

You're the  
Key

*to your life*

STOP BEING THE PADLOCK

**Niamh Wrenne**

# YOU'RE THE KEY TO YOUR FUTURE

## Stop being the padlock.

Hi there, my name is Niamh, and I am so very proud of you for claiming this workbook.

It's not easy to acknowledge that you hold all the power of your life outcomes, especially if you are not where you want/thought you would be today, be it physical, emotionally or financially. It's so much easier to think that life 'just happens', but it doesn't.

It's even harder to do something tangible (like downloading a workbook) that will force you to look at this fact, and then, call on you to actually take some action towards designing the future you want.

Information  $\neq$  Transformation

Information + Application = Transformation.

Currently you are the padlock to your desired future. You, as you are in the present moment, were created by all the decisions you made based upon beliefs you have internalised. Be they positive or negative beliefs. You are the Yin and Yang. You are masculine and feminine. You are light and dark.

Everything in your life comes with two sides. Even what you remember to be the 'shit fest' moments, no matter how painful, have opposite positives to them. It is all down to how you choose to view them. And that is a choice. Your choice.

I won't sugar coat this. This material is going to be hard sometimes. It's going to shake your very core. There may very well be tears. Tears of happiness, frustration, bitter-sweet tears, and all out pure raw anger. Stay with it because I promise you this. It will be worth it!

You are finally going to discover (not just hear the words) but truly discover that, YOU are the key to anything you want in your future.

# ANYTHING

Love, financial security, material things, inter-personal relationships, friendships, family.

**You name it.**

**You describe it.**

**You remain OPEN to it.**

**You take action towards it.**

**You will receive it.**

I can help you build the online business you crave by eliminating the technology overwhelm, but for the majority, technology overwhelm is not the problem, even though that is what you may be telling yourself.

It's because you don't even know who we are any more. But that's okay.

Right now, you're being your own padlock.

You will soon discover that **you are actually the key to unlocking EVERYTHING you want.**

But don't be like a child excited to open birthday gifts the moment they wake up on the day.

**NOBODY can promise you the DAY it will happen.**

I can promise you, that if you do this work, when you stop, pause and reflect on all the 'crap' in your life (that was or that still is), you will realise what a gift it was/is, and also realise, you learned the lesson and you can let go of the event.

It has been a journey for me to get here. The technology wasn't the problem for me. I started my online business 16 years ago. My problem was visibility. It was knowing who I truly am. It was knowing my REAL gifts. But I found them, and that's all that matters! At least it's enough for the me now, but growth and change is inevitable. There is ALWAYS more to be done. If you're still breathing, you're still working.

One final word of warning before you read on and delve into these soul searching exercises.

You will have moments where you think “oh shit”.

You will have moments where you realise you took a “wrong turn”.

You will have moments when you “identify” whatever it is that has had you being the ‘padlock’ on the future you want.

THOSE moments are scary. One of the first things that comes up is to be hard on yourself, judge yourself, lambast yourself for being so stupid, silly, irresponsible, naive .....[fill in the blank].

**Don't do that.**

Realise you right now are a completely different person to who you were when any past event occurred. You have more experience, more knowledge, more self awareness. You have the choice to change any belief, habit, or behavior.

**Judging a previous you,  
armed with all your current you has  
isn't helpful.**

**Show yourself some forgiveness and compassion.**

These moments of realisation can be scary good and scary bad.

### Scary Good

Because in these moments you will realise what you will NEVER allow yourself to do again ..... **boundaries** will be firmly established.

### Scary Bad

Because, once a problem has been identified, if you continue to have the problem, you're CHOOSING it. Choosing to do something about it ... that would be **goal setting** which is the ultimate design tool of achievement.

This workbook is the foundation to all my other courses which you can explore at [www.NiamhWrenne.com](http://www.NiamhWrenne.com)

Having said that, this workbook is a powerful stand alone piece of work. So NO, you do not have to purchase any other course.

Also, please don't forget to join the facebook group **Start Now,**

<https://www.facebook.com/groups/easylstartnow/>

where you can meet some incredible like minded women, just like you, preparing to design their new selves and their new futures.

