sum that up: **I want you to set a goal that is scary and exciting at the same time. One that you are emotionally connected to, and will do whatever it takes to achieve.** So let's start brainstorming exactly what it is that you would like. In doing so, simply consider these questions:

- What would I like to achieve?
- If having trouble, ask: If I could wave a magic wand and I could have anything at all, what would it be?
- How will I *know* when I've achieved it?
- What would *inspire* me to achieve this goal?
- What would this goal give me?
- How would I *feel*, having achieved this goal?

There tend to be a few main reasons why most people have trouble changing their current circumstances. First, most people lack adequate clarity about the kind of partner, job, or emotional state they need or want in their life. They have an *idea* of what it is they're after, or they focus on things they *don't* want and how they FEEL *not* having them.

For example, when setting a weight goal you need to focus on the body you'd *like* and the *feeling* it would give you. Where people often sabotage themselves, is they get so caught up in losing numbers on the scales; which to be honest, isn't very inspiring. I know if I focus on slipping my favourite pair of jeans onto a slim body, I get much more excited, than if I was to think about getting rid of the love handles.

You see thinking of '**no** love handles', still makes you think of 'love handles'. It's like if I tell you NOT to think of a green elephant. What do you think of? A green elephant, right? Our subconscious mind – which we'll learn more about next week – doesn't register 'negatives'. That's why you don't want to paint a mental picture of what you DON'T want. Now is the time to *forget* what you DON'T want, and focus on the END goal, how you'd *like* to look. The positives. And start acting as if you've already got it.

The other thing people do to sabotage their goal, is beating themselves up for having that extra serve of cheesecake. What you focus on, is what you create. So focusing on where you supposedly went wrong, will create more of that unhelpful behaviour. And before you know it, you've eaten the entire cake!

So now I'm going to set a goal with one of you, to give you an example of how to do it. So if one of you would like to participate, just press *2 to put up your hand so I can unmute your line. So just press *2 if you'd like a hand in creating your goal and we can work through this together.

[TAMRA SETS A GOAL WITH A PARTICIPANT]

Now that's the process for setting a goal! Keep in mind, that you want to keep your goal succinct. 2-3 sentences is all you're looking for; it makes it easier to focus on. You don't need to include every minute detail. And make sure you're focusing on what you **DO** want to create as opposed to what you're trying to get away from.

So include the *pleasures* not the *pains*. Even if you say 'I want to overcome depression' or 'I will no longer worry what others think of me' in your goal, when you focus on your goal, you're focusing on *depression* or *how people think of you*. You'd be better off saying like, 'I feel at ease in social situations' or 'I have a healthy mental state'.

So now you know how to set a goal, I'll give you a few minutes to work on yours. If you get stuck, just press *2 and I can help you out. So I'll give time now, to come up with something that really inspires you.

As you set your goal, make sure it is both scary *and* exciting. If it's not scary enough, make it tougher. So, if for example, earning an extra \$10,000 a year wasn't that far out of reach, set it for \$20,000 - an amount that would really surprise you if you could achieve it. This goal needs to be a *little* scary.

[TAMRA HELPS ANOTHER PARTICIPANT TWEAK GOAL]

So now you should have a goal or have an idea of what that goal will be. If you haven't finished it, this is part of your homeplay. And I'll ask again: Is it both *scary* and *exciting*? If it fails to be either one of those, you need to rejig it during the week. The real test however, comes to checking your **commitment**.

As we discussed, committing is letting go of the exit strategy. This is doing whatever it takes to achieve your goal. In my one-on-one sessions, I will only work with people who are 100% committed. Otherwise it's a waste of their time and a waste of my time. So let's check your commitment level. How committed to this goal are you?

If you can honestly say you're 100% committed then we're good to go. If you can't, then what needs to change in order for you to have that commitment level? Does it need to be more *inspiring*? If it's not inspiring you won't do the work to make it happen.

Commitment is what creates change. And commitment requires you making a decision. You need to decide that this goal is what you're going to have, no matter what. Then, no matter what the resistance, you'll keep moving forward. You'll close the door on distractors and you'll throw yourself completely into what you're doing. It all starts with a decision. Taking a half-hearted approach won't get you results, because you're not fully in. You're not committed.

So once you've got a goal you're excited about and committed to, send it to me. You've all got my email address. I'll need these goals by the end of this week. So you have until Friday midnight, to get them to me. Please make sure you get them to me by then!

So, to sum up what we've done today. I've given you the Self-Love formula - the formula you will use to heal your life and create the changes you desire. Become familiar with it, for this will form the basis for our time together. Next, we set a goal. If you need to tweak or finish it, please use this week to do so, because we'll be needing it to be completed, in order for you to complete next session's exercises.

Once you have your goal, start *focusing* on it. If you need to read it every day, do that. If you need to put it up somewhere where you see it everyday, do that. Whatever you need to do to focus on your goal, do it. And as part of your homeplay this week, and you'll see this on your playsheet, I want you to spend at least five minute every day visualising your goal.

