

30 Day Self-Leadership Challenge

CHALLENGE



G.Y.S.T

There are two reasons why people become single. One is that this is, subconsciously what they want. The second is because who they say they are, and who they really are, is different, faking. 99% are the latter.

This coaching program lasts 30 days during which our goal is to expand your way of thinking, contract your ego, expand your wisdom, contract your knowledge, in other words, GYST.

Unlearning is the key to it. To unlearn means to get beyond your current stories, many of which have required a significant investment and years of repetition.

The stories we have cause:

- Our Health
- Our Relationships
- Our Career
- Our Finances
- Our Spirituality
- Our Social Life and Friendships
- Our Mental Health.

What's a story? Stories are things your believe. They are often perceptions of historical events in your life, or learnings that have come from guru's, books, teachers, associations, and self-examination..

The key to unlearning is to presume everything you know and believe is wrong.

For thirty days I am going to ask you to imagine that everything you know was relevant to your life before, but is now a hinderance.

I'm going to take you to another planet where all those stories are against the law and cause you incredible discomfort. If you hold onto those stories in your 30 day challenge then, frankly, you are faking change.

Finally,

During this 30 day challenge it is vital that you do not fake it in terms of the disciplines I will negotiate with you to follow. Especially diet and alcohol. If you do break the "rules" it is ok but I need to know.

The 30 day challenge also acknowledges that you have responsibilities and is not intended to cause the whole world around you to end up in drama because of your stuff. So, if there are any dramas at work or home, please contact me immediately on the emergency number. No Dramas... OK?



30 Days - Positive Personal Change through Higher Consciousness.

I'm going to help you challenge your own patterns, habits and thinking in all seven areas of your life - You'll confront, question, explore new wisdom that will help you find the next level in all areas. No Stone is left unturned...

ME TIME - COMMITMENT

Everyday for 30 Days

What We'll be Doing in the Next 30 Days

The 30 Day Leadership Challenge involves a 30 day, 7 days a week program of telephone, email, workbook and meetings. The idea is to keep your everyday life and responsibilities functioning as always, but to really upgrade - rapidly evolve and improve your leadership - Self and Other.

There will be daily written challenges - those will take around 30 minutes to an hour and you'll need to commit to that "ME TIME" outside of work hours. You need to be able to commit to that time daily - No excuses.

Me Time means "no interruptions, a beautiful place - preferably in nature but in a special room, a favorite place and at the least, alone in the car in a nice spot. Phone off, no computer, no radio, and absolutely comfortable.

There will be a fixed daily routine of exercises. These will be shared in the first personal one to one meeting. They take 15 minutes and are done on rising and before sleep. These physical exercises are vital if the real depth of this 30 day challenge are going to be found. They include a breathing exercise, a meditation and a stretch. Easy but essential to soften up some hard tissue in the wiring between your heart and mind.

There will be a strong set of recommendations around diet. This will include vegan diet for 30 days, no alcohol at all, a cold turkey on coffee, sugar and tea.

These are all blocks and anchors to the past.

WE will meet a minimum of 4 times during the 30 day Challenge. These meetings can take place before work or weekends and are ideally held over breakfast then in the open - so, we'll need to plan these based on your schedule and mine. Flexibility is always possible if a sudden change is needed. Bring weather gear in case it's cold or sunny.

What it needs from your side is a 100% commitment to follow through the process, exercises and tasks I'll be laying down for you

Other things involved will be
1/ A diet review by my associate to check your levels of acidity, your constitutional balance, your current nervous system strength your health habits and more...

2/ A meditation class by my associate - a Buddhist Monk who has become a qualified psychotherapist. He'll guide you in turning up in the NOW.

3/ A meeting with an associate who is an investment planner, financial whiz to answer any questions you may have around your financial plan. This is a good exercise and confidential - I will not learn the details.

4/ Daily commitment to an aerobic workout with a work colleague with possible trainer or routine.

5/ A 30 day vision quest

6/ Honest and open process of emotional awareness around at least 5 people.



30 Days to Better Leadership

Confidentiality

WE need to talk daily by phone or email. Those calls will be scheduled at a fixed time - land take no longer than 15 minutes.

Communication by email is essential, even on weekends. Saturday and Sunday are a part of the 30 day count.

All correspondence is held with extreme security and confidentiality. No detail is stored or recorded at my side. However, some important emails and documents will be kept for the 30 day period in my secure file. You may choose record emails and phone calls for your own use.

Results

In a real, competitive world we all rise to the level of our own incompetence. Sometimes we grow through it, other times we start going in circles, looping under self set limits and controlled by old patterns. We even seek guidance from people we can control and feel safe around. You will not have such control or comfort in this challenge. You will be "called" for your games and patterns. Frustrations will break and patterns will change.

Disclaimer....

I am not a therapist, a lawyer, a doctor, a marriage counsellor - simply I am here to help you create positive personal change through higher consciousness in your lifestyle and leadership. The 30 day Challenge program offers a fast, no fuss method of resolving uncertainty, eliminating negative states of mind, resolving conflicts, both internal and

external. It offers you a new and more profound way of looking at life. It provides you with a leading edge methodology, a life advancing process, and a high achievement formula, that helps you create significant changes in your attitude to, and actions in, life. You will gain deep insight into your life purpose, vision and personal inspiration. You will own more of the power, joy and inspiration

If you are taking medication for any medical reason or social comfort please advise me.

After 7 days of commencement, full payment is due. After this date, I reserve the right to cancel this program as I see fit in which case a 30% refund will be initiated. If you decide to pull out, 100% of your payment is forfeit.

