

## Creating Your Desired Results – A Daily Guide

The source of all results a person creates (consciously or unconsciously) is not caused by the strategy or mechanism implemented. **ALL** of a person's results originate in one's own belief systems and self-image in which behaviors are decided and deployed. There is a natural law of cause and effect. Thus, our behaviors set up a reactive alteration in our conditions, circumstances, and environment, which we label as a "result". Our predominate "state of being" (how we think and feel) is in control and dictating consciously or unconsciously our behaviors. How and what we think determines how we feel, and those emotions are aligned with our thoughts which determine our behavior (action or inaction) and we refer to this as our "personality". We outwardly express this vibrational state which can be measured in the form of a frequency. Since frequencies carry information, we encounter information on the frequency we are in tune with and thus, creating the experience of our own "personal reality" moment by moment.

The expression goes; "As within, so without. As above, so below".

We each have created a biased lens or filter which selects what bits of information are important to receive (perception). This information is not the actual or complete reality. It does validate what we expect and believe as a necessary means to survive and avoid danger. That is why "the eyes can only see, and the ears can only hear what the mind expects". So, we don't see things (reality) as it is, but as we are (conditioning).

When was the last time you correlated your results with your self-image and beliefs? Invest time to take inventory of this so you can make informed decisions on whether to make adjustments to update your unconscious conditioning or "operating system". This very dynamic is responsible for how you think, the emotions you feel and the behaviors you demonstrate which create your personal reality. If you **TRULY** desire bigger, better, or different results in your life, you must **BE** bigger, better and different by updating your beliefs and self-image, a reframing of the ineffective and obsolete mental constructs, to unlearn and relearn an effective mode of operating. This reframing by unlearning and relearning through repetitious implementation is the "short-cut". You don't have to do this, you get to do this and it is not a lot of work. Rather, small but daily repetitious new thoughts, new feelings and new intentions, practiced over time until it becomes an automatic and unconscious habit. After all, that's why you unconsciously do what it is you do now... You've practiced it for so long.

If you desire to live an uncommon, abnormal and unreasonable life... You **MUST BE** uncommon, abnormal and unreasonable.

**HOW** do you intentionally adjust the settings in the mind, to reframe the self-imposed limiting beliefs which alter the personality?

### The Solution...

**A Morning Ritual:** A series of actions which **increases** the **vibration of your energetic intention** = Your **frequency**.

Since your belief systems and self-image decides or selects your behaviors, then obviously those biased settings carry an energy (emotion) behind its intention. The behavior is simply a way to act upon the situation or circumstance to manipulate the outcome to attain what we desire or are attempting to avoid.

**\*\*\* ONLY USE YOUR PHONE FOR THE ITEMS REQUIRED TO COMPLETE YOUR PRACTICE! \*\*\***

## I. Morning Ritual

1. **Set your Intention for the day** | As soon as you become awake (still in bed) answer the following questions:
  - *"Who do I desire to BE today?"* (Present, connected, objective, etc.)
  - *"What do I want to think?"* (Open to infinite possibilities, receptive to synchronicities, I am a collaborative entrepreneur, etc.)
  - *"What emotions will I generate and practice today?"* (Abundant, wealthy, enthusiastic, joyful, confident, secure)
2. **Write your Gratitude List** | Handwrite 10 items you're grateful for (5 things that exist & 5 that don't yet)  
SEE EXAMPLE
3. **Review** | a.) 12-month "Vision" b.) "My Truths" c.) "Vision & Mission Statements" (Personal & Professional)
4. **Breathing Exercise** | Experiment with many different methods - Find what works best for you!
5. **Meditate & Visualize** | Using your imagination to experience the results you most desire, in that very moment they unfold. This is a REQUIREMENT to create the actual material manifestation, with less effort in less time. YOU are the cause of the external effect or RESULT. Mental and emotional rehearsal of the moment in time when you experience the obtainment or achievement is a prerequisite of manifestation.
6. **Movement** | For a minimum of 7 min. - You can increase from there in the future, if you desire. You will feel happier and be in a better mood, towards yourself, others and your day. It's hard to be in a bad mood or depressed when you are moving your body.
7. **Cold Plunge** | For a minimum of 90 seconds - You can increase from there  
**Significant teachings from the cold**
  - a. Starting your day by giving yourself a command which you don't want to do yet doing it anyways... For the rest of the day, any other command you give yourself will be easy to execute in comparison to finishing this initial command. Additionally, you will begin to trust the word you hold with yourself and respect yourself. Besides... You will feel absolutely incredible, as if you can face any "hard" thing and you will be excited for the day! NOT doing this after telling yourself that you will, ensures you will avoid ALL other "hard" things for the rest of your day AND your inner roommate will beat you down all day long for deflecting. You pay heavy prices when you deflect from situations where you are unable to handle your reactive survival emotions.
  - b. Volunteering to inject yourself into a difficult situation; This gives you the opportunity to practice being in a triggered state where your mind wants to talk you out of the action and back into "safety" and the body pulls you back into comfort. You get to exercise directing these two instruments you have as the servants and regain this power instead of the automatic giving up your authority by allowing these instrument to run the show for the day, ensuring a mediocre repeat of yesterday. When you can be in a situation where your mind and body are freaking out and stay in it until they break, they acquiesce. In that moment you get to experience inner peace, bliss and the realization of YOU... The one that is in there. You become aware that you are aware. Additionally, when an event unfolds at any moment in your day which would usually trigger you to react in an ineffective manner, you will stay calm, objective and be capable of seeing the situation for what it is and open to several solutions instead of being a contributor to the problem.
8. **Read or listen to a book** | (Personal development or spiritual) Take in high vibrational and forward moving content

## II. Evening Ritual

Complete the following 30 min. before bed. No screen time (cell or TV).

1. **Journal** | Reflect on the experience of yourself today | Thought provoking questions to answer;
  - When or how did I show up great or in a big way? When was I courageous, certain or bold?
  - Did I expect great things, abundance, success today? What progress did I create or experience?
  - In what way am I proud of myself today?
  - When or how did I fall from grace? Where could I have extended grace and compassion towards myself or someone/something?
  - How can I improve for the next time I'm aware of the opportunity to practice again?

**\*Use the answers as content the next morning to set your intention for the day**

2. **Brain dump** | Write down all work-related thoughts. This helps reduce stress by organizing and clearing your mind to be able to relax for deep rest.
3. **Write out the top 3 priority action items for tomorrow.**
4. **Meditate** | Quiet your mind to generate inner peace and stillness. Let go of the day.  
(for a minimum of 10 min.)