



**Self Mastery**

**Flow of the Session**

**Simple Steps, Practices, Habits and Tools**  
Can use to navigate life and be more successful and fulfilled



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**• What are they?**

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



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**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



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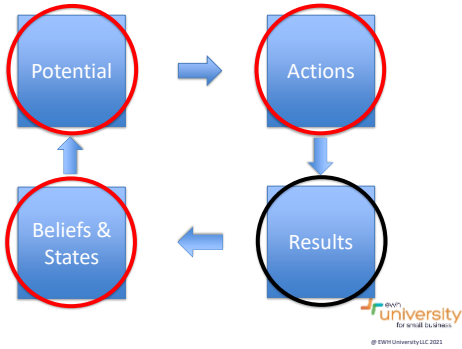
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The Cycle of Results – Reinforcing or interrupting?



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



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**Stop: Create Space**

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



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**Eject:  
Nourishing or Toxic**

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



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What is one thing you need to stop or eject?

Do you know what steps you need to take?



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



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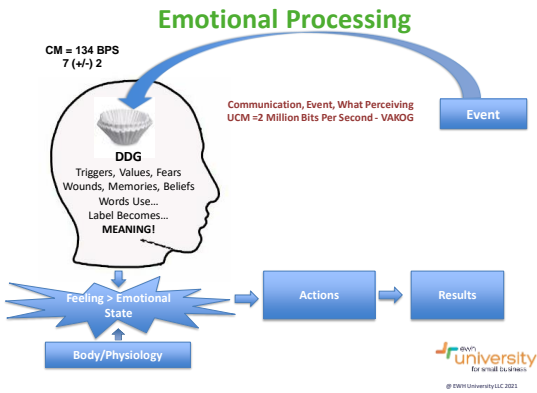
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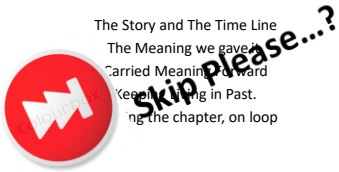
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**Rewind:**  
**Learning for the past**



The Story and The Time Line  
 The Meaning we gave  
 Carried Meaning Forward  
 Keeping Learning in Past.  
 Learning the chapter, on loop



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**Rewind:**  
**Learning for the past**



Cut off in traffic, line, work, \_\_\_\_\_  
 A belief and a table.



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**Rewind:  
Learning for the past**



Events:  
Got cut off in traffic  
Skipped in line at store  
Beat to promotion at work



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**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



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**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**



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**Rewind:  
Learning for the past**

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

~ Mark Twain



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**Skip Please...?**

**Finding an empowering meaning?**



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**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.



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**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?



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**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...



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



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



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



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



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

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**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?**

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

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What do you want?  
What do you need?



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**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



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What your vision for your life?



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



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### 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



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### 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



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### 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




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### 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?!




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### 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...”




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**Goal Setting Process:**

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



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**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?



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Play is in the moment!

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



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Before you run the next play...

How do you pause in your life?  
Do you pause enough?



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**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!



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**Pause:  
A Time to Re-Charge, Center**

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



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2 minute Drills  
Daily practices

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What are the wins you can celebrate and record?

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**Record:  
Be Grateful and Celebrate**

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

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**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..



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**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



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The next chapter

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