DAILY ROUTINE FOR 30 DAYS

Wake without alarm at sunrise (alarm backup)	Kick Start Everyday	Value Time - Silence
Bathroom - Apple cider vinegar, water.	Break - Fast - Liver awake	Honour your Body
Coffee/tea/juice and sit in contemplation 5 min.	Think about yesterday and good luck	Open Heart Start
Meditation - candle, incense, dead stillness, nature, taste, mirror 5 Min	Turn Up - No thoughts - silence - empty - in the zone - body mind mastery.	Mind over body mastery.
Review Today - Stretch - yoga - tai chi - 5 min	What you think about - thank about you bring about - Dream Time - imagine the best and be thankful.	What you appreciate grows. Thankfulness inspires. Include challenges - be keen.
Vision Quest	BE, Do, Have in nature or good space. Can eat and enjoy but be mindful.	Play like a child Let your imagination Go wild.
Aerobic Exercise 30-40 min with heart rate at 70-80% mhr (Medical check may be needed)	Metabolism up in morning stimulates chemicals of success, happiness, inspiration.	Start the day with the right fuel.
Shake it off - Turn up for others.	Getting out of me time - turn focus to Generosity, kindness, compassion and thankfulness for others.	The greatest happiness is the happiness we give.
Work - day - Posture adjustments every 15-30 min	Flex, stand, twist, stretch, breathe balanced - alarm every 30 minutes	Spine controls the mind Breath controls the mood Change requires change
Circuit Breaker - Once per day 30 minutes out - no food, interruptions, or risk of shock. Plus every hour mini breakers.	Legs above head 5 min Collapse one issue 5 min Magnetic Connect 5 min Gratitude Journal 5 min Manifestation Process 5 min Order the chaos (space and mind) 5 min - wash hands.	Recovery on the run Stress accumulates Balance is a habit
Report to Chris	Send email or online (if ready) report to CW	Life Purpose and meaning starts with reporting to authority. For 30 Days - CW is it.
Evening between work finish and home arrival - Take 10.	Day clearance form.	Letting go - turning up.
Evening Play - something that makes you move, get fresh air and laugh.	Too much thinking at work gets us stuck in our head. Play means laugh and fun.	The Spirit comes alive when the child within us is given safety to play.
Before bed - Tomorrow plan on paper - make it great. Last meal - 6-7pm latest.	Dead Stillness 5 min Daily Thank you (recall day) Plan tomorrow exciting.	Sleep is only as good as the quality of the mind when it enters. IF today is crap or tomorrow is bad, no rest will be had.

30 DAY CHALLENGE DO'S AND DON'TS

WHAT	HOW	WHY
Eliminate Red Meat	The body needs support in adapting to new mindset.	Meat means acid - resistance.
Daily, Drink 2 glasses of Bragg Apple Cider vinegar as per instructions.	Change causes toxin release - body needs help eliminating	Letting go the past includes the body cells
One Only Gall Bladder Epsom Salt cleanse - See Rama Prasad consult.	Mind change from the inside - the colon and our thinking have much in common.	Triggering Body mind Change
Do get up while house is silent.	Me time before the day begins for others	Getting to Know Self
Don't drink alcohol - if necessary one night a week	Alcohol masks inspiration	No need for it - breaking dependencies
Daily Vision Quest - Be Do Have - plus collage	The creative spirit dreams but is often buried in serious responsibility	Getting to Know Self
Last meal at night before 6 pm.	We don't need energy after 7pm so food becomes disease.	Breaking habits - mind over body
Stretch - Not to excess but do it a lot.	Muscle and tissue have memory	Letting go the past includes the body cells
8 columns daily	Mind Memes are inherited, breaking these means unlearning	Finding Soul in Ego beliefs helps separate them - strength comes.
Daily Stillness	We are often afraid of the silence that comes. But this is the essence.	Learn Dead Stillness
Read my Blog Articles - Subscribe for daily feeds. Avoid all other reading material for 30 days.	Challenging old thinking, exploring possibilities. Keep it simple, laws of nature, no confusions	Spirituality in Reality - all teachings have their roots in Nature.
Visit John Barter -	Emotional support - inner peace meditation.	Inner Calm
Secrets	Most people think with their mouth. Learn to SU	Self Respect.
Yesterday Score	Score the day at the end of it.	Misery and stress are cumulative. Appreciation.
Tomorrow Score	Score today at the beginning of it.	All eyes are turned to the future.

INSPIRED

Chris Walker

Master in
Business,
relationship and
Personal
Development -
Evolveyabastard.

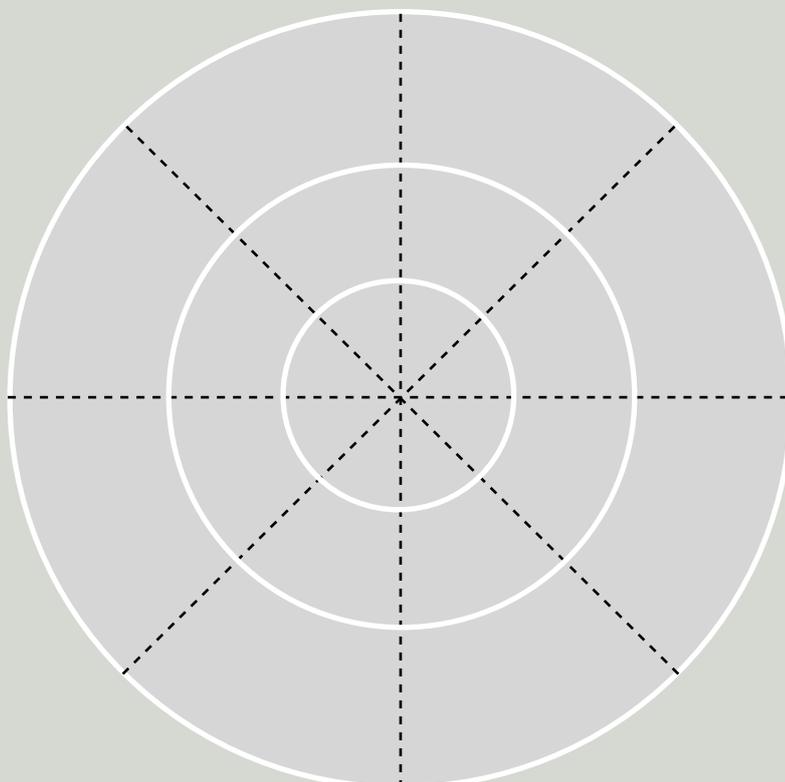
Real Change from the
Bottom up.