This book is laid out in such a way that, I explain the exercise to you, then list a number of questions for you to answer. I do NOT have pages of space for you to fill in your answers – that in my mind is just mindless ‘bulking’ of ebooks. So grab yourself a notebook and simply write the question you’re pondering the answer to on the top, and write. Write in free flow. This is not something that will be seen by anyone else unless you choose to share it.

Don’t over analyse.

Don’t second guess yourself.

Spelling errors are not an issue.

Don’t worry about keeping it neat and tidy.

**Just write what your mind suggests.**

And now, if you’re ready to continue, let’s get to it.

## WHO ARE YOU? DESCRIBE YOURSELF.

This is a strange question to be asked for most of us, and even stranger to answer, but we all have a 'picture' of who we are in this **present moment**.

The following questions are prompts to help you to dig a little deeper into this description. It of course is not an exhaustive list, however it will help you form a very clear picture of how you see yourself.

- What's your name, age, height, weight, hair colour, shoe size?
- Are you a mom, a daughter, wife, partner?
- Do you own a pet?
- Do you own a house, rent or other?
- What work do you do?
- What do you like to do in your down time?
- What are your hobbies and interests?
- What activities make you happy and excited?
- What bores you?
- What angers you?
- What kind of friend are you?
- How important are 'appearances' to you?
- Do you like to travel?
- What makes you 'tick'?
- What's your favorite T.V. show/movie?
- What's your favorite color, food, beverage etc.



- What lifts your spirits when you need it?
- What do you DEPEND ON to get you through the day?  
[caffine, cigarettes ... etc.]
- Do you have a garden?
- Are you an indoors person or outdoors?
- What material do you like to read?
- What relaxes you? What perplexes you?
- How do you dress?
- What/who makes you jealous?
- How do you feel about rich/poor people?
- What is your 'typical' week like?
- What is your 'typical' weekend like?
- Do you receive thanks well?
- Do you 'expect' tjanks for what you do?
- How do you react if you don't get what you want?
- How do you handle a 'change in plans'?
- How do you handle stress?
- How often do you experience sadness/anxiety/joy?
- Are you organized/disorganized?
- Are you a controlling person always needing to know the outcome or are you more 'fluid'?
- Do you care for (or even like) yourself?
- What are you really good at?
- Are you a complainer or do you tend more to the 'sunny side' of life?
- Are you smart?

- What is your level of formal education?
- Do you like to drive? Do you drive? Do you have a car? Do you like to have passengers with you?
- What music do you like?
- Do you prefer large gatherings or smaller ones?
- Do you enjoy being in the company of your extended family?
- Do you have friends from your early childhood?
- Are you confident, shy, extroverted, introverted?
- How often do you reach out to your friends? Are you the instigator or responder to 'get togethers'?
- Do you send birthday cards or do you rely on Facebook to tell you when your friends birthday is?
- What do you fear?
- What do you embrace, whole heartedly?
- Are you proactive or reactive?
- Are you calm or hyper?

Before moving to the next section, it is important that you take a little time and celebrate where you are. You may be exactly who you want to be, but my guess is you're not. Because if you are still breathing, you still have the opportunity to grow. And that is what most people want. But you must honor yourself and your previous choices enough, to celebrate who you are now.

## WHO WERE YOU EXPECTED TO BE?

Having completed the previous exercise to describe who you are in the **present moment**, it's now time to outline who you FEEL you were expected to be. This is not just expectations, but certain aspects of our upbringing that may or may not have contributed to who we are now. Where we come from, who raised us, the socioeconomic background we stem from.

The 'expectations' that were placed upon us (whether real or imagined) have formed a huge part of our opinions of ourselves.

This exercise is to shine a light on those expectations for the sole purpose of identifying how WE FEEL we measured up! It will also shine a light on many, many points in your life where you FEEL you excelled or perhaps 'left others down'.

This one can hurt, depending on how you view yourself in this moment.

- Were you expected to achieve certain grades in school?
- Were you expected to go to college?
- If you went to college did you choose a 'career' path YOU wanted?
- How were you expected to behave around other adults?
- Was your opinion respected?
- Were you raised in a 'speak when spoken to' household?
- Were you expected to be involved in extracurricular activities?

