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Hi there in. Glad to see you back some more. Now we're moving on to number 17 to 33 and again, when you hit the submit form button at the very bottom of this segment, again, you'll get another email with your responses to these questions. So let's begin number 17. Who and what are you listening to most of the time and the how will you change that if it needs changing? Again, a two part question. So remember to complete both and don't multitask. We're just going over the questions before you start. Just a little reminder, sorry about that. Now the listening to that could be radio, television, it can be yourself, it could be some of the things you're saying to yourself. It could be family and friends around you. And if some of those are not supporting you and some of the things you're hearing and seeing are actually sending you into a negative space or impacting your body and mind, then you're best to steer clear of them and see what you can do about that.

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I once did a 30 day cleanse. You might have been part of Michael Delowe's calls, he does a wonderful 30 day cleanse where basically you don't watch television, you don't listen to radio, you don't read newspapers and you stay away from gossip or any negative commentary or conversations and you do that for 30 days. And Greg and I were just amazed at how much extra time we found, how light or we felt and how much our own relationship developed in that period. So it's worth a go if you ever feel like doing that. And by all means, share your experiences with me. If you give that a shot, number 18, better keep moving because I don't want this to be a long audio. What do you keep saying to yourself that usually thwarts your progress and we're talking to ourselves all day, every day and when you're about to begin a task, what is it that you say to yourself that as you moving into something more fun?

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Because not everything is fun, right? Sometimes there are things that need doing and you know they need doing. And you don't step into the at simply because something you've said to yourself about that thing. So list those here and see if you can, now that you have them on record, see if you can do something about shifting them or replacing them with something more powerful. Number 19, and what could you now keep saying to yourself to empower you? So I was sort of leading into that at the end of 18. Here you have an opportunity to drop in some notes to yourself about things you could take on board for yourself. Number 20, what could you get done this week that you know needs doing? Oh yes, and remember when I said in the first audio that whatever you put into these exercises, is what you'll get out of it.

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So don't sell yourself short. Make sure that you give good responses, not just three word answers. So what could you get done this week that you know needs doing? And if it's beyond this week, you can throw those in as well. But start with just this week, we'll begin small and for what tasks for that task, sorry, what is the first step and the next step? So for each of the things you listed in number 20, just list the first step for each one because as you know, a 90% of anything is starting it. And usually, like once you fill the sink to do those dishes, you're on your way and it takes no time at all and you wondered why you were

sat there looking at them for so long. Right? So, any task is like that too. It's the starting that usually takes our energy.

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And again, that's our own head conversation. So number 22, what could you put into your environment to remind you of your promises to yourself? You answered some things in question number one and a few other things and you had some dreams and you wanted to accomplish some things. You may have even had new year resolutions at the beginning of two that have this year. So, what can you put in your environment to remind you of what you've promised yourself? Uh, there could be posters around, there could be a cute little sayings all around your bathroom on your fridge. There could be pop ups on your computer screen and there could be appointments with yourself in your diary. It could be a phone call. that you need to make and you put that in your diary. You could set it into repeat. If you're not going to take action on a particular day, three days later you find it again and it pops up for you.

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So those kinds of things. You might even share certain things with a close friend and you can bet your bottom dollar that the next time you meet them for coffee, they'll be asking you. So how is that thing that you were talking about last time we met? So they're the kinds of things people are in your environment. There are physical things like posters, there's your computer, there's your diaries and calendars, so don't forget those. You could even wear jewellery. I'm expanding on this one, I know. You could even put on certain bits of jewellery or items on your clothing or little pins that you put on your jackets that every time you see it, it's a visual reminder. Number 23, what could you include in each day to create and hold your vision for the future? Excuse me, I'm just going to pause the audio and take a little sip of water back in a second.