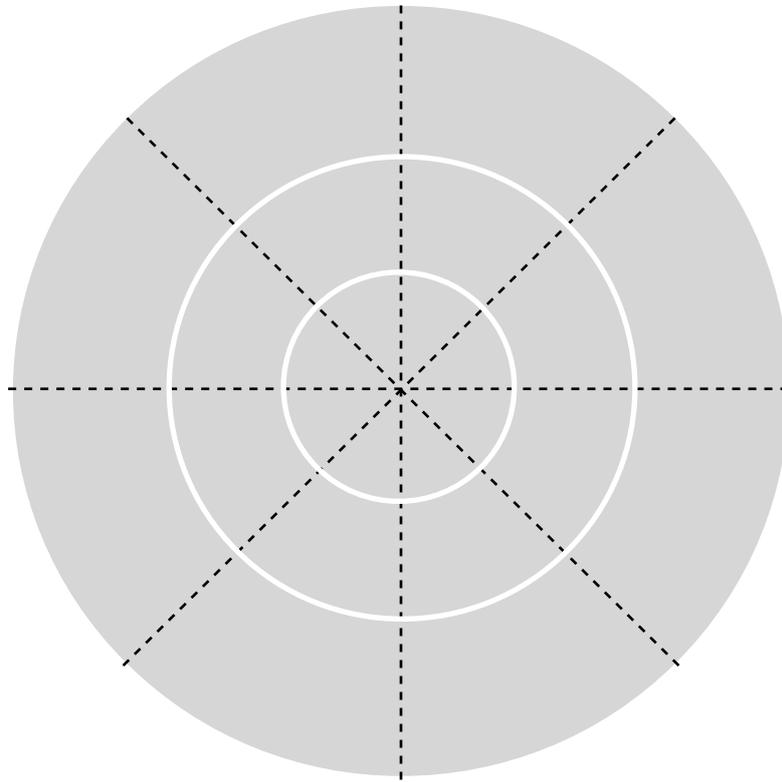
30 DAYS - 29 NIGHTS - EVOLUTION AND REVOLUTION

What would it look like if you had 100% of what you wanted in life this year?

CURRENT REALITY



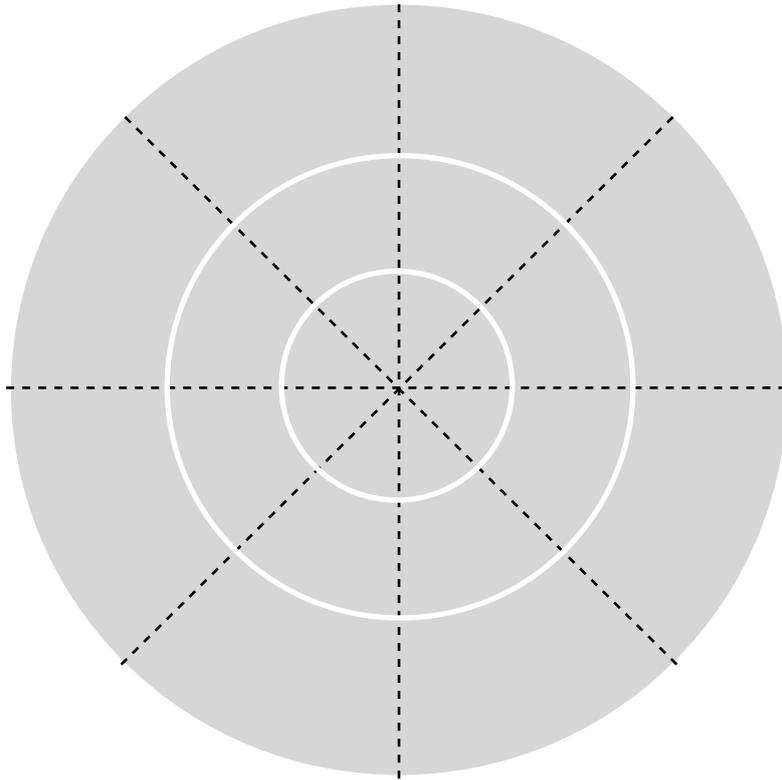
SOUL SCORE



- ★ Nothing of the senses satisfies the soul
- ★ Nothing is missing - It just changes form
- ★ There's human law (Ego) and Universal Law (Soul)
- ★ Soul is content - It wants what it's got
- ★ Ego is discontent - It wants what it hasn't got
- ★ Both Are important
- ★ There is no greater measure of human happiness than gratitude -
thankfulness for what we've got.
- ★ The principles that build great business success are often the same
principles that guarantee great relationship failure.
- ★ Ego lives in the past or future. Never now.

YESTERDAY SCORE

Letting Go - Moving on - Turning Up



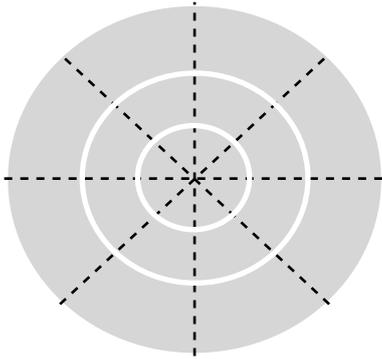
How can I turn my judgement of good and or bad stuff from yesterday into a thank you instead of a f/u. Thank you is the greatest prayer not F/u please help me fix it, change it.

GOOD STUFF?	DOWNSIDE?	BAD STUFF	UPSIDE?

Never go to bed at night, or walk in the front door of the house without at least mentally completing this chart.

DAILY MOOD SCORE

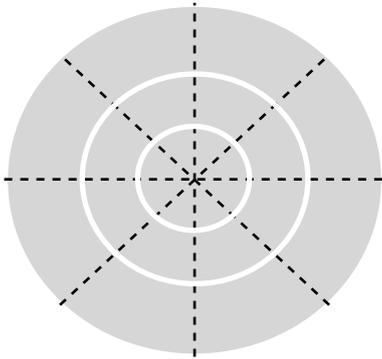
What is my REAL Score /10 today?



- Spiritual
- Mental
- Social
- Career
- Health
- Relationship
- Financial

Issues for Process

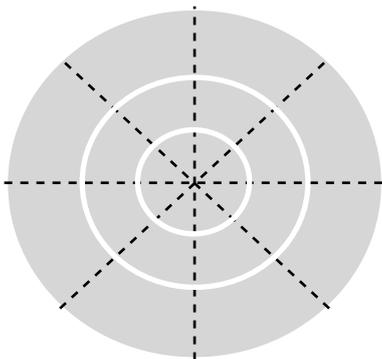
What is my Soul Score /10 today?