Simply use your imagination to see yourself achieving this goal. Use this time to *feel* your goal. Wrap yourself in your goal everyday. Visualise it while taking a shower, feel it as you sit at traffic lights and see yourself there as you drift off to sleep each night. 'Where the mind goes, energy flows'. So visualise your goal daily. And when you find yourself in a cue or waiting for someone, use that time, to feel into your goal as well. Get really connected to it. The *energy* of it.

Prosperity really is a mindset and how you see yourself and your life. We are like magnets - we attract to us what vibe we put out. **What we believe we receive**. So once you decide on what your picture is -

what your goal is – then the more you see it and feel it, the quicker it will be attracted to you based upon the actions that will flow from these images.

What you can conceive of as a picture in your mind, you can create in the physical world, provided you do not let go of the picture. Aristotle said it this way: 'The soul never thinks without a picture'. So for this week's homeplay you're to lose yourself in the world of your imaginings! Dream your goal into reality.

I also want you to start a **Love Journal**. Now this won't take much time, just a couple of minutes before bed each night. This is a journal or notepad that you keep next to your bed, where you write down three things every night before you go to bed, about what you love about YOU.

The reason for this Love Journal, is to help reprogram any negative mind chatter into positive chatter – so this is where we start to apply step one of our Self-Love Formula: changing our conscious thoughts. Like when you work out at the gym, the more weights you lift, the stronger the muscle gets. It's the same with our brain. The more often you repeat positive statements, the stronger they become and the more positive you become overall. If you're positive, you're going to be more positive about your goal.

This is about consciously being kind to yourself. A lot of us tend to do significant internal beat-up, and it's *this* beat-up that weakens our belief in ourself. We need a strong self-belief in order to achieve and be happy. So the things you write in your journal might be things like: 'I love my eyes', 'I love the way I interacted with that person today', 'I love that I can afford to feed myself', OR: 'I love my big toe!'

By writing three positives before bed, you're ending your day on a positive note. Not only does that give you a good feeling, it will often help you sleep better too. Too often we spend our time focusing on the negatives of our day, and we forget all the great things that happened. This is where we reverse the process and get you focusing on the positives. Because as you know, the more positive you think, the more positive your life will be. **Your thoughts really do create your physical reality.**

You'll see on your sheet, that you will need to listen to the first visualisation track *Script Your Life* religiously every day until we speak next. This is non negotiable. If you're serious about achieving your goal, you **MUST** make time, and I'm not asking much, it only goes for ten minutes, to do this action step. This track is downloadable from the website to put on your personal device to keep, and will help you visualise what it will feel like to achieve your goal. It will give you the motivation to take the actions required to turn your goal into a reality.

If you're having trouble finding the time, I want you to question, how important it is for you to achieve this goal. How committed you are to your goal. In order to get results in any area of your life, you need to put in the time and energy required. The visualisations work on loosening your *SUB*conscious thoughts – which is Step 2 of the formula.

These are the action steps I want you to prioritise this week. Make them part of your weekly regime. These steps in themselves will start to create the deep change you're wanting, *if* you commit to them. That said, if you're up for more of a challenge, and you're *confident* that you can handle it, then please feel free to set some *other* action steps specifically related to your goal as well.

This is not mandatory, this is totally up to you. I'd prefer that you nail the list I've given you, and then add to it next week, than go into overwhelm at having too much to do. Because when we go into overwhelm, we procrastinate and **NOTHING** gets done. Small consistent steps create **HUGE** change.

If you don't have a diary, please get one, **THIS** week. Schedule in time every day to do something from your homeplay list. Once you get in the habit of checking your diary you'll realise how much easier it is to stay organised, and you won't forget to do particular tasks required to get you closer to your goal. Having a diary is a **MUST**, for organisation. And unless you're organised, you won't reach your goal.

You'll also see a list of books that are designed to help support your growth. So please order at least one of the books on the list this week. Most of these books will need to be ordered online. Simply choose one that is related to your goal area, as you're expected to read at least two books during this course. When you want to create change, you need to study that area you want to create change in, and researching and reading books, is a vital part of that study.

Now if you do have any questions, that you didn't feel comfortable about asking during today's session, please email me, and I can chat about that topic in next week's session or I can get back to you personally. As you know, you've got unlimited email support as part of this course.

Well that's it for our first session: Naked Clarity. Next session, I'm going to teach you a technique to help you move above your negative mind chatter - to free yourself of that gunky inner talk, so your belief in your goal, grows. But before I go, I always like to end our sessions with a positive - so if anyone would like to share their *best bit* of tonight's session or an 'aha' moment or realisation you had, please raise your hand. Just press *2 if you'd like to share.

[A PARTICIPANT SHARES BEST BIT]

I am so deeply touched by how life brings people together when the base of the connection is growth. It's such a beautiful thing to experience - so I honour all of you for showing up and being courageous enough to come here to grow and love yourself that little bit more.

Have a fabulous night and I will leave you with a quote to think about. If you've put your Desktop Image on your computer already you'll be familiar with this: **'Believe, for it is belief that breathes life into your dreams.'** Thank you and goodnight.