

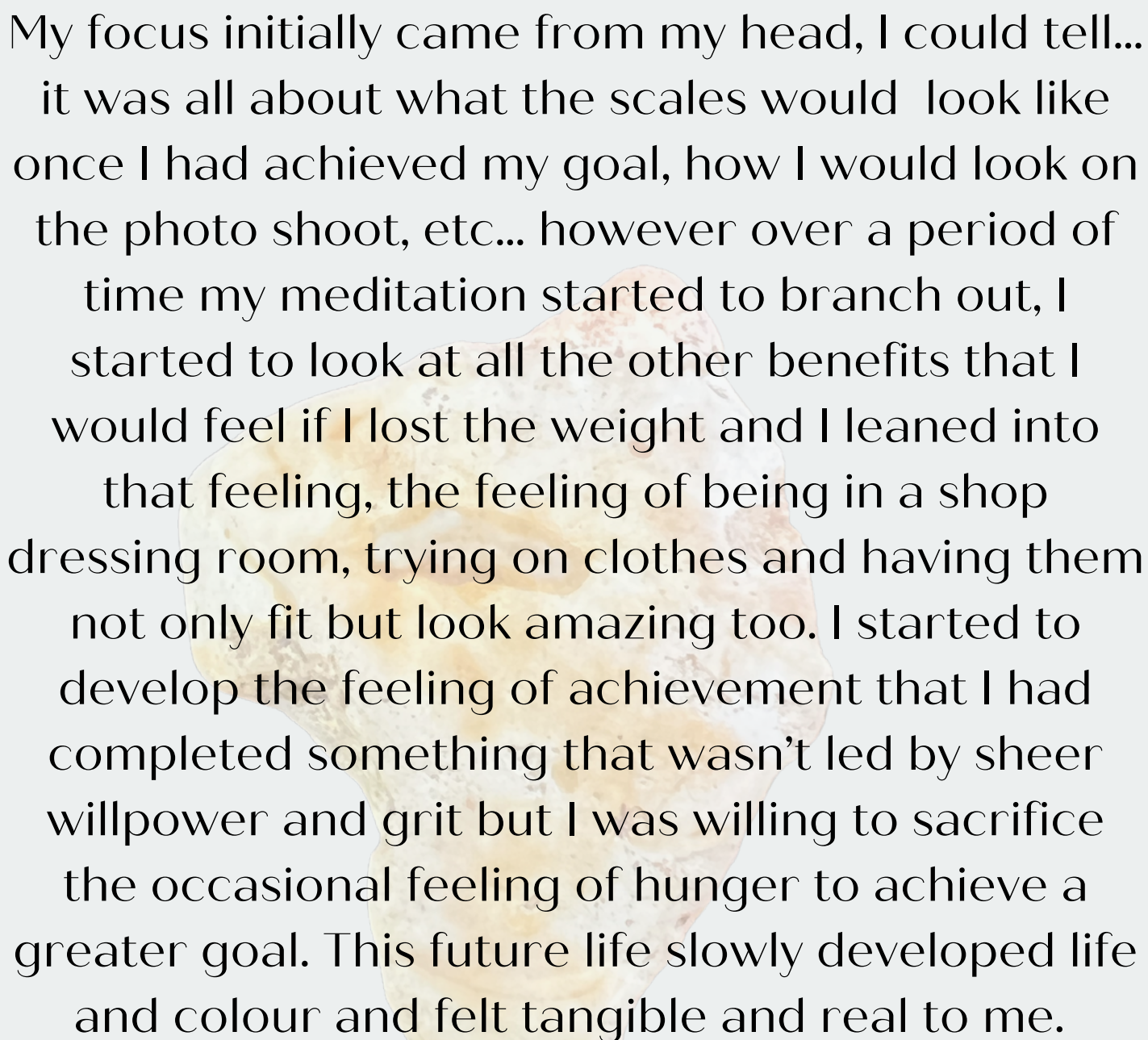


7-minute to Success Method

How I came up with the process & why it works?