- If yes, did you enjoy them?
- Were you expected to achieve or were you expected to fail?
- Were you compared to siblings?
- Were you allowed to choose your own clothes?
- Did you have to practice a specific religion?
- Were you permitted to 'explore' alternatives to what parents suggested?
- Were you rebellious?
- Did you conform to the 'will' of others even though it was not what you wanted?
- Were pursuits outside of your parents chosen activities seen as valid or a waste of time?
- Were you raised in a family with well managed finances?
- Did you have to behave a certain way so as 'not to upset' someone else? Walking on egg shells?
- Were you permitted to wear make-up, listen to your choice of music?
- Did your parents 'approve' of your friends?
- What were the consequences [negative or positive] to your behavior?]
- Did you get 'less' or 'more' because you were younger or older?
- If you 'achieved' something was it celebrated or diminished to not make someone else feel badly?

- Were you praised when you did the right thing even though it was clearly NOT what you wanted to do?
- Were you 'teased' 'belittled' or even 'berated' for something about you you had no control over (example: physical appearance) or something you simply enjoyed doing?
- Did you have your own bedroom? In general was it messy or tidy?
- Did you love to do an activity but were discouraged from pursuing it because you were good but not good enough to be a professional?
- Did you get to choose activities such as the game played on family game night (if you had one), or the location for a picnic if that was a family activity?
- If you complained about something (friends, school, teachers, sibling .... Whatever) how was that received?
- Did your parents spend 'time' with you if you asked.
- Was your relationship with your parent open? [could you talk about anything?]
- How were relationships modelled?
- Was puberty, sex, sexuality, open for discussion?
- Were your chosen politics those of your parents or your informed choice?
- How was your family 'perceived' compared to how it 'really was'? How did that dictate your choices?

- Were other family members (such as grandparents, aunts, uncles, cousins) judged openly based on what they did or did not do? What they did or did not achieve? What was or was not acceptable?
- Were there any family 'traditions' that everyone seemed to enjoy, but that made you feel badly, that you never spoke up about?

**You're not a victim.**

**You are not a victim of your circumstances.**

So many of us believe we are at the mercy of our circumstances, when in fact we are the designers, the architects of our future, of our very lives.

You are in control. You get to decide.

## WHO DO YOU WANT TO BE?

Okay, so we have established 'who you are' and 'who you were expected to be'. Now the fun really starts.

Who do you **want** to be?

There are no question prompts in this section, but areas of your life that need your focus, that need to be planned. The more design you put into the future you, the you you want to be, the less room there is for you to compromise yourself in any given situation. You will have firm boundaries on what will be an acceptable action to take in most situations.

We all need a North Star (or a Southern Cross), that fixed point we know we are moving towards. Will our path be 'linear'? No. Life doesn't happen like that. But as long as you know where you want to go, you can 'course correct' any time.

You shouldn't view this as a checklist of what to do or how to behave, but a 'path' you want to travel. Once you know where you are going, everything you CHOOSE to do, will either take you in that direction or take you off the path. But it will be a choice.

This is where you get to (and should) THINK BIG. Nothing is out of reach. Nothing is impossible. The only limitations we experience in life are those we impose on ourselves.

## THE NEW YOU

### **Physical body**

Your body and how you outerly present yourself to the world. How does the new you physically feel and present themselves to the world?

### **Physical Environment**

Your living environment – house, apartment, shared accommodation. The physical location – town, city, country.

### **Carrer & Business**

What is it you really want to do? How much do you want to make? How will you behave when this happens? How do you spend your time?

### **Financial Life**

How is the future you financialy stable? Do you have savings, investments etc.?

### **Social Life**

Friends, fun, recreation.

### **Parenting**

(If you are a parent or want to be one) what kind of parent is the new you?



## **Love Relationships**

What kind of love do you deserve? What will you accept? What will be absolutely unacceptable to you?

## **Personal Development**

Intellectual, emotional, character, spiritual.

## **Spirituality**

What do you believe in that's 'higher' than you as a human being? Or do you believe in any entity at all?

If you find it helpful, do look back at what you have written in the previous sections.

What makes you feel good about yourself? You probably want to keep those aspects, and build upon them.

What don't you like? What doesn't make you feel good? How can that be different? Go with the new 'different' for the new you.

