



## **Self Mastery**

### **Flow of the Session**

**Simple Steps, Practices, Habits and Tools**

**Can use to navigate life and be more successful and fulfilled**



- **What are they?**

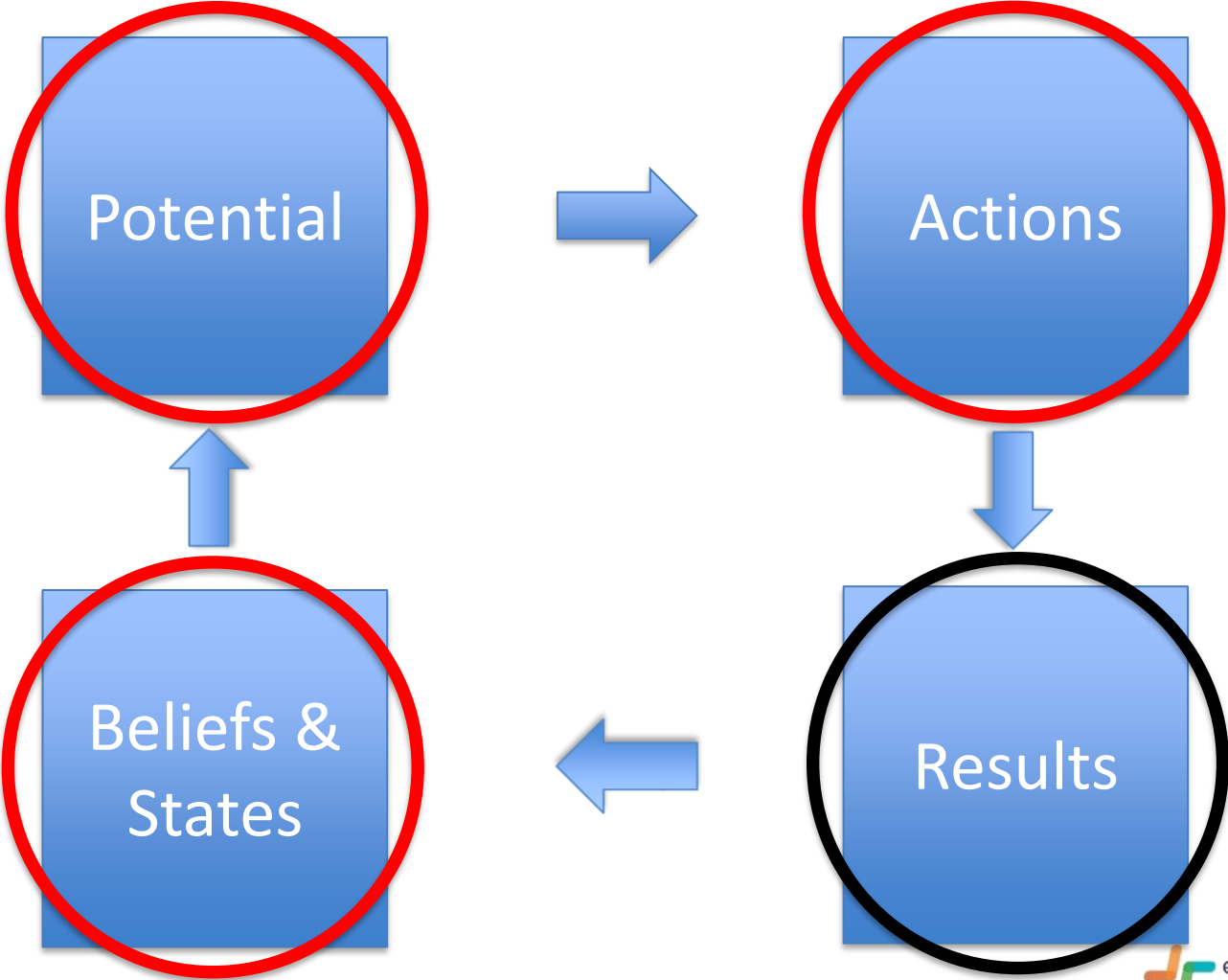
- **Stop**
- **Eject**
- **Rewind**
- **Fast-forward**
- **Play**
- **Pause**
- **Record**



# Stuck On Repeat: Change the Pattern

- Change, shift or improve
- Help you get unstuck
- Get past a roadblock
- Capitalize on an opportunity
- Even help someone else with these 7 simple steps
- Change the pattern and get momentum turning the way you want it

# The Cycle of Results – Reinforcing or interrupting?





How many of you have something you need to stop or eject from your life?



