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Hi there and welcome to the home stretch. If you've come this far, fantastic, you're brilliant. Now the first question here is what in your life needs immediate attention and you'll know exactly what that one is because it will be again, the first thing that pops up in your head because it's always in front of you on a daily basis. So there's no mystery here. I think you can answer that question pretty well immediately. And then I would suggest, even with that one, once you've got that in place, putting an action into your calendar for this week to get that one straightened out.

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Question number 35 what strategies could you use to better manage your daily priorities? I mean for me, I put everything into my calendar. Everything goes in there and I need to know that. I also have the time to complete the tasks. If someone makes a request of me and says, you know, can you get this done in three or four days? Um, I'll check my calendar and make sure that it's feasible before I pop anything in there. It's now used to entering something in your calendar and using it like a log book or a list of things to do when really you're just jamming it in. Make sure that you also scheduled the exact time allocation that you'll need and if something is due in a week, maybe you'd give yourself two days' notice that this thing is due, rather than on the day of it being due.

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It pops up in your calendar for you and you just go into this panic flap. Okay, number 36 what's perfect about where you are in your life right now? It's great to just stop and think of that one because with all the, you know, you are in creation mode. You've taken on this task of answering these 50 questions and you might've gone down a bit of a hole or a bit of a spin, and that's perfect. No problem. But it is time to just stop for a moment and look at what's great and magnificent in your life, and remember to do that often. So make this list a very long one. Number 37, describe in detail, your feelings once all your goals that you've listed here, once they were all achieved, it's important to get in touch with those feelings and to notice anything that may be uncomfortable because the discomfort, those areas are the ones to go to work on.

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So, make this a real story tale. Describe exactly how you'd feel, what you're doing, who you're with, feel the carpet under your feet. Smell the flowers that are around you. Notice everything and pop it all here. So number 37, your response to that should be very lengthy. And you might even like to do it on a separate word doc. and just recording here that you've done that. Number 38, which books could you read, people you could call and websites you could visit, to support your goals. Get a team together to see who is around you that could actually support you with what you're up to. And Google searches are great. I use them often and find the right books that target what you're up to.

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If you're up to something, find the books that are specific to your needs. So start digging around Google or in your cabinets at home and say what books you've got there already that you might've read years ago that'd just hit the spot right now for what you're up to today. Number 39. In what way are you a better person this year than last year? And this question is a little bit like number 36. It's a guide to reflect on where you've come, how far you've come. The second

part to this question is, what will be your answer next year? And that's where you pop in your hopes and dreams and how you're going to target those because really, to achieve any goals, you need to become the person that fits the goal. Goals come towards those people who are ready for it.

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So you need to go to work on yourself and expand what you are ready to accept. Number 40, where will you find tune your use of time in the next 24 hours. So that's a quick little look at a 24-hour spacing your life and looking at what's usual and then seeing where you could make some changes to some of the structures that you have in place currently. Have you got filing systems that no longer work for you or have you got clutter on your computer that needs clearing? So, doing a few of those things will start to give you more, streamline your time usage, particularly certain emails that you need to unsubscribe to. What do you need to unsubscribe, do you need to sort your emails. Number 41, is there anything you are ignoring to which you should be paying attention?

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And I'll put that one in as a repeat. It's kind of like number 34 but I've put it in there so that, just to hit you again with that one. I don't know possibly you've been honest in that first question, but maybe you didn't quite put down the thing that you need to be attending to right now. So here's another opportunity. Number 42, what are you most excited about now? What are you really looking forward to? Is there anything in this exercise or even some of the things that you've created in your life during the past week that you really thrilled about and pop those in here to remind yourself that you are actually excited and remember too that the bodily sensations of fear are identical to the sensations that you feel when you're excited and thrilled about something.

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See if you can notice that next time, next time you're afraid, see if you can feel your body and the things that are going on and you just may notice the similarity. So often, if afraid to do something, I let myself tell myself that I'm actually excited. Number 43, what ways will you get more energy into your life? See, if you're up to big stuff and you're going to increase activity and you're going to start with some of the bigger projects in your life, then you are going to need more energy. So, list some of the ways here that, you know, it may be a shift in diet. It may be something that you put in with regard to physical fitness. It may be increase the water intake. Most of us are walking around dehydrated and half the time we don't even know it because we're so used to feeling that way.

