



ALIGN

Your eyes will see and your ears will hear
what your mind is looking for.

Session 2



A5: Consolidate What You Want

A5-a:

Look at your A3 responses to your Arenas of Want. Consolidate each arena's wants into a 1-2 sentence or phrase that captures its core value.

CW

1. Health

2. Fitness

3. Financial

4. Family

5. Relational

6. Spiritual

7. Personal

8. Professional

EXAMPLE:

CW

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The Meaning & Clarity Phase: How to Simplify the Path to Your Desired Life

Distillation

The extraction of the essential meaning or most important aspects of something.

Crystallization

Make or become definite and clear.

There is a network deep in your brain that will move you toward your objective with greater ease, clarity and efficiency. It's called the Reticular Activating Formation (RAF). Like a search engine, you only need to define what you want to search for and the search engine will pull up results. Your RAF operates similarly but it also will help you engage in the right choices and actions 24/7. The clearer the search, the more accurate the choices and actions become. Right now, your RAF is currently moving you toward the same results you've always had. It is scanning all options but, without specificity, it bogs down your processing speed and divides your focus. This results in bringing choices to mind that may not be fruitful due to not defining the outcome(s) you really want.

Neurologic Functions on the RAF:

- Consciousness
- Sleep & Arousal
- Heart Rate & Blood
- Respiratory Control
- Nonspecific Sensory Modulation
- Postural Control

You were not designed to be an infant your whole life tossed back and forth by the waves or blown here and there by the winds of distractions. Without *clarity* and *vision of* what you want and why you want it, having the courage to persevere and do the work will fade when you face your earliest challenge. Challenges that are certain to come. Through clarity, gaining discernment will keep wisdom in view and center your focus. Within this focus, there is newfound strength to not only face the hard work but actually be in a state of gratitude and creativity for the challenges which leads to your new approach with better outcomes than you've ever experienced. You will recognize that these challenges are the catalysts that spur the renewing of your mind's creative solutions. This attracts the cooperation of circumstances and people in ways that make you feel that the right doors are opening for you as you go. Your brain's RAF has this power. That's why even the tough sledding will feel more like joy...because you know you're making progress. You will gain discernment between banging your head against the wall that has nothing on the other side of it and chipping through those walls that hold your life-giving desires on the other side. While the results are amazing to achieve, the gifts and wisdom that you have to enjoy and pass on come from learning how to swing the hammer that chips away the stones in the walls separating you from your dream life. This is the process and path of becoming capable. There is no substitute. Through it, you will know how this process planted in you, unshakable competence and confidence. You will experience becoming the you that you've dreamed you could be. The you that you were made to be.

Now is when all this gets real. Where the "foo-foo" feeling exercises up to this point become real actions steps that shape the life you deeply want. You are on the verge of literally building new brain matter and connections. It won't happen overnight but you will be surprised how fast you will climb.

A5-b:

Look at your sentences you created above in M6-A, pick out and underline the **key words** of those wants. Write them in the box provided. These key words should be the *distilled concentrated essence* of what you want.

EXAMPLE:

CW

1. Health

Lose 25 lbs., go to the dentist and dermatologist, be healthy enough to get off of at least one prescription.

-25 lbs.
Dentist/Dermatologist
-1 Rx

2. Fitness

Be able to ride my bike again for more than 30 mins and play hard with my kids.

Bike > 30 mins
Play Hard w/ Kids

3. Financial

Make \$8,000 more than last year, pay off debt.

+\$8,000 this year
No debt

4. Family

Eat every dinner together at the dinner table during the week, go camping together once a quarter, see my parents more regularly.

Weekday Dine
Together
Quarterly Camping
Sched for Parents

5. Relational

Have date nights at least every two weeks, make time to see my friends and call them.

Bi-Monthly Dating
Friend Sched

6. Spiritual

5 days a week start my day with a devotional and meditation for 20 mins.

Weekday Devo-Med
20 Mins

7. Personal

Learn piano and make a garden with food I can eat.

