

FREE GUIDE

**THE
MINDSET
SECRETS TO
GET WHAT
YOU TRULY
WANT**



The Wellness Edge
AUSTRALIA



Congratulations!

Thank you for checking out “The Mindset Secrets To Get What You Truly Want”.

Change is simple...but it’s not always easy to make change last.

That’s why I developed this guide. It shows you the secrets to getting what you truly want in life. I’m going to share my six-step DESIRE Coaching System with you, to help you unlock your true potential.

Because, if you follow the DESIRE System...you can transform your life! Pretty awesome hey?

What’s also included?

The guide is packed with valuable information that you can start utilising straight away. I really want to help you get more of what you desire in life and ultimately create more of what you love.

So, for best results send any questions to jen@wellnessedge.com.au

I’d love to hear from you!

I’m so happy to share my DESIRE Coaching System with you.

Let’s get into it!

XO





WHAT'S INCLUDED IN THIS GUIDE?

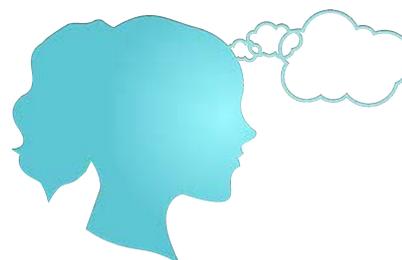
The DESIRE Coaching System	3
Step 1 – Decide to Dream	4
Step 2 – Expand Your Awareness	6
Step 3 – Shift Your Mindset	7
Step 4 – Ignite with Strategy	8
Step 5 – Rise to the Challenge	9
Step 6 – Evolve the Process	10



THE SIX-STEP DESIRE SYSTEM



Step 1 - Decide



This first step is about getting clear on **what** you want.

Because if you don't know what you want, it's very difficult go after it and get it. This seems obvious, but in reality, most people don't take the time to think about what they want. They're so focused on what they don't want, even less people write it down and even less people take action towards it....

Be one of the few that does!

Ask yourself this question -

- What do I want?

And write it down.

It doesn't have to be perfect, in fact, it won't be.

It might feel wrong, but that's okay, it doesn't have to be right, it just has to be done. And I'll tell you why...

Three reasons:

1. The act of asking the right questions gets your brain looking for the answer.

The more you ask, the clearer and more confident in your answers you'll become.

2. The more you get in the habit of looking for what you want and moving towards it, the more likely you are to take action and therefore, obtain it.

3. As you move towards what you want, what you want will change - you'll pivot because you're growing. It will never be 'perfect', so, just get it done.



I know it's uncomfortable, so just get one thing down. Often, when we're struggling to find an answer it's because of fear or perfectionism.

The best way to overcome these things is to push through! Take the time to develop your desire to create the life you truly deserve...the kind of life you're worthy of.



Step 2 - Expand



Now that you know what you want, let's get clear on **why** you want it...

Often we can get caught up in other people's expectations and set goals that are not even our own. If you can't come up with a compelling enough why, then it's likely that what you think you want is probably someone else's aspirations, not yours.

I know for me; I've set goals in the past that weren't my own in an attempt to fulfill an external expectation. But all that does is set you up for failure.

So ask yourself the most important question -

- Why do I want it?

And write down as many reasons as you can.

*If you're struggling with this and you'd like some inspiration to help you [watch Simon Sinek's famous TED Talk 'Start With Why'](#).



Step 3 - Shift



There are many ways that you can shift your mindset and overcome resistance. Resistance is something we all face. Often in the form of fear, doubt or criticism. This is our mind and body's attempt to keep us and our environment comfortable, certain and safe.

The problem is...

What we fear, is often what we most need to do in order to grow and thrive. With the exception of imminent danger, such as fleeing from a lion... It's not only you who will feel uncomfortable. The changes you make may also make those closest to you uncomfortable. And thus, be another source of resistance in the form of fear, doubt and criticism for you to overcome.

The secret is to give yourself permission to let go of thoughts and feelings that are not serving you. If you can make the choice to view things with an open mindset rather than a fixed mindset you will allow yourself to lead a fuller and happier life.



Step 4 - Ignite



Now that we've aligned your mind to your wants and desires, it's time to align your body.

If all we did was change our minds, but took no action to align our bodies, our minds would quickly return to their original state.

This is when you commit to change by creating an effective plan to follow.

Start by asking yourself these questions:

“What is your current system?”

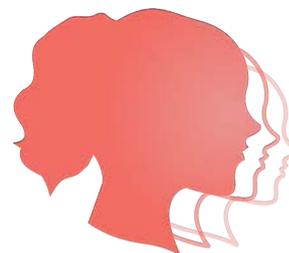
“Is your current system getting you the results you want in your life?”

If it's not, the best way to get the right results is to redesign the system you use using the questions in the boxes below.

What do you need to start doing?	What do you need to stop doing?
What do you need to do less of?	What do you need to do more of?



Step 5 - Rise



Now that you've started formulating a plan...your system for success. It's time to put it into action!

Nothing happens without action. Though so many of us don't do it...

The number one reason we don't take action on what we want, is we lack clarity. The second reason we fail to take action is because we set goals that have no purpose or meaning to us. They're someone else's goals, so it's no wonder we have no drive to achieve them...

But **you do** have drive...because you aligned your goals with purpose in step 2. The third reason we don't take action is because we find it difficult to overcome mental resistance. That's why we talked about shifting your mindset in step 3.

The fourth road block is not knowing how to get there. We get scared of uncertainty, or overwhelmed with perceived complexity of the road ahead. And that's why we discussed forming an action plan and strategy for success.

Now we need to get clear on your single, first step...

No need to make it complicated. On the contrary, I want you to make it as simple, small and as easy as possible to build momentum.

The hardest part is to start right? So, make it simple...ask yourself this one question -

What is your very first step?



Step 6 - Evolve



Now are you ready to find out the fifth reason we fail to get what we want in life?

We set and forget.

Life doesn't happen in a vacuum. Right? So why treat our goals any differently? As we travel towards success and the life we want, we change. Our thoughts, feelings and desires change...we evolve. And so should your goals.

Take the time to reflect on your progress. And evolve your goals as you go.

When you follow this 6-Step Desire System, I guarantee you'll learn how to create permanent positive change in your life.

You'll start to think differently, make better decisions and take more purposeful action toward the life you deserve.

Now, get out there and take action!

If you still need help taking action, I'd like to offer you an exclusive opportunity... to give you a **Complimentary Wellness Visioning Session** with me, Jen Edge, a wellness coach who has been helping people live better lives for over 20 years.

Email me now at jen@wellnessedge.com.au to receive this exclusive offer...I only have limited spots open each month. So, if you'd like to fast track your results...don't wait.

Get in quick because once they're gone, they're gone!