

2012 Rules of Engagement

Many people have a tendency to attract exactly what they don't want in life but often what they need most in order to learn necessary lessons which, if acted upon will lead to self-empowerment, self-improvement and a balanced prosperous life.

This is the "law of attraction" put forth in the popular book *The Secret* by Rhonda Byrne. In other words, what you focus on is what you get. Life Echoes Back What You Transmit.

A tech savvy usually efficient and productive computer whiz, Sharon was financially at her wits end and rapidly running out of money when she decided to take a second job to make ends meet. Little did she realize that she had just jumped from the frying pan into the fire.

She loved her computer work; it gave her a real sense of accomplishment and satisfaction but unfortunately it did not generate the kind of income she needed due to her business model. Her third try at a second job took no advantage of her computer skills, imposed long work hours standing on her feet and rapidly turned into excruciating fatigue preventing her from servicing her existing computer clients in a timely fashion. Sharon's part-time boss was unkind and relentless, imposing unrealistic expectations beginning day one which further depleted Sharon's self-confidence and eroded her productivity.

Sharon was attracting everything she didn't want. Her part time job and boss were echoing back her lack of goal setting and clarity in choosing her second job, the amount of time she could devote to a low-paying long-hours job and the toll it would take on her relationships with existing clients and her health.

Transmit Wisely

The solution – clarity and balance in all areas of your life. When balance is the objective it is nearly impossible to jump from the frying pan into the fire unless your goal is to go out of balance and get burned. Organize your life using the guidelines below to help you achieve balance and transmit only what you want echoed back.

Goals - Keep focused on your goals for 2012. Have them clearly defined. Have them so clearly defined that you can create a visual image, smell them, instantly think, touch and feel them.

- Use a yellow tablet and make as many goal categories as needed; income, relationships, health, moving to a new home, expanding your business etc.
- Once you have the categories, make a page for each and write all the things you'd like to accomplish in each category – using health as an example, you could write, lose weight, workout, walk two miles per day and so on
- Then, number the items in each category by importance with No. 1 being the most important

Focus – Unleash the power of your focus. You can either focus on a thousand things at once and get nothing done or focus on No. 1 in two or three categories and ensure success.

- Chose no more than three categories to focus on at any given time and then determine which of those is most important
- Spend 80% of your time on the No. 1 item in the most important category – this will yield guaranteed success
- Spend the remaining 20% of your time on only two other items until you have either accomplished your goals or feel confident about adding one more

Action – Accomplishment and success mandates focused action. No matter how much you wish for something better to happen, it won't happen unless you take action. When you transmit information to others about your goals, are you transmitting what you want or what you don't have? What you are transmitting is what you will receive.

You can complain to all your friends and family about not finding a job, your inability to lose weight, finding only inappropriate relationships or not earning enough money all of which only reinforces what you don't have. Unless you actually do something to change your thinking, get crystal clear on your goals and take action you will continue to go jobless, lose clients, have inappropriate relationships or lack money.

In Sharon's case, she is clarifying her goals now so she can focus on what she wants, not what she doesn't have. She is evaluating what changes she needs to make in her business model as well as clarifying the type of second job that best meets her needs financially and time wise with the least amount of physical demands. Once she takes action and spends 80% of her time on her most important item which is increased income, she will be successful and the world will echo back what she transmitted matching what she wants not what she doesn't have.

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