- Spiritual
- Mental
- Social
- Career
- Health
- Relationship
- Financial

Issues for Process

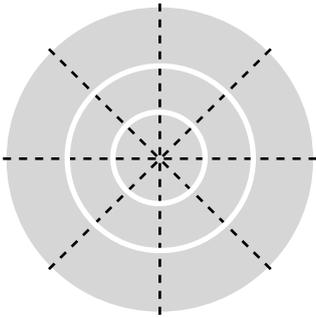
What was my Gratitude Score /10 for Yesterday?



- Spiritual
- Mental
- Social
- Career
- Health
- Relationship
- Financial

Issues for Process

DAILY VISION QUEST



If I couldn't fail what would I love to Be, Do, Have in each of the seven areas of my life... Forever... And ever... Always ... Every year ... Sometime ... One day...

Spiritually I'd Love to BE
Spiritually I'd Love to Do
Spiritually I'd Love to Have

Mentally I'd Love to BE
Mentally I'd Love to Do
Mentally I'd Love to Have

Socially I'd Love to BE
Socially I'd Love to Do
Socially I'd Love to Have

Career I'd Love to BE
Career I'd Love to Do
Career I'd Love to Have

Relationship I'd Love to BE
Relationship I'd Love to Do
Relationship I'd Love to Have

Health I'd Love to BE
Health I'd Love to Do
Health I'd Love to Have

Family I'd Love to BE
Family I'd Love to Do
Family I'd Love to Have



GOING DEEP - PERSONAL RESILIENCE

LEARNING TO SIT STILL IN THE STORM



Download the Stillness report from My
Web <http://www.chriswalker.com.au>

	BODY SKILLS	MENTAL SKILLS
Authenticity	Dead Stillness Stimulants Stretch Acid Hydration	Non Reaction Meditation Balance Humility Big Picture
Integrity	Rest ME Time Herbs Red Meat Breathing Practices	Kindness Generosity Compassion Thankfulness
Wisdom	Body Awareness Tension Tiredness Illness Daily Clean Rituals	Non Local Balance Local Balance Ego versus Truth Discipline Me Time Mind Noise

NEW HABITS BREAK OLD PATTERNS

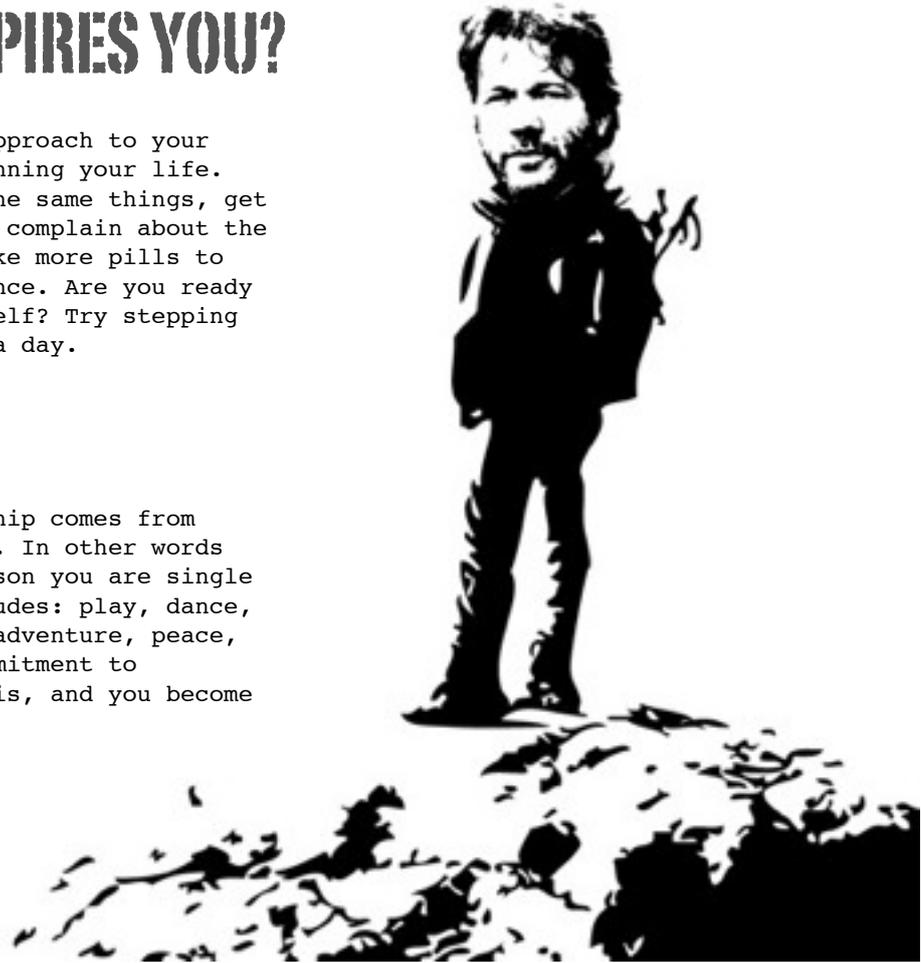


	PHYSICAL	MENTAL
Authenticity	Posture Humility - Nature Ritual 7 senses - affirmation Massage	Non Violence See yourself in others Find the benefit
Integrity	Exercise Mindfulness Eating Process Before Bed Smile	Become the cause Find the vision/Purpose Affirmations and Thoughts Magnetism
Wisdom	Alcohol - Drugs Medication Advice Outside Recuperation Vitamins and Herbs	Unlearning 12 Collapses 5 laws applied Appreciation

WHAT INSPIRES YOU?

The conventional approach to your life is what is running your life. The masses think the same things, get the same problems, complain about the same issues and take more pills to avoid the consequence. Are you ready to think for yourself? Try stepping out once or twice a day.

The best relationship comes from being the best you. In other words being the same person you are single as double. It includes: play, dance, fun, inspiration, adventure, peace, time alone and commitment to something. Lose this, and you become a burden.