## A LIST OF THINGS YOU THINK YOUR NOT GOOD AT

Unfortunately this is an easy one. Most of us can bang out 30 to 50 things in a minute.

Some typical things are:

- I can't wake up in the morning.
- I'm not good with numbers.
- I'm not a business person.
- I can never stay organised.

You get the idea. I'm not going to offer up any more suggestions as I'm sure you'll have no problems writing your own list.

Just write out everything you feel you are not good or competent at.

## TIME TO REFRAME

The fact is that we are an accumulation of our thoughts. If we think negative thoughts we stay right where we are. If one of your goals is to have your own online business, but one of your constant thoughts is that 'I'm not a business person' that doesn't bode well for the future you. You have to become in your mind what you want to become in reality.

So now the fun begins. Looking at your list of things you feel you're not good or competent at, how can you 'rephrase' those to be positive or more positive (for now).

- I can't wake up in the morning. -→ *I can rise at any time with the help of an alarm clock.*
- I'm not good with numbers. → *I outsource my accounting*
- I'm not a business person. -→ *I successfully help other people with my gifts and talents.*
- I can never stay organised. -→ *Everything goes into my schedule so I stay organised.*

Now it's your turn. Rephrase every single negative you wrote down into a positive.

Reading these positives every single day until they become as natural a part of the you, you are becoming, as the negative is for the current version of you is key.

It can take some time. You could be looking at months depending on how engrained the current negative is, but that's okay. It's not as if you are going to do nothing until these have

shifted. But each day, multiple times a day if you can, read this list of positives.

**Discard the list of negatives.**

**Burn them.**

**They are no longer of use to you.**

## YOUR LIST OF ACCOMPLISHMENTS.

It's time for your accomplishments. I want you to list EVERYTHING it doesn't matter how big or small. It doesn't matter how long ago it was. It doesn't matter if you're writing that you got the lead part in a primary school play when you were 7. List every single GREAT thing you have accomplished in your life.

Again, this is not one that I can give you questions to prompt you. However here are a few possibilities.

But do look in all areas of your life, formal education, sports, music, dance, art, party planning, marriage, children, volunteering, non-formal education, things you have self-taught yourself.

We are our own worst enemies, especially **if we don't have much self worth. If that's the case, we tend to have the attitude "if I can do it, anyone can."** This is NOT true.

Not anyone can bake & decorate a cake.

Not anyone can run a 5k.

Not anyone can play the guitar.

Make this list as exhaustive as you possibly can.

You may want to keep your list near you for the foreseeable future. As your mind starts to wander back and 'look' for those achievements, it will skip over some. But as you write more

and more it will 'realise' oooh she's looking for everything!  
Well here's another, and another and another!

It will start throwing things at you that you had long forgotten about!

This list will make you feel very good about yourself. It will make you feel accomplished. And that is a really good thing. Because you are. But this is the list of accomplishments of the you in this present moment.

## **The New You, the Future You with the dreams and ambitions you have will not be created if you to 'sit on your laurels'**

The REAL purpose of this list is to show you the reality.

EVERY SINGLE THING ON THIS LIST when you FIRST THOUGHT of pursuing it, most likely felt daunting, out of reach, 'impossible' to achieve, scary even.

Yet here you now are looking at all these achievements as DONE.

You figured out a path from possibly daunting, nerve wracking, huge to DONE. And you will do it again ... over and over!

It doesn't matter how long it took (you may not even remember, no matter how hard you try), the fact is YOU ACCOMPLISHED ALL OF THIS.

## This is your EVIDENCE BAG!

This is the reminder not of who you are, **but what you are capable of**, once you make a decision then take action, you achieve.

And this is only a drop in the bucket of what you are truly capable of.

.....

## DOWN TO THE NITTY GRITTY

We are back to a really tough list again.

I want you to write down all of the absolutely horrible, hard, scary moments/events/ongoing treatment you experienced or accepted, in your life that you can remember. Any event where you were hurt (emotionally or physically). Where you were afraid. Where you were scared. Where you felt lost. Where you felt alone AND those moments where you were beyond happy, beyond excited.

These tend to be BIG moments in your life where something occurred and you made a decision. It may have been a snap decision. Or, there may have been ongoing bad treatment 'such as verbal abuse' that occurred over many years and then 'one day' you decided enough was enough. You may have put a lot of thought into what you were going to say, but you still made the decision to say it in a moment.

