



CALL 1

UNDERSTAND YOUR DRIVING FORCE

3 KEYS to your new self

1. Awareness (Today and who you want to be at end of year 2019)

2. State Management (Your Energy each day leads to good weeks to great months to an amazing year)

3. BreakThrough Fear embrace Faith (Let Go & embrace inner knowing with Trust)

Trust is the foundation of any relationship and it starts with placing Trust in yourself



We get to

CHOOSE - 12 STEPPING STONES (1 EACH MONTH)

- Confidence
-

- Happiness 1st
-

- Opportunities (embrace One Thing 1 step at a time, Organized!)
-

- Obstacles (resilience, persistence)
-

- Set a New Standard & Step Up
-

- Expect the Best - keep focus on what you want
-



SO WHY DO WE DO WHAT WE DO?

To meet our needs! We believe doing something will make us feel something in return. It drives us! Our Driving Force.

In my work with Tony Robbins, he has developed over the past 30 years, *Human Needs Psychology*, working across more than 80 countries, every continent and millions of people - our **Human Needs** are the same regardless of cultural differences

WE HAVE A NEED FOR EACH OF THESE AREAS IN OUR LIFE IF IT IS TO BE SUCCESSFUL AND FULFILLING

- Certainty
- Uncertainty - Variety
- Significance
- Love / Connection
- Growth
- Contribution

However, what makes each of us unique is our preference for our Top 2 Needs.



Needs can change over time especially if you develop awareness and discern whether the need is empowering your choices and decisions and behaviors in life or getting you -- the results you are wanting!

So, our needs can change during our life stages as do our behaviors from childhood into teenager into young adult into maturity into ageing - or they may not change at all -- especially if our behaviors meet our needs and are rewarded & met on an ongoing basis.

Anytime 4 or more needs are met, *and strongly met*, we develop an addiction to that behavior. (Re-read as often as necessary!)

We use “vehicles” to get our needs met

- Work, relationships, food, alcohol other substances, money, sex, power, learning attention seeking (social media and celebrities are an example) terrorism, anger
- We end up valuing these vehicles out of proportion thinking they are what give you your feeling - Meeting your need
- What I want to do with you today is raise your awareness of your own Driving Force your top 2 needs and are they aligned with what you truly value in life.

To create your life on your terms, do have what you dream of, you must understand what you value.

OUR CORE VALUES ARE OUR TRUE DESIRES.

When discovering your core values ask yourself why do I want to achieve X, by achieving a certain goal what will it give me? What feeling will I feel?

For example.....



I want to lose weight to be more socially accepted vs I love connecting with other people important to me especially when I am feeling great loving my body temple

- *Connection is the deeper value sought than weight loss*

When you design your life based on your core values, not your spouses', not your parents', not your boss - YOUR VALUES - life will begin to magically feel beautiful amazing energizing and at ease!

Yes -- you will continue to experience challenges and obstacles but because your choices are based on what you value most, you are moving towards a deeper meaning for you by growing on purpose!

LET'S EXPLORE BY ASKING -

- What in the past has been most important to you?
- What is most important to you in life now?
- What do you want to bring more of into your life?

Start creating a life you love, you adore, by listing what feelings you want to feel each day.

What sparks joy?

Think about this goal / feeling you want

I want.....



Imagine it fully.

When I have I will feel

What other ways can you experience that feeling now? What other ways have you experienced that feeling in the past?

What new ways might you experience the same feeling in the future?

What needs of the 6 Human Needs are met by you having this feeling?

Scoring out of 10, the various ways above for past, now and future