The best career involves a commitment to excellence. That's not just being good in your work. It means being good at turning up, handling problems, dealing with crazy people, understanding how you react, understanding how others react, staying balanced, turning up happy. All this gets a boost when you have a purpose for work greater than you.

The best health is not free from illness, pain or discomfort. The best health is an immune system response to illness, pain and discomfort that adapts and heals it quick. In other words, is resilient. Consider your health regime as building the capacity to handle the next "Swine Flu" in a few days instead of months.

ME TIME

I'd encourage you to master the art of quick recovery.

To achieve this, you'll need to know how to do fast, effective time outs.

That does not mean years in the Himalayas or months in therapy.

Simply put, you need to remember that the most expensive ME TIME is a hospital, the most expensive self help seminar on earth.

The time it takes you to re-centre, rebalance, and recover from a bump or from just everyday pressure is an indication of the quality of your self-mastery.

That's all that changes, the degree of reaction and the speed of recovery. The challenges don't go away.

List down your process and come up with three new daily practices for reducing reaction increasing speed of recovery.

The fact we struggle to get some "ME TIME" in our day reveals a real Gap in our daily routine.

We speak of concentrating in sport for an hour to two hours and how absolutely hard that is.

In Tennis, we focus for a few minutes for a rally, take a break, then refocus
In golf we focus, relax, focus.

So, how is it that we think we can focus for 9 hours at work in a healthy, productive and inspired state of mind?

It's a myth

Downtime at work can be replaced with productive recovery time if you know the skills

- Skill one - 1 Empty your head of all worry, emotion and ambition for an opportunity
- Skill two - Do something that is recuperative that you enjoy - That doesn't mean - watch TV
- Skill three - Give yourself a few moments with no interruptions
- Skill four - Put your body into recovery mode - this includes right posture, right breathing
- Skill five - Right headspace - Time out with a bad headspace is worse than none at all.
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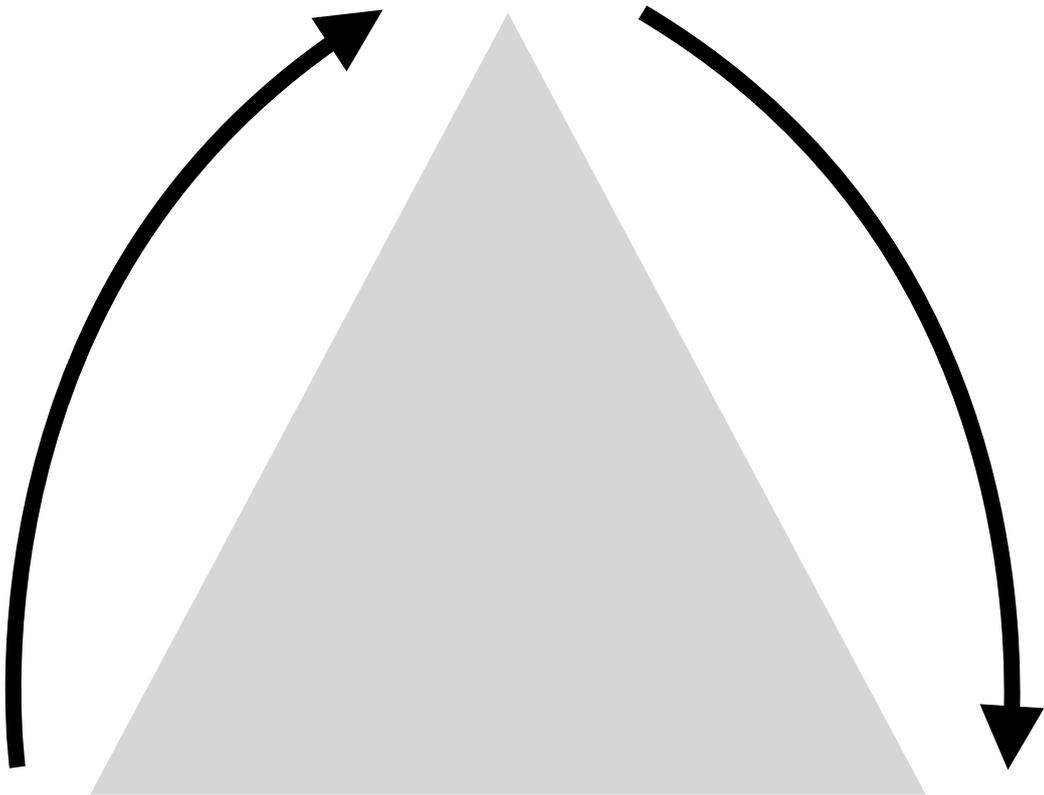
These are the skills any inspired individual knows like the back of their hand. Habits not exercises.

It takes 6 weeks to change a habit and cause an exercise to become a habit, and in that 6 weeks, one single day of reversion to old patterns, starts the process afresh.

6weeks of mindfulness to create a brilliant work-life balance model.



30 DAY CHALLENGE EMOTIONAL GROWTH



EMOTIONAL WELLNESS

Four States of Mind that Work

Four States of Mind that Don't Work

EMOTIONAL STRENGTH



Trying not to feel things is like eating an apple and hoping not to taste it.

Feeling everything makes you vulnerable and hyper sensitive - incapable of handling challenge or growth.

Wanting to feel certain feelings breeds a dishonesty about the existence of the opposites or a resentment for those who make us feel the opposite...

Blame is how we avoid being authentic in our emotional awareness

How can you be emotionally honest and yet, strong, stable and be able to handle challenges and confronting people...?

NO DOUBT

In the journey of happiness, health and leadership there can be no greater achievement than to become doubtless.

Doubt is a toxic state. It undermines nearly everything we do, no matter how hard we try.

If I am in love but I doubt my relationship will last, it won't.
If I am in relationship and doubt that I have enough love, I don't.
If I go to work and doubt my boss can do what he or she promises, they won't.
If I am paddling my kayak and doubt that I can reach my destination, I can't.
If I am living and doubt my ability to do what I would love to do, I fail.

Inspiration is not always the setting of a target and being enthusiastic
Many enthusiastic people have failed and made extremely bad choices.
Inspiration is more - the complete lack of doubt.

