A serene sunset scene over a body of water. The sun is low on the horizon, casting a bright, shimmering path of light across the water's surface. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple. In the foreground, a rocky beach with smooth, dark stones is visible, reflecting the ambient light. The overall mood is peaceful and contemplative.

Focus Life Plan

carol cc miller



Focus Life Plan

“When you start moving toward your dreams,
your dreams start moving toward you.”

~ Carol CC Miller

Are you ready to live the life of your dreams? Are you ready to bring more LOVE, health, and wealth to your life? Are you ready to bring more grace, peace, and ease to your world? If you answered yes to any of the above questions, I invite you to create your very own **Focus Life Plan**.

While you have big dreams that you yearn for, often fear bubbles up around being worthy and deserving of those dreams. Or, we don't have the proper education, enough money, too young, too old. So many things bubble up when we start focusing on the life we desire to live. The Focus Life Plan will help with that. **Let's get started!**

Step 1: Write your dreams down

Take a moment and write down your dreams. From the smallest dream that you know will come true to the biggest dreams, you can't imagine the path to having them come true. I mean ALL of them. I encourage you to create your list, then walk away from it for a while. It can be an hour or a couple of days but give yourself some time between step 1 and the following steps. Think about how you want your life to look like from relationships, meaningful work, health, home life, and adventures.

Step 2: Ask yourself what do you want in your life?

Revisit your dream list and read each dream. I recommend reading them out loud, as well as hearing them sounds different than reading them. Now is an excellent time to make any adjustments to remove some or add new ones that you've thought of since your first attempt. **Note: Your Focus Plan is a living project.** It **WILL** change, as new dreams will be added, others will be actualized, and a dream you had three months ago no longer may be of interest to you, so you can remove it when it is no longer a match.

Ask yourself how you want these areas of your life to look like – feel like:

- ✚ Relationships – romance, friendships, family, colleagues
- ✚ Your health – what does a healthy you look and feel like
- ✚ Your career – how do you want to feel within the work you do
- ✚ Your home – house, cabin, condo, city, rural
- ✚ Travel – where do you want to travel to
- ✚ Other – material items you want

Now, let's start having the REAL FUN! It's time to Create your personalized Focus Life Plan.

***** What do you need to create your focus plan? Sticky notes, markers, an open mind, and an open heart.**



Step 3: Creating focus categories

Now it is time to dissect your dream list into three categories.

- ✚ What I know for sure
- ✚ What I am focusing on
- ✚ Room for more

WHAT I KNOW FOR SURE

This category is for the dreams you are confident are going to happen. They might already be on your calendar as you have dates in place for them to happen. Confidence is key. Look at your list and circle the ones you feel sure about them coming true.

Resistance level: minor



WHAT I AM FOCUSING ON:

This category is exciting! You are far more **excited** about these dreams coming true than you are fearful of them not happening. The resistance might be that they haven't manifested yet, but it's still fun to think about them. This is the inspired action category because when you think about these dreams, you get excited. **Here is where you will focus most of your attention/intention.** Look at your list and circle the ones you feel excited about, but there is still some resistance.

Resistance level: Low





ROOM FOR MORE:

This category is for your BIG dreams! You want to experience them, but you have no idea how they can happen. Other people live this type of life, but you? While resistance is higher on these dreams, we still want to write them down to declare them to the Universe (or whatever you call your higher source). Look at your list and circle the ones you would LOVE to have happened, but you don't see any way it could be true for you.

Resistance level: high



WHAT IS NEXT?

Now that you have placed all your dreams in a category that **FEELS** right for you, it's time to put each one on an individual sticky note. You certainly don't have to do this process, but it allows you to quickly move your dreams around as they move from what you are focusing on to things you know for sure. AND – you will be surprised that the **room for more** dreams will begin to have confidence that **they too can come true**, and they will move up to the 'what I am focusing on' category.

CONGRATS! Pat yourself on the back!

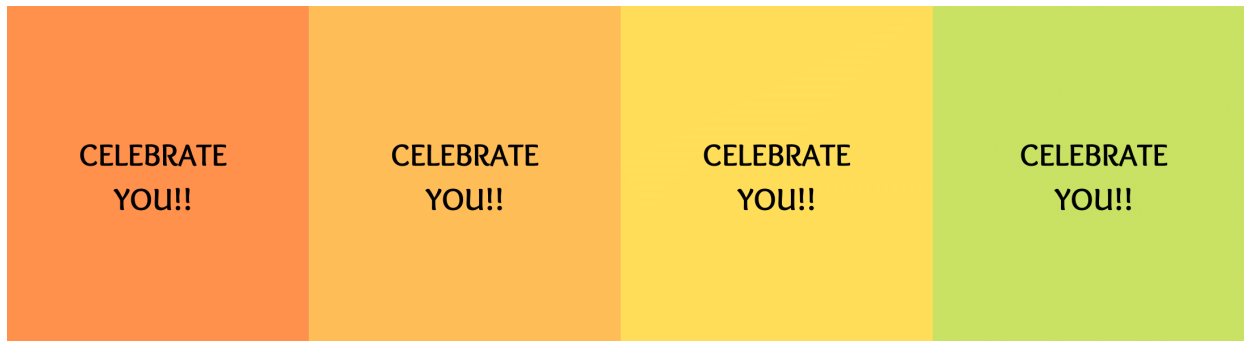
You now have your **Focus Life Plan!** Some tips to help you move forward:

- ✚ Please pay attention to how your dreams FEEL and adjust the category you've placed them in accordingly. If more fear is coming up when you think about it, move it down a category. The important part is to FEEL GOOD when you are working toward your dreams. As you gain confidence in the dream, it will naturally move up.
- ✚ In your 'What I am Focusing on' category. Take each of those individually and create some inspired action steps you can take this week, this month, this quarter, and this year to bring them to fruition. Remember, you have the Universe on your side, so you are co-creating with a higher vision than what you can see from your vantage point.



CELEBRATE!

When your 'Things I know for sure' category comes to fruition, move them into a new category called - **Celebrate You!** This category is a reminder of how far you have come and what you HAVE accomplished. It will come in handy on the days you aren't feeling your best, so you can look at it to get inspired about living your best you.



I have used this process personally, and I use it with coaching clients. If you want support on keeping positive momentum with your Focus Life Plan, check out my website for coaching options:

www.carolccmiller.com

I would also LOVE to hear about your celebrations, so email me: carol@carolccmiller.com

Love Carol

*** I have adapted [Michael Losier's](#) *Vibrational Business Plan* to meet the needs of my clients.