

PERSONAL LIFE STAIRWAY - YOUR NINE STEPS TO ACHIEVEMENT

The 9 step procedure is a useful tool for determining priorities, which can be used for any specific area of human experience.

9			
8			
7			
6			
5			
4			
3			
2			
1			

When you have gained total achievement at every step, they will all look like the bottom step in the stairway above.

When that happens, you no longer have a stairway. You have a complete rectangle.

Then you no longer need these steps, you can take a lift/elevator to the top.

Then you repeat the process with another category or set of 9 words

Take a few moments to consider each of the nine words on your Selector Pad.

Select the one that you are **most** satisfied with at the moment and write it in Step 1.

Select the one that you are **least** satisfied with at the moment and write it in Step 9.

Continue this process, allocating one word to each step, according to your level of satisfaction, until you have used all 9 words and steps. (Only 1 word per step).

The completed stairway provides a clear indication of the priority that you should give to each area. Step 9 is your highest priority and should take most of your attention. Step 8 requires slightly less and so on, down to step 1 where you need only do more of whatever you are doing now- as it obviously works for you!

Your objective is to find this exercise impossible. This happens when you can truthfully need to put all 9 words in Step 1.

If your stairway feels like an infinite number of steps contact Equilibrium coaching on +65 6491 1154

Or email ross.carter@eqlifecoach.com