When I do vision quest with people I work with them on becoming empty.
Unlearning

And when emptiness comes, silence comes, and then they hear.
Sometimes the noise we make in our mind is consciously blurring the voice
We don't want to know what we know, so we fog the silence with turmoil and emotion

Once I had a relationship that was over. I made all sorts of stress noise in my life

I didn't want to know, so instead I created doubt.

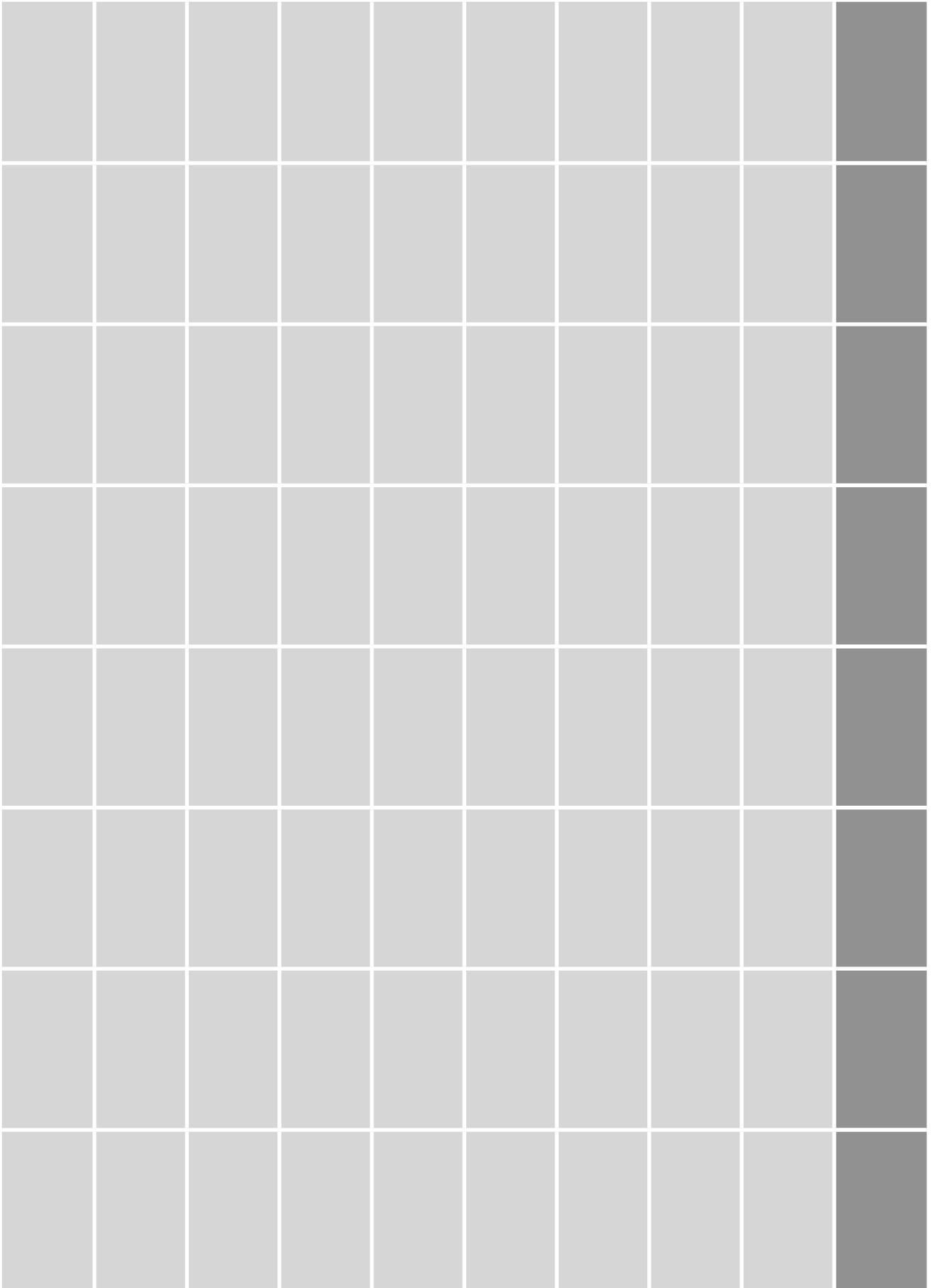
But in our heart of hearts, we know that we know that we know that we know
And then, it's not an intellectual argument.