Either way, a decision was made.

If you were proposed to, you said yes or no.

If you were abused in any way you may have put a stop to it after the first occurrence, or perhaps you may have endured it for years before eliminating it.

Was there any point in your life where you were very ill, but nobody could figure out why? Look there! Something was going on!



Did you have to 'get over' a major disappointment or the feeling of disappointing others?

Have you suffered the loss of a loved one?

Did you feel 'let down' by someone important to you?

Did one moment (perhaps another person's reaction or response to you or something you did) shape what you chose to pursue? What you chose to believe about yourself?

You may have been in a relationship that you thought was IT only to find it wasn't, or told it wasn't.

Your trust may have been broken.

Were you taken advantage of or used by others?

Are there bad but strong memories from your life (even childhood memories) that you just can't seem to let go of? You were hurt and you remember that. You still 'feel' it in your core.

These are just prompts. Not specific questions for you to answer. This is YOUR life.

You will however find that many of these moments were moments **when your very soul was screaming at you that something was wrong**, and you ignored it. In general, the more hurt you experience, the louder your soul is screaming. It was telling you 'this is the lesson I need to learn' yet you didn't. And when we don't take the opportunity to learn the life lesson, a cycle will simply rinse and repeat, and give us another

opportunity to learn the **same lesson**. Usually with more intense pain.

An example from my own life is that when I was little (I think around 8) my older brother had a birthday party. One of the party games was a treasure hunt, and the winner got a chocolate bar. Now this was back in the very early 80's. A chocolate bar was a REAL treat.

It was a party full of older boys, I remember (I don't know if it is correct) being the only girl there. Anyway, long story short, I won! I was so happy. Not only because of the candy bar, but I had beaten all these older boys!

Then I was strongly encouraged, with very stern looks, and a tone of voice I knew not to ignore, to hand that candy bar over to my brother because it was his birthday.

I KNEW that would NEVER have happened if one of the other boys had won. But I was raised 'to do the right thing', which was, always **put the feelings of other people before my own**, 'be a good girl', 'be kind', 'don't complain'.

It has only been an incredibly recent 'discovery' of mine, to find that I WAS an exceptionally **codependant person**. I've always remembered this event clearly. However it wasn't until I learned and fully realised my codependancy that I have been able to back track on my life and **identify event after event after event where I exhibited the exact same 'self-sacrificing'**

**actions.** The only problem has been, that as I got older, the stakes got bigger. It was no longer about candy bars.

Now, whenever I feel I am in a situation where my 'old' codependant self would automatically pop to the surface, I have learned to **create a space between impetus and response.** And it is in this space **where I get to choose what response is appropriate.** What response brings me closer to the New Me. What response does the New Me make? It is very empowering and I can't wait for you to experience it.

When you do start to write these events out and acknowledge them for what they were and how you felt, you will start to notice a repeating pattern.

Identifying these repeating patterns is the GIFT you, in the present moment, is giving the future you.

The gift of identification. The gift of acknowledgment. The gift of saying 'never again'. The gift of boundaries.

As you start to see the 'treatment' you accepted (*and this is not about blame, shame or responsibility*), and the impact it has had on you and your now 'automatic' responses to people, requests, situations ... you have the pleasure of making the choice NOT to do it again. You now have the strength of boundaries.

This section of the workbook takes time. It will take a LOT of time. And it is an ongoing lifetime exercise.

Your boundaries are yours. You can put them up or take them down any time you want. But they are yours to change. Nobody else's. If someone tries to 'breach' your boundaries, that's called 'invasion'!

As you start to build your boundaries, you will start to feel strong and confident. This is the state we should all feel we are in all the time.

**If you don't feel strong, if you don't feel capable, if you don't feel invincible, keep digging.**

You have the answer in you.

When you do find the answers, let's say your answer is, 'I just simply can't be around that person', is that coming from a decision you made or a fear or anxiety you have.