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Okay, that's better. Now. Number 23, what could you include in each day to create and hold your vision for the future? So they might be habits that you have now set up to put into your days. It may be, you know, a regular scheduling of your diary. You might take on board something I think that Jack Canfield suggests, which is every night before you go to sleep, write down the six most important things you want to accomplish for the next day and then let go of them just to have them written down and you'd be amazed what happens the next day. Suddenly those things get accomplished without any major drama. And they seem to just almost happened by themselves and that's likely because you've set your subconscious to work overnight as you sleep. So those kinds of little things, what could you include in every day to hold that vision for your future?

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It may be, meditating each morning, starting a day with a 30 minute or one hour meditation and practicing visualizing what it is that you're looking to create. Sports people use visualization very powerfully and it really does have an impact. It really does make an impact, I'm trying to stress the point, to take on the visualization on a daily basis. I can vouch for it. Sorry, I mucked up that little bit, but I'm going to keep going. Okay. Number 24, what have you, 100% decided to achieve and decided being the operative word. Is there anything out

of the last questions, few questions that you've answered here. Is there anything out of that where you've made a firm decision for yourself and you're just going to take it head on and go run with it, full on.

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So make sure it's a decision that you write here and that is something that you feel your whole body spirit and mind. 25, what ways do you benefit by not deliberately moving toward what you think, what you want? There are benefits. There's always a payoff whenever you're doing something that's for you or go to do. And there'll be some benefits you're getting out of not moving towards what you want. And it may be that you get to stay small and safe and comfortable and you would prefer that. So see what it is that is holding you back from moving on with something that you say that you want to accomplish for your life. Number 26, what activities and new habits will you deposit into your future this month? So, is it that you're going to walk down to that gym and set up a membership?

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Is it that you're going to delegate some tasks to everyone in your family and you're going to have a family meeting? What kinds of things are you going to deposit into that future that you're looking to create? And on a scale from one to 10, how excited do you feel about taking those actions? Um, I've put that measure in there so that you can just check in with yourself because if you are scoring anything below a seven, have a look and see that is, and that's why number 28 is there, what could increase that score? So what is it that you noticed when you were writing how you felt about taking those actions and then what do you know to do to improve that score? What are your highest aspirations for this year? Now, if you're listening to it at the time that I'm creating this audio, the year is just about over, and you may have had big dreams when you made your new year resolutions.

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What are your highest aspirations for the remainder of this year? What are the greatest lessons you have learned in life? These are really handy. Sometimes we forget. And so it's a great thing to record them and make a little list of them because sometimes we move forward without remembering of what we've already learned and what we can build on. Number 31 what is life asking you to do differently? You know, sometimes we get some nudges from the universe and they're a little bit bigger than nudges, sometimes they'd jolts. So what is showing up in your life at the moment and what are you noticing? What are most people saying around you? And what are the comments coming back to you? What are the thoughts that are dominating your day today? And, you know, one of the things or events or occasions or circumstances that are happening to you on a regular basis now, is that really a nudge that you know, little messages you're getting that you need to shift something.

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So check in on that. Spend some time, as I said, this exercise, this whole 50 questions, exercises all about sitting with yourself for awhile and reflecting and tuning in. So number 32, what are you now willing to do that you've been unwilling to step into? And I assert that many times it's just an unwillingness. It's not that we can't, it's not that anything has really got in our way that we

couldn't move. There'll be an unwillingness on our part and it may hark back to that question about our benefits and what we're getting out of not taking action. So what are you now willing to do that you've been unwilling? What non-negotiable decision are you willing to make for your life and stick to it, it's kind of a repeat of the one where I asked you about any decisions you've made.

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So now we're going to look at the non negotiable. This one's powerful, so make sure it's a strong one. And yeah, again, check in with your body check and with your mind. Listen to what you're saying to yourself. Listen to those gremlins as you start to put things into number 33 there'll even be some things you'd put into this box because you have a thought, your mind has said something to you, you said something to yourself about it. So that's really where the benefit of this whole 50 questions is. Listening to yourself as you are responding and what did you get out of completing this segment of the questions that might be where you record some of the things you said to yourself as you answered some of the questions. What were the things that got in your way because they're key to you moving forward. Okay, I'll leave you with that for now and get onto questions 34 and 50 and I'll see you there. Thanks.