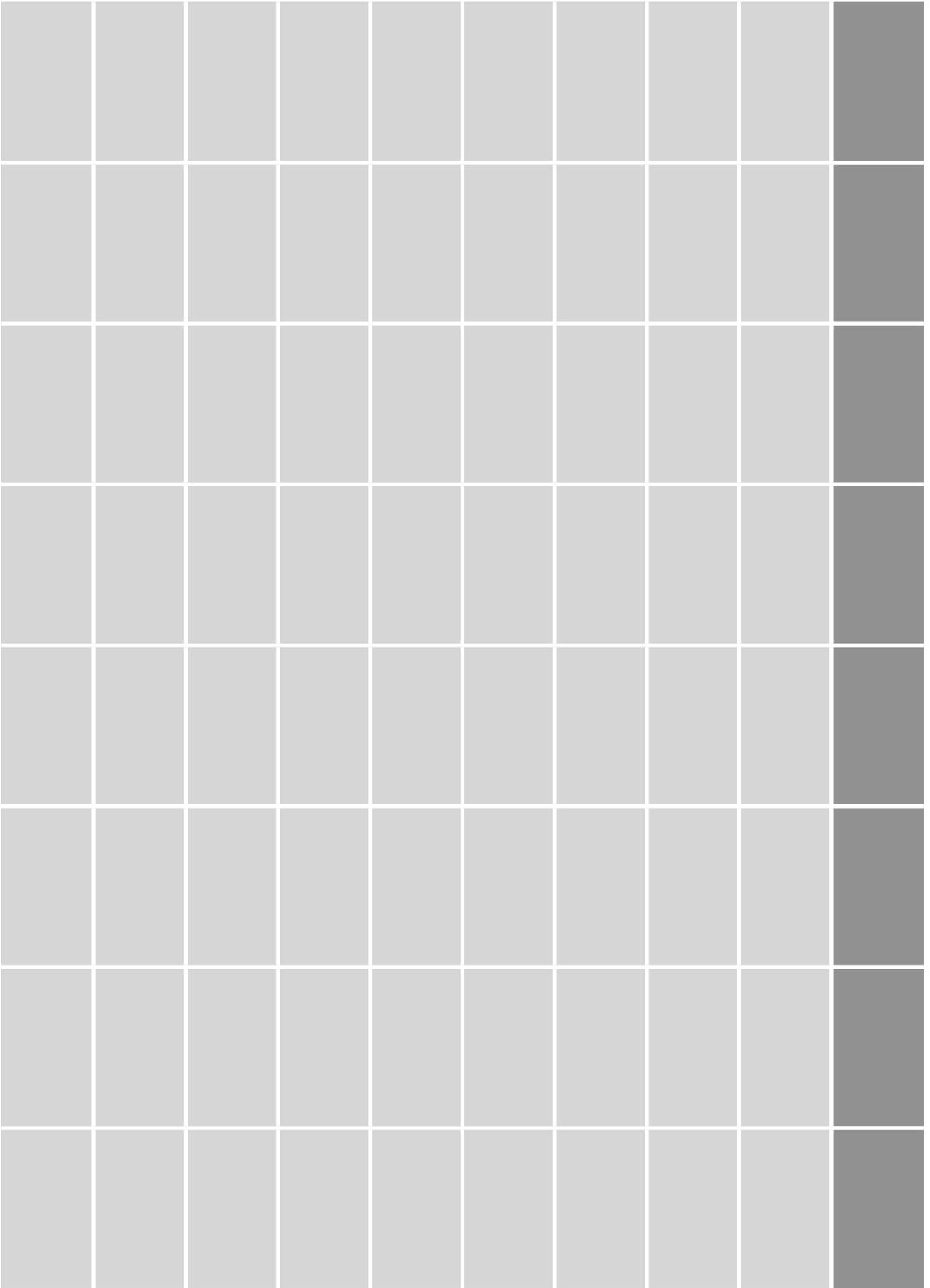
It's higher intuition - and in this inspiration - there is no doubt.
To find inspiration we must know how to clear emotion - mind noise so we can hear it.

