



Nicola Walker

What is being focused and free all about?

Focused and free is more than a mindset. It is a state of being, similar to what is commonly known as being *in the zone*. Your heart is open and your mind is free.

Here are just a few of the changes you can expect to notice when you are focused and free:

- ◆ You feel open, vibrant and alert
- ◆ You are at peace and often feel joyful and highly appreciative
- ◆ You know what you want and you go for it
- ◆ You get on with tasks that you normally take a long time to begin or avoid altogether
- ◆ You don't get triggered emotionally in the way you sometimes can
- ◆ You feel confident and assured in all situations
- ◆ You experience ease and a sense of flow as you listen to your intuition and follow its nudges throughout the day

If you want to be focused and free, here is where you begin

First of all, take a look at whatever you most want to change in your life.

The reason I ask you to do that is that your key to freedom, joy and true success is hidden inside your struggles, challenges and frustrations.

Exercise

Look at what is happening in your life right now. Does it feel hard to be focused and free? Maybe you are going through something difficult right now and a lot of emotion comes up. That's totally fine. It's important to be real and present with what is happening now. You always begin right where you are.

Write here or in a journal about your typical day. Look at your stress levels and how tense you get.

What frustrates you?

Do you sometimes feel overwhelmed or burdened?

Is there something you really want, yet fears get in the way of you achieving it?

Deep down, do you fear that something you wrestle with may never change?

Notice how you feel as you write. The purpose of writing this down is to both unburden yourself and to acknowledge what is happening for you.

Awareness and acknowledgement are powerful skills that support you in becoming focused and free.

What do you want?

Now reflect on what you really want to accomplish professionally and personally.

Exercise

Write down your responses to the following questions:

If your life could look exactly how you would love it to, what would be happening?

Is there a dream project or special goal that you wish you could achieve? If so, what is it?

How would you be different if you were living the kind of life you really would love? How would you show up? How would you feel inside?

Your #1 key to being focused and free

The #1 key to being focused and free is actually simple. You have to be willing to step into an unlimited state of mind.

When you focus on what is difficult or frustrating, or on what you fear, you end up facing a downward spiral. You have a limited state of mind.

When you ignore and push down your concerns and deepest fears, you coast along, yet change is limited. You may feel safe, yet there is no room for expansion. Without expansion, it is harder to feel joy.

When you focus on shifting into an unlimited state of mind, you open up. You let go of your need to control. You open up to possibility and inspired actions.

When you are in an unlimited state of mind

Your heart feels open. You feel expansive physically, as if you comfortably take up a lot more space.

You feel free, as if anything is possible, especially something wonderful.

You think clearly. Your intuitive wisdom speaks inside your head and your heart.

You are free of fears. You naturally and easily take action on anything that feels important and necessary.

When challenges come up at work or at home, you handle them calmly, instinctively knowing what to do.

You love being you. You love life. Each day is a revelation. You are continually astonished by the ease with which events unfold, when you let them.

You appreciate all the people you come into contact with, from those close to you to those you hardly know or have only just met. You accept them for who they are, even though some people and situations are harder to accept than others. You see them. You love them. You let them be.

How do you move towards an unlimited state of mind?

1. Take some deep breaths to get centered and calm your mind.
2. Embrace and accept your current situation.
3. Give thanks for the good in your life. If you can't see it, look for it.
4. Notice your thinking. Are you limiting yourself with your thoughts?
5. Choose to think bigger. Ask "what if?" questions.
6. Imagine being free of fears. What would you do?
7. Imagine what you want to achieve unfolding with ease.

Fear-based conditioning

The only thing that will get in the way of you experiencing ease as you create a successful business, or embark on an important project, are your fears.

You may not consider yourself to be a particularly fearful person, yet many of the fears that drive us are in the subconscious mind, which occupies at least 95% of your brain activity according to research.

This is why you absolutely can't sleep through life!

It is important to be aware of your thoughts and feelings, by being present with what is happening beneath the surface of each moment.

If you were a detective assigned to find out why certain things aren't working the way you would like them to in your life, where would you look with your magnifying glass?

Rather than searching through your circumstances, or looking for someone or something to blame, you would look inside yourself. You would find clues. You would know where to look and get to the core issue.

You might find beliefs, often formed in childhood, such as "There is something wrong with me", "I am not enough", "I'm not good enough" or "I'm different." Or, unspoken needs such as "Notice me" or "Don't see me", "Like me" or "Be quiet".