If it's a decision – as in, that person is so negative, I always feel bad after speaking to them – good decision, stay away. But if you can't be around a person because *they make you feel* (for example) anxious or angry, then yes, leave their company, but you are not making a decision. Your response to the emotion of anxiety or anger is avoidance, so it's time to start digging deeper. Your goal is to get to the point of identifying WHY you feel anxious or angry, and eliminate the belief you hold causing that emotion, because *nobody can make you feel anything*.

The emotions you feel are an indication of something you are lacking. If something about another person upsets you, there is some portion of truth to that upset in you. Remember, nobody

can make you feel a certain way. Your thoughts trigger your emotional response. Your emotional response dictates your actions.

So what are you 'thinking' when you get angry, sad, nervous, anxious? What thoughts are flying through your head?

Most people don't like to hear this, but it's true.

If you feel anxious, why? Is it possible you don't trust your decision making? Why? Keep asking why.

If you feel jealous, why? Do you feel you should have something the other person has, but don't. Why do you feel you should have it? If you feel you should have it, why don't you? What has stopped you from having it?

If there is something about another person's personality, for example 'they are loud' that upsets you; is it possible this upset is created because **they can be**, because they are '**permitted**' to be, and **you were often silenced** in your childhood/adult life? You weren't encouraged or permitted to have an opinion?

If a person tells you they are unwilling to help you, do you consider them a selfish person? Could it possibly be, because you feel you are ALWAYS helping others, yet nobody seems to be available for you? Why are you ALWAYS available? Is there a codependency issue here? Is the gratitude you receive your 'feel good factor' about yourself?

EVERY SINGLE EMOTION you feel is a key to your current automatic behaviors. But your automatic behaviors were

created and solidified possibly over years. You first decided on these behaviors as appropriate 'survival' skills when you were a child. They were probably very appropriate choices then.

But you're not that child version of you any more. You get to CHOOSE different behaviors now, if you want to.

**And that is the beautiful and scary as hell truth.**

**You get to choose your own future.**

Now, you certainly can choose to not do much of anything. In two years time, you will certainly be two years older. Your hair will be longer if you don't cut it. You will certainly have lived 1,051,200 minutes more.

**If you don't choose to be a different person, you will very much be who you are now with two more years experience. If that's what you want, that's great.**

However I know you wouldn't have asked for a workbook entitled

**'You're the Key to your Life, Stop being the padlock'**

unless there was some change you wanted to make.

**So now it's time.**

- You have described who you are and who you were expected to be.
- You have decided who you want the New You to be.

- You have reframed negative, limiting thoughts about yourself into a powerful positive list.
- You are armed with your accomplishments that you decided to pursue and achieved in your life to date.
- You have identified bad, scary, sad moments in your life, and the automatic emotional responses you have developed to deal with these and have extracted a positive lesson you learned, which you can now choose to use instead of the negative memory and feelings made years ago.
- You have new strengths and new boundaries that are already contributing to the new you.

**Now it's time to decide, what achievements the New You will set her sights on!**

This is where you have to put your 'but HOW do I do that' brain aside, and start having what you in the present moment may think are obnoxious, selfish, haughty, lofty, too-big-for-your-boots, egotistical goals. And if that's how they feel right now, GREAT, that is what you are going for. I want you to think BIG.

**You have already WHO the NEW YOU is.**

**Now time to set goals to make all of her exist!**

## WHAT ARE YOUR BIG GOALS?

These are the same 'areas of life' you described for your New You. Now it's time to decide on WHAT you are going to do to achieve that. I have put an example description for each area, but you should put as much detail as possible into this.

### **Physical body**

*I am physically fit.*

- I will run a 5k in 6 months.
  - Use Jim Galoways run/walk method
  - Train according to his schedule
- Drink water
  - Fill a bottle every morning
  - Drink throughout the day

### **Physical Environment**

*I live in a small country house with a large garden and green house.*

- Purchase property within three years.
  - Save 10% of all earnings

### **Carrer & Business**

*I have an online coaching business.*

- Start my business by finding my first paid service I can offer people.



## **Financial Life**

*I have a pension plan & investment portfolio.*

- Contact stock broker/fund manager
  - Get more details

## **Social Life**

Friends, fun, recreation.

*I have a full social life with amazing, inspiring friends.*

- Contact current friends who meet new me friend requirements.
- Instigate one night out a month.
- Join a club

## **Parenting**

(If you are a parent or want to be one) what kind of parent is the new you?

