

**“Success is doing what you said you would do, consistently, with clarity, focus, ease and grace.”**

**– Maria Nemeth**



**SUCCESS**

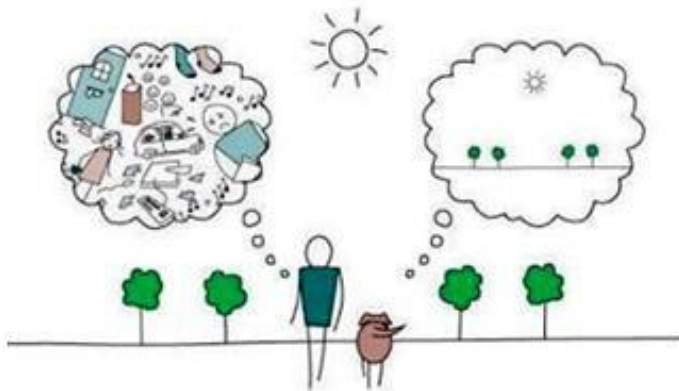
# Being Conscious: The Four Components

## #1 Clarity:

Being clear about Who We Are, What's Important to Us, and What We Want To Do About It.

## #2 Focus:

Using the six forms of energy to make our goals a reality.



Mind Full, or Mindful?

## #3 Ease:

Learning to cross the border by taking small sweet steps, getting support and celebrating each step!

## #4 Grace:

Having the capacity for gratitude, no matter the circumstance or situation.

# **Focusing On Success**

**Let's reframe our definition...**

**“doing what you said you would do”  
is keeping our promises.**

**“Clarity, focus, ease and grace”  
are the four components of living consciously.**

**So...**

**Success is keeping our promises,  
consistently and consciously.**

# And that requires Focus...



## **DEFINITION:**

**the center of interest or activity; the state or quality of having or producing clear visual definition; pay particular attention to; the main or central point of something, especially of attention or interest**

# The Playing Field

## Physical Reality

- ✓ **Things take energy** (money, time, physical vitality, creativity, enjoyment, relationship)
- ✓ **Things are always changing**
- ✓ **Things are unpredictable**



## Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action

Ideas, Dreams,  
& Visions



# The Six Forms of Energy

## CONSCIOUS

Spending
Investing
Vitality Partnering with the body
Contributing our unique gifts
Savoring, appreciating
Supporting

## FORM

<b>Money:</b>
<b>Time:</b>
<b>Physical:</b>
<b>Creativity:</b>
<b>Enjoyment:</b>
<b>Relationship:</b>

## UNCONSCIOUS

Leaking
Wasting
Ignoring the body's needs
Being cunning or clever
Consuming
Manipulating

### Remembering our definition of focus...

the center of interest or activity; the state or quality of having or producing clear visual definition; pay particular attention to; the main or central point of something, especially of attention or interest...

**What does it look like to pay particular attention to our goals? Are they clearly defined? Are they interesting enough to keep our attention? Do they demonstrate one of our most heartfelt Life's Intentions? What do we want to grow in our lives?**

# Depth of Field

Depth of field is a foundational photography concept.

By definition, depth of field is the zone of sharp focus within a picture.

Simply put, depth of field relates to the amount of image that is in sharp focus.



# Remember

*"Where your focus goes, your energy flows. Focus on what you want, where you are going, and what you are actively creating."*

*- Les Brown*



So what are we focused on?

Have we taken the first step by getting clear?

Are we focusing all six forms of energy in accomplishing our goals?

What are we actively creating?

If you're not getting the results you want, what are you focused on?



# Questions?

