

5 Keys to Awesome Success *Colin Slater 0419 568 043*

1. What we focus on is what we get to the exclusion of everything else

A powerful key because what you focus on is what you will find more of or will expand. It is what your brain will search for and filter out other things. **Your subconscious mind is a very powerful tool when focussed.**

You can only experience what you search for, because everything else is outside of your experience.

Most people spend a majority of their time focusing on the problem and only 10% on the solutions. It is more productive or resourceful to allocate 90% of your time focusing on the solution.

Focusing on your strengths is always to your benefit and allows you to improve your results in whatever you choose to do.

2. Above the line thinking

Take 100% responsibility for the results you get. How you choose to experience anything is up to you entirely. You are the most important person on this journey. Changing your thinking can literally change your life.

RESPONSIBILITY	ACCOUNTABILITY	OWNERSHIP	
EXCUSES	DENIAL	JUSTIFICATION	BLAME

Below the line thinking puts you at effect, because this is a much weaker position to bring about change in your life and is unresourceful. **If your thinking is above the line then you are at cause and in a more powerful position to make changes and achieve your desired outcome.**

3. There is no Failure only Feedback

Everything that happens is simply feedback (including the results you don't want).

If you choose, you can develop the behavioural flexibility to keep adjusting what you do and what you choose until you get the results that you want, because you do not take the feedback personally.

Ask the questions

- How can I learn from this situation? What's the gift here?
- How can I improve this result?

More importantly

- Who do I need to become or be to achieve the desired result?

In other words it is far more constructive and resourceful to be thinking "What do I need to do next?" than "It's too hard" or "I can't do this" which is not being resourceful at all and puts you at effect- see key #2.

4. Embracing Uncertainty

Have a willingness to explore what it would take to let go of the need to get things "right" or to have things work out exactly as you intend.

This is not the same as giving up, but it does allow you to be open to variety and adventure.

Let go of the need to get it right and be willing to make mistakes. Focus only on what you can control and influence which is only yourself.

Thinking outside of these areas will only cause you frustration and cause you to be ineffective and unresourceful.

5. Be the best you can be

It is about continuous improvement not perfection.

You are doing the best that you can with the resources you have at the time. If you knew how to do better you would.

Take responsibility for your results and actively move towards your goals. Alternatively move away from what you DO NOT want more of and towards that which you DO want more of.

Do unto others as you would have them do unto you.

Affirm yourself daily that you are working towards the person you desire or expect to become – tell yourself "I love and respect myself and my body". Act as if the condition you want is already in place.

"Change your thinking, change your life"

For more information or to book an appointment contact **Colin Slater - 0419 568 043**