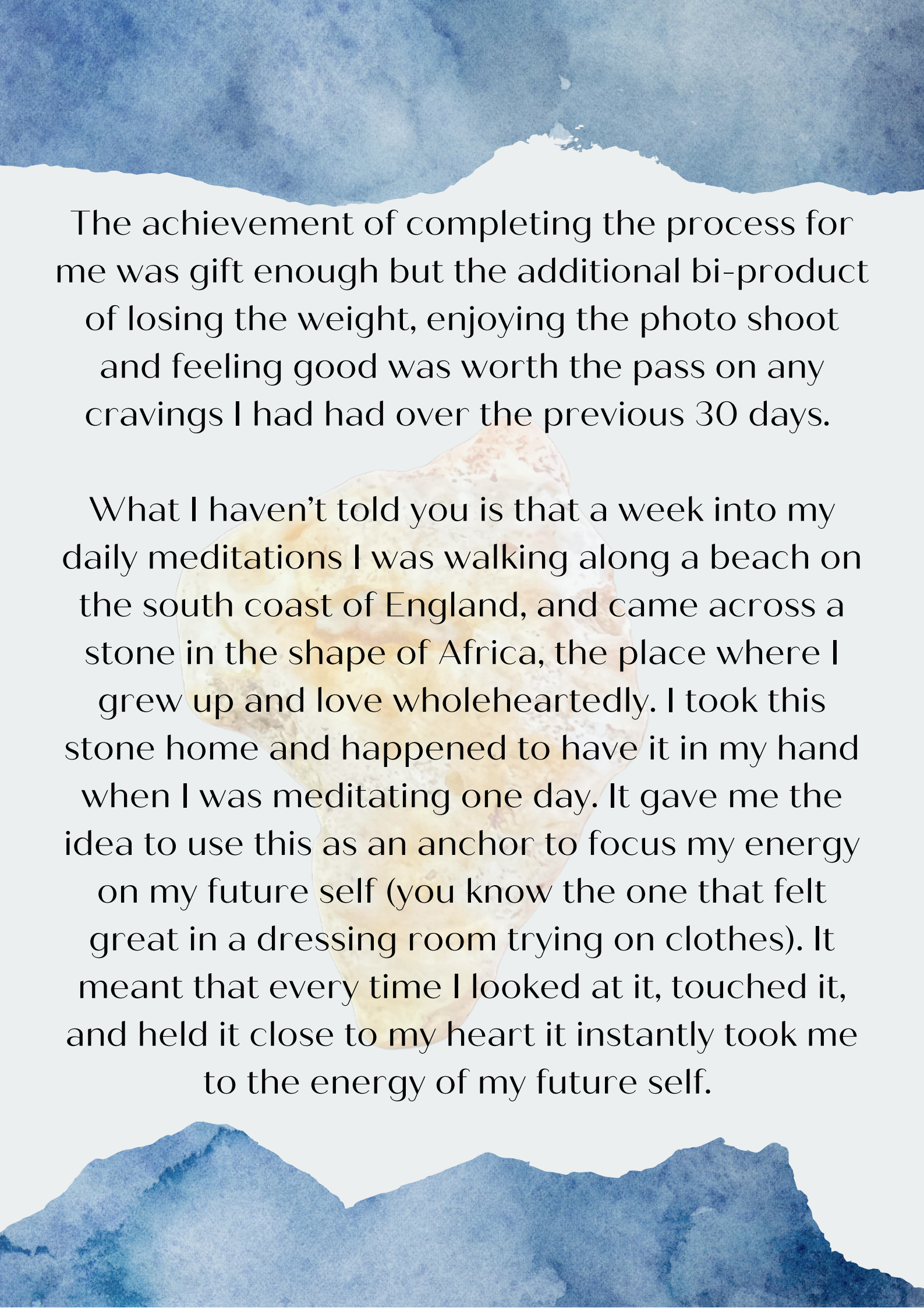
Towards the back end of 2020, I had arranged a photo shoot and wanted to drop some weight so that I felt good in my clothes, I decided that I was going to practice 30 minutes of yoga every day and walk 10,000 steps; I was going to cut sugar out my diet and not snack and for me, that was good enough for a month.

All of this I knew was possible but I also knew me at the time. Inclined to inconsistency and easily bored by routines. So, I decided to give myself a little booster and meditate for 5 minutes directly after I did yoga. I focused on the one thing I wanted to achieve that month, staying consistent and losing some unwanted lbs. I used a guided meditation and focused solely on this one goal.