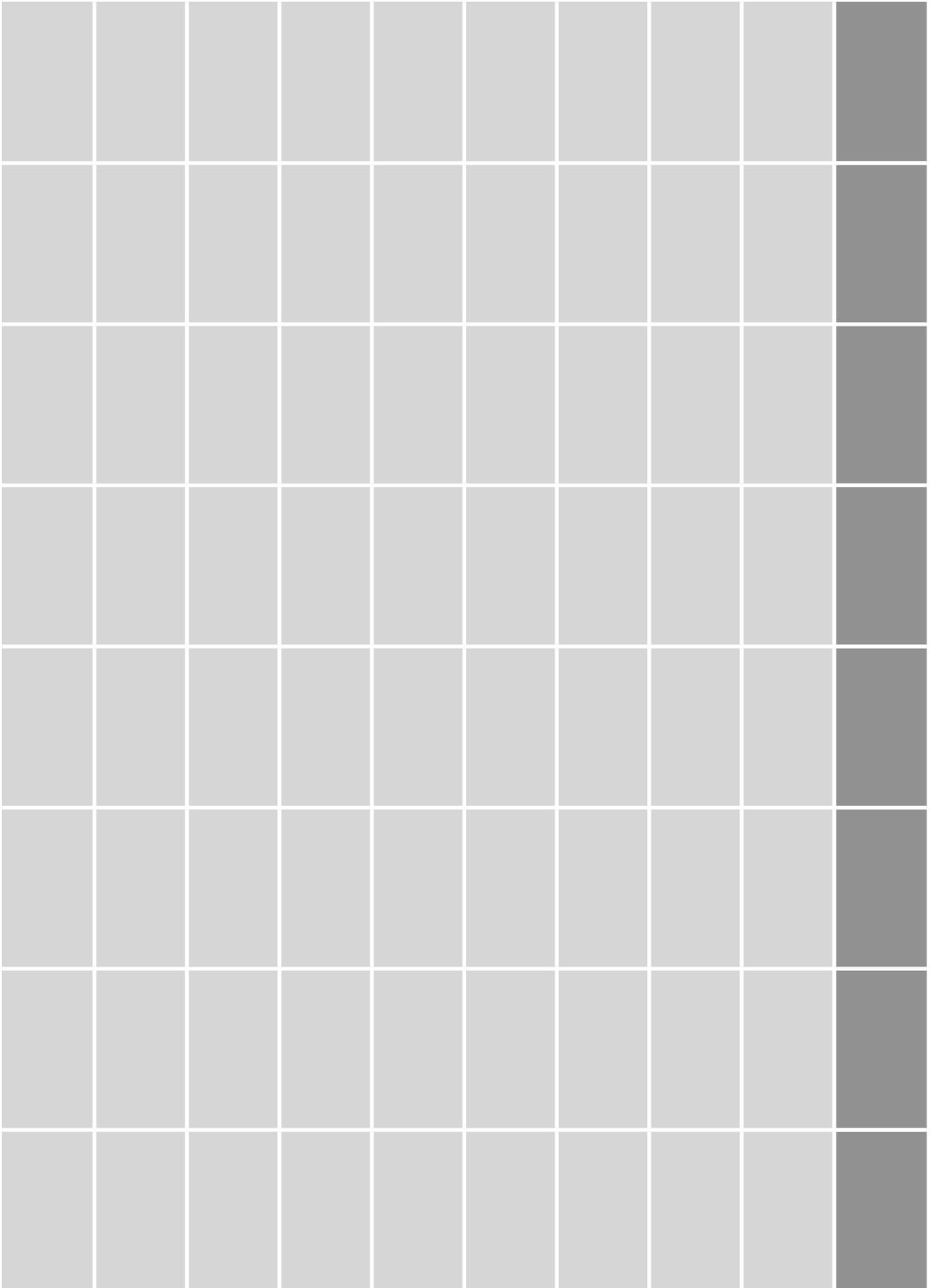
GOOD SPACES

WE ARE THE ENVIRONMENT WE CREATE

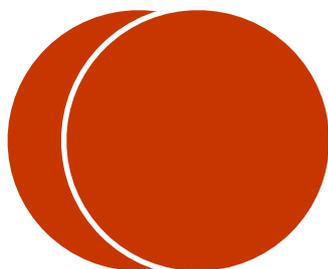
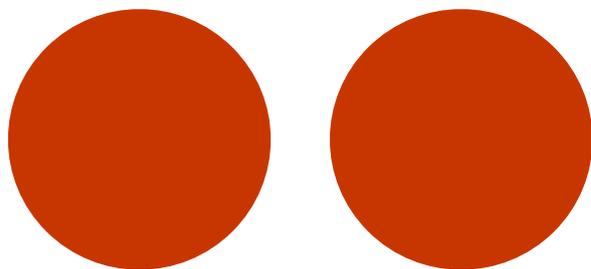
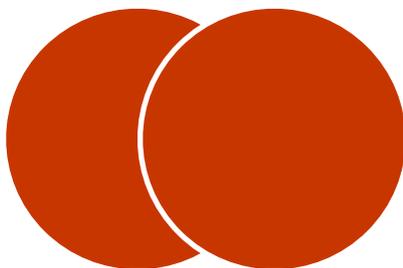
I love a good temple. Any faith is fine.
I love a Catholic church with all those statues of Jesus nailed to the cross
I love the sparse spaces of a Zen Monastery
and the decorations in a Tibetan Buddhist Monastery
I love the glorious ornate art in a Mosque
and the wooden warmth of a Synagogue
I love the smell, the stillness and the respect one feels for higher things in these places.
So, I created my own.
My first and favourite temple is in Nature.
I always look to the ceiling of my temple in nature to see the wonderful carvings and paintings up there.
Then, I look to the floor to see the patterns and incredible materials under foot.
Then, I always look to the walls, the trees, the landscape, the houses and flowers that are sculpted by the hand of nature and, inevitably by the hand that creates nature.
I don't like living far from my temple. So, I made the home I share my temple too.
I fill it with sweet smelling incense, and always have a candle - even an electric one, burning
And I do the same that I do in a temple, I watch my words, and celebrate the stillness
Sometimes the tv is on. That always happens in a temple, people talking and different art on the walls
So, Tv is part of the sacred space I create
But the most important thing in my temple is the energy of love
In this, my thankfulness for life, my respect for others and my appreciation for my good blessings is important.
I fill my temple with good feelings.
I try, whenever possible to avoid guttural thoughts and unkind words.
Although sometimes I slip, mostly it's good
And I'm really aware of the different energy of visitors
I don't filter the visitors, that's not a temple
I even work from home so I have conversations with people on the phone who are in pain and doubt
This is life
I just make sure I keep the space sacred by doing my daily rituals, cleaning and refreshing the space
Some people come to my temple for peace, respite from the mechanics of obligations and commitments
Some people come to my temple for change
Some come because they need a loving hand
and some come to avoid doing harm
My temple is my office
A place to give from my heart.
Is yours?







RELATIONSHIPS



BEING REAL.



Standing on one leg, work out the best way to balance. How does that have anything to do with vision, Inspiration or purpose.

WISDOM

1 - Nature's first law. Balance

The fact that the whole universe stays in place - trillions of stars in the sky and kapillions of cells in your body - because of the principle of balance might be a hint that this is a really important principle to understand. Simply put, there's two sides to everything and something that stays still has equal and opposite forces operating on it.

Ego means unequal forces, imbalanced. So, our ego, our self created beliefs and experience memories and expectations are "the movie" of our mind. Not in harmony with nature's law. Hence, all depression, illness, violence, heart ache and disturbance comes from imbalanced thinking. That's the cause - the rest is the effect.

It can take a lifetime searching for gooder, better, bester, idealist outcomes to realise that balance exists. Why waste the time?

2/ Nature's Second Law. Evolve or die

All things in nature have a purpose. Every blade of grass draws water, seeks the sun, eventually fertilises the earth. It has a purpose and if it doesn't follow that path, nature recycles it. People are just big blades of grass. Anything that does not fulfil its purpose gets recycled. A relationship that's made babies might be over. A business that invented one product might dissolve. Nothing is permanent but everything that has a purpose survives.

It might be the single most important discovery of your life. Everything, your mates, friends, children, partner and you have a purpose and that purpose is not licking chocolate off each other's back in a relationship. It's about doing something for others.

3/ Nature's Third Law. Interconnectedness

You fart, the world changes. You pee on a tree - everything is different. Everything affects everything. So, when you stand in front of the mirror and see what you call "ME" - that's a tunnel view of the truth. You are ME, YOU, WE, US, THEY, NATURE, UNIVERSE, SKY, TREE, WATER...

We are the environment we create. Nothing is separate. What you think becomes what we all are. Complex as it sounds - it is also extremely simple. What you put out you get back. Take seeking acceptance for example. What you are actually putting out is self rejection (why else would you seek acceptance?) so you get back rejection.

4/ Nature's Fourth Law. Appreciation - Rhythm

What we appreciate grows. We appreciate stuff that we understand and we reject - depreciate stuff we don't understand. Hence, understanding things means mastery over them. We lead by understanding - we love by understanding. Anything we don't understand runs us, anything we understand we run.

When life plateaus, it's because we got stuck in a level of awareness, thinking, understanding and created a self imposed prison. But one thing is for sure, "When the student is ready, the teacher appears." Stuff happens because we're ready to understand a bigger story. And it keeps happening, and happening and happening until we move. Repeating old thinking is not new understanding. To understand we must unlearn judgements.

5/ Nature's Fifth Law. The One and the Many

Humility is the essence of the entire existence in the universe. Everything is humble to something. In human language this is called "Beginners mind" you're always a beginner and to stay that way is absolute inspiration. Even the President of the USA or the POPE or Nadal the tennis champ are always beginners, breaking through frustra, learning new things, starting from scratch.

Few people understand that the great masters who have walked this earth we're not unique because of their teaching but because of their ability to learn.