You would notice parts of you that have way too much say, such as an inner pusher or an inner judge.

You would detect fears that influence your behavior such as a fear of failure or a fear of success. You might find a fear of honoring and speaking your truth.

You would conclude that you are not yet free in your mind and heart, despite your accomplishments and all the ways that you are successful.

Becoming Focused and Free

It's helpful to think of becoming focused and free as a process of letting go and discarding all the ingrained habits, reactions and resistance to life so you can discover your essential self.

Deep down, you know how to be effortlessly focused and free; you may well have tasted being focused and free while doing anything that you love and feel passionate about.

You are focused and free when you are relaxed, totally present and intuitively alert. You feel inspired by what you are doing. You are grateful to be alive. You feel fulfilled.

I find that there are three important components to becoming focused and free, which I incorporate into the work I do with my clients.

1. Healing self doubt wounds, often formed in childhood.
2. Developing a powerful connection with your intuitive wisdom, rather than being distracted by fears and limited thinking.
3. Increasing your joy.

True Success

I believe true success is when you love your life as well as being successful. Too many people achieve success at a price.

It helps enormously when you are doing work that is meaningful to you. If you are doing work just for the money, at least focus your attention on exploring what would be meaningful for you. What would make you feel excited and alive? Give yourself permission to create an extraordinary life.

Take steps towards what you really want, beginning now rather than one far off day. It's OK to have a day job if you need one. Just be clear about what you do want and consistently move towards it.

If you are doing what you want to do, but you feel burdened and stressed much of the time, you are being shown that your approach is not sustainable. It's time to explore new ways of being and seeing. There is a way that you can love your life *and* achieve what you want.

Deep Confidence

I have worked with many people who didn't believe in themselves enough.

Do you have a habit of letting doubts and second guessing slow you down?

You are brilliant. If you can't see your brilliance, it would serve you well to deepen your confidence, trust and belief in yourself.

How fully do you value what you do? How much do you recognize and celebrate the positive results you get with your clients, or what you accomplish with your work?

If you feel that you could be more confident, make it your goal to increase your confidence and self-assurance so you fully trust and believe in yourself and life.

Your Next Step

If you would love a conversation, wherever you are in the world, to explore what came up for you going through this guide, what you want to create and what is holding you back, I invite you to sign up for **a complimentary *Focused and Free Breakthrough session***. This session is a natural next step if you are committed to doing whatever it takes to create the results you would love to see in your life, career or business.

If you really want change, it is much easier to create solid and significant changes with the support of another person, especially one who can listen beneath the surface and who believes in you 100%.

To schedule your session, please an email with Focused and Free Breakthrough session in the subject line. Say briefly why you would like the session and also give me your name, best phone number (with time zone) and email address.

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"Nicola has a gift for listening, to get to the root of what's going on. I instantly saw that she had insights that others did not. She has helped me to take more responsibility in certain aspects of my personal and professional life. This has contributed to me having more confidence and feeling happier in my life."

— Geraldine, Web Development and SEO Expert

"Through her coaching and teaching me how to get in touch with my intuitive wisdom, Nicola has helped me find clarity and purpose in my life and business. When I started with her, I was wrestling with much self-doubt and uncertainty. I had difficulty making the calls I needed to make for my business and standing up for myself in other areas of my life. I have learned through this process how to shift my thinking and enjoy much more peace, contentment and joy. Thank you so much, Nicola!"

— Annabelle Colestock, Skincare Consultant, Livermore, CA

"I now feel joyful every day, no matter what's going on around me. It wasn't that way at all before I started coaching with Nicola. I'm so much more focused. My business has picked up. My relationship with my husband is better than it's been for years. I've found out how to be true to myself, now that I turn to my inner wisdom for help."

— DP, Graphic Designer, Petaluma, CA

About Nicola



Nicola Walker has been an inner freedom coach and hypnotherapist for nearly 20 years. She is the author of the upcoming book, *Joy in the Middle of the Mess: An Evolutionary Quest From Self Doubt to Success*. She has developed her own method for connecting with intuitive wisdom to get clarity on challenges and decisions.

Nicola works with entrepreneurs and leaders who want to increase confidence and belief in themselves, while exploring solutions to the pressures and stresses of success. She guides her clients to confidently move forward so they can experience true success, freeing them to love their life while doing the work that is meaningful to them.

Nicola lives in the San Francisco Bay Area, California.

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