My focus initially came from my head, I could tell... it was all about what the scales would look like once I had achieved my goal, how I would look on the photo shoot, etc... however over a period of time my meditation started to branch out, I started to look at all the other benefits that I would feel if I lost the weight and I leaned into that feeling, the feeling of being in a shop dressing room, trying on clothes and having them not only fit but look amazing too. I started to develop the feeling of achievement that I had completed something that wasn't led by sheer willpower and grit but I was willing to sacrifice the occasional feeling of hunger to achieve a greater goal. This future life slowly developed life and colour and felt tangible and real to me.

Needless to say, I did it!



The achievement of completing the process for me was gift enough but the additional bi-product of losing the weight, enjoying the photo shoot and feeling good was worth the pass on any cravings I had had over the previous 30 days.

What I haven't told you is that a week into my daily meditations I was walking along a beach on the south coast of England, and came across a stone in the shape of Africa, the place where I grew up and love wholeheartedly. I took this stone home and happened to have it in my hand when I was meditating one day. It gave me the idea to use this as an anchor to focus my energy on my future self (you know the one that felt great in a dressing room trying on clothes). It meant that every time I looked at it, touched it, and held it close to my heart it instantly took me to the energy of my future self.




Fast forward 2 years, I meditate daily, my goals have evolved and changed and my vision has developed to enable me to live a life beyond my wildest dreams. How is this type of transformation possible? How is the consistency to embody this possible? What is my powerful secret to success?

My 7 - MINUTES TO SUCCESS METHOD

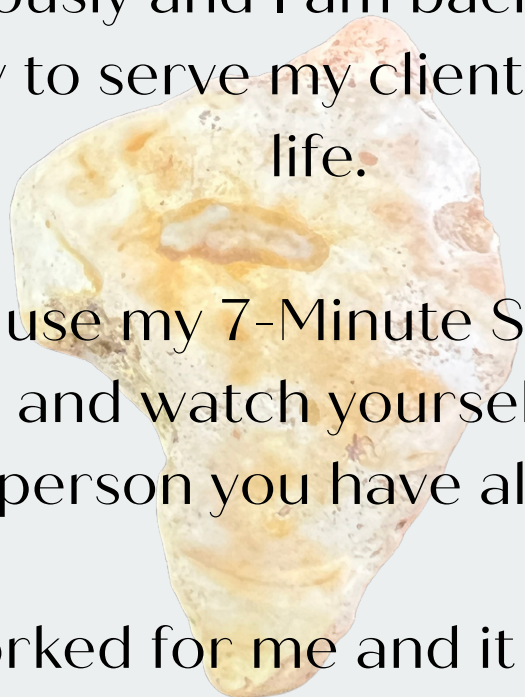
Re-read that! Just 7- mins a day to transform your life..

Here's how

... as I wake, I listen to my SUCCESS METHOD, hold onto my rock of Africa and visualise scenarios that my future self will have to develop the life of my dreams – and it all seems within reach and so possible.



That anchor, that rock brings with it the instant energy I need to remind myself in times of low energy, times of doubt and challenges that there is a bigger picture, a bigger life I am working towards for myself and for others and there is no negotiation. I step into that energy instantaneously and I am back. In my zone of genius! Ready to serve my clients and live my best life.



I invite you to use my 7-Minute System To Success for 30 days and watch yourself step closer to being the person you have always desired!

I know it worked for me and it will for you too!



Process

Step 1: Find your anchor.

An object small enough to carry around with you, maybe it's a crystal, rock, piece of jewellery; something that has meaning for you.

Step 2: Choose your goal.

Examples: losing a few lbs, posting on SM for 30 days, getting a new client (pick something that is going to challenge you)

Step 3: Commit to keeping that anchor with you all the time.

Either wear it or put it in your pocket. I have mine on my desk and beside my bed

Step 4: Listen to my 7-Minute System To Success within the first 20 minutes of waking up.

Those first valuable minutes are called the alpha stage, the gateway to the subconscious mind. Your brain is at its most impressionable and soaks up information like a sponge at this time. Whatever you hear, see or are exposed to in that first 20 minutes will affect you and set the tone for the rest of your day. Powerful!

Step 5: Rinse and repeat daily and watch what happens.

Step 6: Follow me on Instagram (@serenadoddcoaching) and DM me to let me know how you get on. Share this with your friends and community and let's encourage each other to start our days differently...