Piano Lessons
Garden Grow-Eat

8. Professional

Have the top 3 sales in the region, have all my lesson plans created two weeks ahead of schedule, learn digital marketing.

Top 3 Region Sales
2wk Early Lessons
Start Mkt'ing Course

A5-c:

1. You will now make a goal out of your Concentrated Wants (CW, the Key Word Boxes). This is called your **Goal** from Concentrated **W**ants. (**GCW**). The goal must be:
 - a. **Measurable**
 - b. **Verifiable** (Objective)
 - c. **Timebound** (Deadline)
2. Simply add a **deadline** to each goal and make sure that each goal is **measurable and verifiable**.
 - a. Suggestions: Use a different color pen for this step. You may want to rewrite the goal to make it flow better.
 - b. Good Ex: (see example chart below)
 - i. "Go to the Dentist & Dermatologist by 10/15/20."
 - ii. "Follow Dr. Borbón's nutritional plan to both lose 25 lbs (weigh 195 lbs) and normalize HbA1c to get off Metformin by Christmas 2020."
 - c. Bad Ex:
 - i. "Go to the Dentist & Dermatologist."
 1. (Not timebound.)
 - ii. "Lose weight and reduce prescriptions."
 1. (Unclear objectives and timeline: As it is written, losing ½ a pound could fulfill this goal's requirement. Is that the goal?)
 2. (Which prescription is being targeted? How much of a reduction is desired?)
3. See the example page below.

NOTE:

This page may look pretty messy and wild when you're done adding your notes to it. Don't worry, you're going to clean it all up later. For now, complete the Goal phase of your Concentrated Wants.

A5-c EXAMPLE:

GOALS from Concentrated Wants. (GCW)

CW

1. Health	by 12/31/20 Lose 25 lbs., go to the dentist and dermatologist, be healthy enough to get off of at least one prescription. Follow Dr. B nutritional plan and lose 25 lbs. and off of Metformin by Christmas	-25 lbs. Dentist/Dermatologist -1 RX
2. Fitness	by 9/1/20 Be able to ride my bike again for more than 30 mins and play hard with my kids. Play soccer with the kids for 15 mins straight by 10/1/2020.	Bike > 30 mins Play Hard w/ Kids
3. Financial	Make \$8,000 more than last year, pay off debt. Begin XYZ Debt Payment Plan Method on 3/1/20, complete paying off debt by 2/14/2021. Hit my markers to make each quarterly's \$2K bonus for the next 4 quarters by 6/1/21.	+\$8,000 this year No debt
4. Family	From the beginning of the school year until the end Eat every dinner together at the dinner table during the week, go camping together once a quarter, see my parents more regularly. Have each camping trip scheduled before the 1 st day of the next quarter. Travel to them every other month and call 2/week starting now.	Weekday Dine Together Quarterly Camping Sched for Parents
5. Relational	Have date nights at least every two weeks, make time to see my friends and call them. 2x/month date (only one can be dinner) starting now. Schedule a 1/yr get together, finalize plans by 12/1/2020 for 2021.	Bi-Monthly Dating Friend Sched
6. Spiritual	5 days a week start my day with a devotional and meditation for 20 mins. Mon-Fri from 6:00-6:20AM from 3/1/20 - 5/1/20 and Daily Audio Bible on drive to work.	Weekday Devo-Med 20 Mins
7. Personal	Learn piano and make a garden with food I can eat. Start 1/wk piano lessons by 4/1/20. Complete building garden and have planted by 3/7/20.	Piano Lessons Garden Grow-Eat
8. Professional	Have the top 3 sales in the region, have all my lesson plans created two weeks ahead of schedule, learn digital marketing. Choose and start the XYZ Digital Marketing home study from udemy.com. Start 6/1/20 complete by 7/15/20. Sell 3 widgets every week and 1 more than anyone in my region.	Top 3 Region Sales 2wk Early Lessons Start Mkt'ing Course

Have the next 30 days of lessons outlined before the 15th of each month.
Have the next 2 wks detailed lessons completed on the 7th and 21st of each month.