# Stop: Create Space

- Temporary v. Permanent
- Stop. Create space for something new
- The Cup



# Eject: Nourishing or Toxic

- Beliefs – Mind Trash.
  - Junk Food and Negative Thoughts
- Your Environment
- You are who you surround yourself with!



What is one thing you need to stop or eject?

Do you know what steps you need to take?





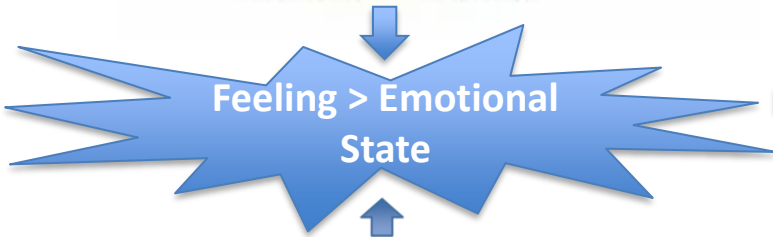
How many of you has something from the past  
that is holding you back?

# Emotional Processing

CM = 134 BPS  
7 (+/-) 2

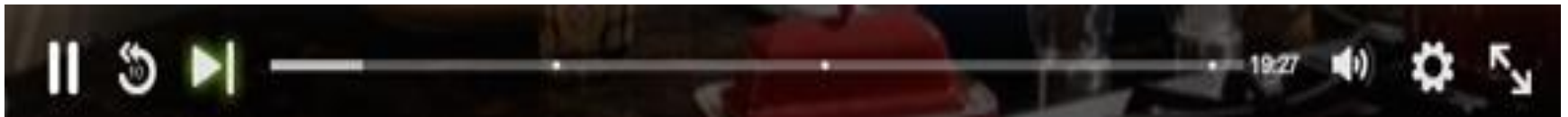


Communication, Event, What Perceiving  
UCM = 2 Million Bits Per Second - VAKOG





# Rewind: Learning for the past



The Story and The Time Line

The Meaning we gave it

Carried Meaning Forward

Keeping Living in Past.

ing the chapter, on loop



**Skip please...?**



# Rewind: Learning for the past

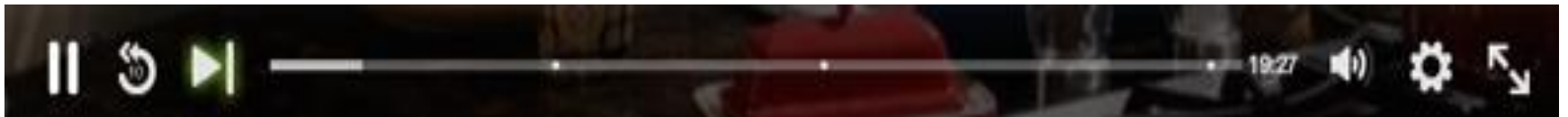


Cut off in traffic, line, work, \_\_\_\_\_

A belief and a table.



# Rewind: Learning for the past



## Events:

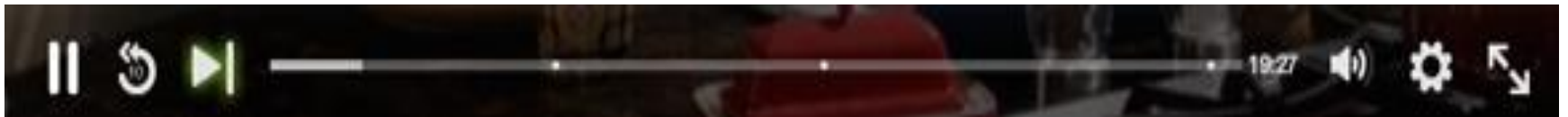
Got cut off in traffic

Skipped in line at store

Beat to promotion at work



# Rewind: Learning for the past



## Meaning:

Never going to let anyone in

Need to take what I can get

Have to be willing to do anything to get ahead





# Rewind: Learning for the past

- Based on our experience but remember **"The map is not the territory"**
- **Someone else could have gave it a different meaning? Who is right? Both? Your truth is your reality**



# Rewind: Learning for the past

- “Good judgment is the **result of experience** and **experience** the **result of bad judgment.**”

~ Mark Twain





**Skip Please...?**

**Finding an empowering meaning?**



# Rewind: Learning for the past

- Become curious: I wonder what is going on in their world?
- Find an empowering meaning and learning.
- What kind of character does a meaning like that create?
- Ask Better Questions.



# Menu of choices?

## The power of questions.

### Q & A with yourself

- Is this really true?
- What does this really mean?
- What else could this mean?
- What else could I choose to focus on?
- What can I learn from this?