*I will always be approachable.*

*I have an open and honest conversations with my children.*

- When my children approach me, I will stop what I am doing immediately (if I can) and give them my full attention.
- I will listen to them with an open mind and heart.

## Love Relationships

What kind of love do you deserve? What will you accept? What will be absolutely unacceptable to you?

*I will be treated with the respect I deserve.*

- I will not accept passive aggressive behavior
- I will not accept condescending or disparaging comments
- I will have full autonomy of my life

## Personal Development

Intellectual, emotional, character, spiritual.

*I have a short refractory period to events.*

- When an event triggers a negative emotion, with corresponding thoughts, I will look at it immediately to identify an alternative thought to choose.

*I have learned how to run my own business.*

- Get NiamhWrennes **Start Now, Scale Later** Course 😊

## **Spirituality**

What do you believe in that's 'higher' than you as a human being? Or do you believe in any entity at all?

*I believe I have a purpose.*

- Explore different spirituality practices until I find one that feels right for me.

## IDENTIFY YOUR 'FLOATER GOAL' IN THIS LIST?

A 'floater goal' is the one goal on your list, that will have a spin-off positive affect on you working on/towards your other goals. It's the goal, as you achieve it, will be the 'rising tide' that will allow your other goals to float also!

**For example, a health goal can often be a Floater Goal.**

***Goal: Lose weight healthily.***

***Chosen action: I only eat healthy, organic foods from now on, and remove all junk food and/or caffeine from my diet.***

Taking action on this goal and sticking with it will have effects on many parts of your life. You will start to 'feel' good in general, which will lift your mood and will most likely affect all types of relationships.

You will have increased energy so may start participating in physical activities more, which will in turn 'feedback' to your original goal of losing weight, but will also make you physically stronger.

You may find that you sleep better, so wake refreshed in the morning much earlier, so now have time to start a new practice of journaling/yoga/meditation or the likes, which will set you up for a great day.

You will eliminate 'brain fog', start being more efficient at your work, which will have positive spin offs in your 'career' area.

Your Floater goal can be any of your goals, but do outline, like I have done above, the possibilities. You will find that there will be ONE that will have amazing affects on so many others.

## COMMON FLOATER GOAL – EARN MORE MONEY!

For many, a common floater goal is finances. We often feel, ‘if we just had more money’ everything would be okay.

This can be true, but it’s not necessarily the case. When I hear this, I ask people ‘If you had unlimited funds now, what would you do with them?’. This is usually met with hesitation and uncertainty. Often times it’s met with a very definite answer, such as – if I had the money, I would join the gym and then my weight loss goal would be realistic. This is true. But what’s stopping you from going for a walk out your front door every evening? (or any other chosen activity). If you’re not doing this, why do you think you would behave any differently when it comes to walking out your door to go to the gym in the evening?

Be mindful using ‘lack of finances’ as the ‘reason’ you’re not achieving what you want to achieve. Often, it’s a very convenient mental block, or limiting belief we have imposed on ourselves. If you take the time analyze this honestly, it may prove to be untrue.

If you can honestly say, “yes, it’s finances from stopping me from getting what I want”, check out what I offer for the online business novice, at [www.NiamhWrenne.com](http://www.NiamhWrenne.com) YOU have a skill, talent or area of expertise people are willing to pay for. Now is always the moment that starts your journey to your new life. Remember, you are the key, stop being the padlock.

## CONCLUSION

I know you got amazing results from this short workbook, **if you did the work.** However, too many people believe ....

Information = Transformation.

It doesn't.

Information + APPLICATION = Transformation.

You must do the work. Books, podcasts, webinars, courses, coaches .... The list of options available to you is immense. But there is one common denominator, no matter what course of action you choose.

YOU.

**At the end of your life on your last day on Earth, I truly hope the person you became, is exactly the person you wanted to become.**

“A sign of wisdom is not believing everything you think. A sign of emotional intelligence is not internalizing everything you feel. Thoughts and emotions are possibilities to entertain, not certainties to take for granted. Question them before you accept them.” ... Adam Grant

**You are the common denominator in ALL areas of your life.  
When you work on you, everything will be impacted.**