LEVELS OF ACTUALISATION

**IDENTITY:**

**The first level is your Personal Identity. Often, you’re branding yourself with an identity through your language (regardless of whether it’s internal or external). Eg; “I am stressed, I am trying, I am hopeless, I’m a looser, I’m failing” etc etc.**

**Every time you language an “I am” statement, whether you’re joking or not - be aware that your unconscious mind surely is listening! And it’s building and Identity based on these statements.**

**When I hear someone say “I’m stressed”, I think to myself, “Well, of course you are, you’ve branded yourself to be a ‘stressor’, you probably have a ‘stressful’ environment that supports you, and you probably have actions that represent ‘stressing’”.**

**TODAY, we shift our Identities for good!**

**Activity:**

**List any Unresourceful Identities you’ve given yourself in the past:**

* **-**
* **-**
* **-**
* **-**
* **-**
* **-**

**Now, list NEW Identities needed to Actualise your Outcome**

(Remember, Action your identity, and identify with your action):

* **-**
* **-**
* **-**
* **-**
* **-**

**ACTIONS:**

**If you’re not acting your deepest values, you ARE out of alignment.**

**Value connection? Connect.**

**Value love? Do the ACTION of love.**

**Choosing to procrastinate? I guess you’re currently a procrastinator who values procrastination that’s creating/manifesting a procrastinating environment ;)**

**Also, it’s worth recognising old actions you’ve utilised so you can now release them.**

**ACTIVITY:**

**List OLD actions that served you in the past, but you’re now releasing:**

* **-**
* **-**
* **-**
* **-**
* **-**
* **-**

**How specifically can you action your new values moving forwards?**

* **-**
* **-**
* **-**
* **-**
* **-**
* **-**

**BELIEFS:**

**I want you to regularly ask yourself “what if I believed ‘x’?”**

**Your beliefs about yourself, reality, the economy, your business, the industry, science, other people, tactics, the world, this program and any other important aspect of your life will have a direct impact on your growth and experiences in this world.**

**If you believed that “Only riders with tracks at home can be successful in this sport” for example - you can sure as hell bet that this will be the case in your reality! Because you don’t have access to a track at home, you simply won’t be able to beat those guys that do. If however you believed that anyone who puts in the effort in ALL areas of their performance are the ones that will succeed, then it’s a completely different story!... You’ll all of a sudden be able to push past these riders that have been ahead of you, JUST by having a different belief system.**

**If you believe deep down that you don’t belong in first place in a race (for example), then that’s exactly why you’re not going to have that in your reality.**

**ACTIVITY:**

**List OLD belief systems that you’re consciously choosing to let go of NOW:**

* **-**
* **-**
* **-**
* **-**
* **-**

**New belief systems, Evidence that supports them and Action you can take to solidify them:**

* **-**
* **-**
* **-**
* **-**
* **-**

**VALUES:**

**Your Values are what you constantly focus on, not necessarily something you enjoy/respect. As with all filters, your values were all internally founded with a positive intention to serve you. However, as we grow and develop, we need different values to help us achieve different goals.**

**Changing your values is a decision. At first, you’ll make a conscious effort, then they’ll rapidly become unconsciously ingrained - like your current ones were.**

**ACTIVITY:**

**I had been valuing:**

* **-**
* **-**
* **-**
* **-**
* **-**
* **-**

**I am now consciously choosing to value:**

* **-**
* **-**
* **-**
* **-**
* **-**
* **-**

**ENVIRONMENT:**

**One of the most under-appreciated levels of actualisation is your environment. There will come a time in your evolution where you’ll need to let go of your past environment in order to create space for an environment that honours your deepest values.**

**If you’re choosing to keep an unresourceful environment around, you are (either consciously or unconsciously) confirming that you are aligned to that environment. Then, as a result, the rest of your levels of actualisation will follow that environment in time.**

**ACTIVITY:**

**New Environments I’m choosing to step into and surround myself in:**

* **-**
* **-**
* **-**
* **-**

**Environments I’m now choosing to let go of:**

* **-**
* **-**
* **-**
* **-**