



NEXLEVEL

Step Out of Chaos

Master Any Level



4 Pillars to Master Any Level

Awareness

Intentionality

Mindfulness

Consistency

Pillar 1

Awareness

Awareness creates change.



NEXLEVEL

TWO QUESTIONS TO Self-Awareness

Where are
you?

Journey

Where do you
want to go?



NEXLEVEL

Step into awareness of where you are in life.



Where are You?

In every area of your life.

- Physically
- Emotionally
- Spiritually
- Mentally
- Financially
- Relationships



NEXLEVEL

Question Yourself

- What does your day look like?
- What thoughts do you think everyday? Towards yourself and towards others.
- What emotions do you spend a lot of time in?
- Why do I do this?
- How does this make me feel?
- Why am I feeling like this?
- Is this serving me?
- What behaviors do I keep coming back to?
- Do I like spending time with me?
- What am I accepting?
- What am I avoiding?
- How do I respond to situations?
- What are you carrying that is too heavy?



WHERE AM I?



PHYSICIALLY



WHERE AM I?



SPIRITUALLY



WHERE AM I?



MENTALLY

WHERE AM I?



EMOTIONALLY

Step 2- Get clear on where you want to go.



What do you want?

Where you want to go in life and what does that look like?

- Physically
- Emotionally
- Spiritually
- Mentally
- Financially
- Relationships



Question Yourself

- What type of person do you want to be?
- How do you want to think?
- How do you want to feel?
- How do you want to look?
- How do you want people to experience you?
- How do you want to dress?
- What type of life do you want to live?
- How do you want to spend my day?

A high-contrast silhouette of a woman's head and neck in profile, facing right. The silhouette is solid black against a plain white background. The hair is pulled back, and the profile of the face, including the nose, lips, and chin, is clearly defined.

**PICTURE WHAT A DIFFERENT
YOU WOULD LOOK LIKE**

I WANT LIST- WHAT DO I WANT MY LIFE TO LOOK LIKE?



PHYSICIALLY

I WANT LIST- WHAT DO I WANT MY LIFE TO LOOK LIKE?



MENTALLY

A series of horizontal white lines on a pink background, providing space for writing a list.



I WANT LIST- WHAT DO I WANT MY LIFE TO LOOK LIKE?



EMOTIONALLY

Handwriting lines for notes.

I WANT LIST- WHAT DO I WANT MY LIFE TO LOOK LIKE?



SPIRITUALLY



For daily support and inspiration on
your journey

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