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Very often. Two glasses of water, will spring you out of, alethargic type of feeling. Make a list here of the things that you could put in that will increase your energy levels. Question number 44, what newly created personal standards will you abide by, hail, rain or shine. See, most people who are very successful in whatever area that I've chosen has got little rules that they live by. Now who was it? The guy from Amos Cookies, I'm trying to think of the guy. Amos Cookies? He'd started something in the USA, but anyway, I think it was him that I heard once in an audio. He said, now that he's made his money and he's all successful and he wants to do some things that he's personally

interested in... if people approach him about any fundraising or being involved in any kind of a charity concern or anything like that, if it supports literature and children and reading, he's in there and he set that as a personal rule for himself and therefore if anyone approaches him with anything else, he says no.

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If it doesn't involve those two things that I'm at, then don't bother asking me. So that kind of thing, if you've got any guidelines you could set for yourself so that clearly when someone makes a request to you, you've got an immediate response and you'll be crystal clear in yourself about what you will and will not do and what you will and will not participate in. Question 45, what are your greatest strengths and how will you leverage those? So take a look and say where your power is and then find that. Add something to your notes in question number 45 about how you will actually use that strength to move forward. Number 46, what would you most likely be to be acknowledged for so far in your life? I know that you've accomplished so much already and there were things there in your life that perhaps no one has actually said to you.

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That was fantastic. What a great job and boy, did it take some courage to go and do that. So this is an opportunity for you to recognize yourself and it is important to do that each year on New Year's Day. I always make a list of a hundred things that I accomplished the year before and it's an acknowledgement for me so that because sometimes you look back over a year and you think, boy, that was full of activity, what did I actually do? So it's good to sit down and just make a record of that for yourself. It also gets you clear, by the way, for creating for the new year. Question 47, what do you need to give to yourself so that you can give more to others? We can't give away what we don't have. So if you need to be nurtured or you need to spend time on personal grooming or if you need a relaxing day in the sunshine with a good book or just to listen to an iPod or whatever it is for you, or you need a day trip down to the beach, you know, you can be much more generous with other people.

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And I think you've probably experienced that many times in the past where you've noted yourself and taking time out and done something really great for yourself and you've got a far greater generosity towards other people when you've done that.

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Question 48 what new beliefs could you take on to speed up your personal decision making processes? It's a bit like the Amos Cookies thing that I mentioned, the guidelines, having a guideline for yourself, but it's more about beliefs. For example, if you have a personal belief that you could never set up your own business and therefore you'd never make that decision to go ahead and even staff or even to ask somebody about it, you know, what's our new beliefs that you could engender to move you into a different head space about that. So take a look at how the things that you'd like to step into and take action on and where you haven't made for them. Decisions for yourself and see if any of the current belief that place that you have are holding you back and are actually stopping you from even beginning.

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Question 49, what do you already know for certain? Is that the truth? Some of us are so, "we really know" but sometimes that knowledge is not based on anything tangible or anything real. It's something in our imagination or a memory has done for us. So take a look at what you really know for certain and drop those down and then go through each one and check in, are they truths. For example, if you know for certain that you could never ever set up your own business or you know, for certain, that you don't have the time to do certain things, then once they're listed here in question 49, after that comment, check in with yourself and ask yourself now, is that the truth? And then you may perhaps even put a little action there, what's something you could do to move that for yourself.

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Number 50 lastly, list all the benefits that you got from completing the exercise right from question one through to number 49. And what are your next forward steps? Don't forget to list those. Remember, that is really what's most important. What is next? So list all the benefits you got from completing this because in that you too will see some gifts there for yourself. Well thanks again, you've been brilliant to stay with this long and to take this time out. I do hope that you will revisit the emails that you get as a result of completing these and take a little look and say what's next for you. Thank you very much and have a terrific rest of this year. and a highly successful next year.