# Menu of choices? The power of questions. Q & A with yourself

- View it from a different perspective/position
- If you were the person you were today...



What is the new meaning you are going to give this event?



**Why wouldn't we change, shift or improve something if we knew we should or want to change?**



- **Why do people watch the same movie?**
  - **Comfort kills all progress**
  - **Couch metaphor**



- **Leverage: Strong Enough Reasons**
- **What's your why?**
- **Reasons come first, answers come second**





- **Comfort Kills Progress**
- **The Couch**
- **At least they understand the problems they have**



**If you are hesitant to make this change ask yourself:**

**What am I gaining by holding on to this?**

**Am I ready to give up what I am gaining from this?**



- **Doesn't look like it makes logical sense...**
- **We all have emotional needs**
  - **Safety/Certainty**
  - **Variety**
  - **To be important**
  - **To be loved**



What do you want?  
What do you need?



# Fast forward: Design Life on Your Terms. How do you want to live?

- A vision larger than yourself
- What do you want? What don't you want?
- Be Unrealistic and SMARTER
- Set Goals and know your outcomes
- Strategize A to Z - Create your Game Plan
- What do you want to do?
- Who do you want to be and believe? Need to be?
- What makes life worth living? Something to look...



What your vision for your life?



On a scale from 1 to 10 how full out are you  
playing your life?



# Goal Setting – Standards – Rituals

- Capture Lists and Plans,
- To Do Lists & Outcomes
- “Dreams without Goals” – Need a Vision & Why
  - Goals, Plans, Model - Vehicle to achieve
  - Tangible –Invisible to Visible - How going make happen





# Goal Setting Standards Rituals

- Map & Territory
  - Set of Goals, Choices, Options, Outcomes, Plan
  - Don't Should all over self,
  - Don't make where you are wrong
  - Can re-choose, redirect upon new information based on territory
  - Go back to action, not planning
- Ideals/Rules vs Standards/Values –
  - Watch out for all, every, never, always
  - How will often appear in life is different then...
- Change vs Progress
- Reasons First, Answers Second



# Goal Setting Standards Rituals

- Plan to advance—
  - Short Term – Long Term – Life - Career
  - Morning, Afternoon, Day, Week, Month, Quarter, Year, Decade
  - Every Day, Every Week – have top 3-5 Priorities
    - What am I doing today to move closer to that...
  - In different areas of life
  - Journal, Planner



## Goal Setting Process:

- S.M.A.R.T + Realistic and Be Unreasonable
- From Scratch, Existing list: Some do better with...
- Set dates, out-loud commitment.
- Will never be perfect time. Always have reason not enough time, resources
- Goal Setting Tendencies, and Focus DISC – New Frontiers to safe goals
- Make decision quickly, change mind slowly vs make decision slowly and change mind constantly
- Where momentum gets stuck?!



## Goal Setting Process:

- Power of Intention - “Don’t know how will show up...”
- Mic Jager “Luck”
- Faith + Works - Grace - Be grateful
- Jim Carey – “Life happens...”



## Goal Setting Process:

- Quarterly Rituals – Recharge
- Celebrate – Gratitude, Quarterly Rituals
  - Retreat, Retool, Refresh, Readjust



# Play Full Out!

- Purpose and Passion
- Vehicles that juice you!
- Flexibility, Adaptability, Resourcefulness (FAR)
- Do whatever it takes
- There is always a way
- The Sandbox: Who do you want to invest your time with?



Play is in the moment!

What do you need to do to play full out at level  
10?



Before you run the next play...

How do you pause in your life?

Do you pause enough?





# Pause: A Time to Reflect

- Pause or is life on hold? Half Time...
- Don't escape into the locker room!
- How going play the second half?
- Reflect – journal, coach, friend, walk.
- Daily Practices – Make practice fun!



# Pause: A Time to Re-Charge, Center

- Morning, Evening Rituals
- Transition Time
- Weekly or Monthly Rituals



# 2 minute Drills

## Daily practices



What are the wins you can celebrate and record?



# **Record: Be Grateful and Celebrate**

- Celebrate your WINS!
- Reward yourself
- Record You WINS!
- Be Grateful



# **Record: Be Grateful and Celebrate**

- What was great about today?
- Acknowledge yourself for your greatness!
- What are you grateful for?
- Is there even a problem you can be grateful for? How making..



# A Call to Action

**1<sup>st</sup> within next 24 hours**

- Put a ritual place – What Grateful for?
- Utilize one of these steps for progress



# The next chapter

---