

P R E S E N T S



## MODULE 5B

### Your Personal Transformation

This programme is about becoming the upgraded version of you. A version beyond any vision for yourself that you can see right now.

One of our most amazing abilities is to imagine an up graded version of us – and then go to work to make it happen.

Most of us have fallen prey to processes that hold us back. One of these fatal flaws is painting our future based on our past, rather than painting something totally new and without limits.

We tend to “paint our past into our future.” Another thing to realize is that when we resist something in our lives, we actually give it energy.

Carl Jung said, “Whatever you resist, persists.”

Notice the things you’re resisting in life, and let them go. Stop giving energy to them.

Another powerful technique is to “manufacture optimism.” One thing that distinguishes high level athletes and other high performers from the rest of us... is their ability to create optimism, no matter what situation they’re in.

Emotional states, like optimism, come from internal comparison. If you want to make yourself feel bad, compare yourself to other people who have more than



you, think of how good you used to have it, and think of how bad you have it now.

To feel better, start comparing yourself to others who have less than you, think of how good you have it right now, and focus on your progress instead of how much further you still have to go.

Next, finding a mentor is one of the most powerful things you can do to feed your own transformation. A mentor can see the next level of you - a you that you can't see yourself. They've seen other people grow from your level to the next, so they can see that future for you, and tell you exactly how to get there in as few steps as possible.

Always try to have at least one mentor in your life at all times. It can literally transform your life. At different times in my life I have had mentors and coaches for different parts of my life and or business. A mentor or coach offers you the fastest possible route to the upgraded you.