

The Tyranny of How

Courage IS BEING AFRAID AND DOING IT anyway

! IF I CAN'T - THEN I MUST!

PERFECTIONISM IS AN ILLUSION

DON'T HOLD YOURSELF BACK

COMPLEXITY IS THE ENEMY OF CHANGE

EXERCISE

"3 STEPS TO MASTERY"

1

IDENTIFY YOUR FEAR

- ↳ failure
- ↳ rejection
- ↳ hurting someone else
- ↳ succeeding

I am not enough.

I won't be loved.

FEAR INTO POWER

create your own mantra

focus in on your fear and your objective they work hand in hand and create your affirmation

ex. "I fear my mother will be hurt and won't love me anymore."

TO "I am worthy of love now and always, in giving unconditional understanding, compassion and love, I live my truth and love is always there to be found by me."

2

"STREAM OF EVIDENCE"

- write about 3 decisions that you made in your life that shaped the trajectory of your future. describe the exact circumstances, your feelings at the time. if you can't think of one, take a situation you still struggle with and look at it from a bird's eye view to see the impact it has made to shape you positively
- what did you learn about yourself? what was taught here? what's impact that it had?
- you as the self-empiric researcher now know that power you hold, make yourself conscious of the self-empowered state through self-responsibility. decide on 3 actions you can take from here moving forward toward your objective

3

"LUCKY 7 WHY'S"

Put down your goal in one sentence.

Now ask yourself WHY + ANSWER.

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Repeat this until you've asked 7 times and got to the ESSENCE of your WHY!  
→ be honest, no shame, no hiding!

SIDENOTE

INCANTATION OR AFFIRMATION

When you repeat a phrase with enough emotional intensity, you start believing it

→ Good OR Bad

CONSISTENTLY (make it your own) EMOTIONALLY / FEEL IT INTENSIVE ENOUGH (I AM...)