

BEST VERSION OF YOU

MODULE #3

BLOW UP YOUR BELIEFS

This week, we're going to:

- ▶ **BLOW UP YOUR BELIEFS** and start again (with a fresh set of eyes and renewed commitment to your dreams).
- ▶ **BURN YOUR BRIDGES** and get rid of the toxicity that is holding you back from being the commander of your ideal life.
- ▶ **BUILD A SENSE OF ROUTINE, EASE AND FLOW** into your personal and professional life.
- ▶ **LEARN THE KEY STEPS TO KNOWLEDGE MASTERY** and when and how you pay the price of learning.
- ▶ **EXAMINE** the 15 books that changed my life, discover what it takes to achieve knowledge mastery (and practice) to become the revolutionary leader and extraordinary expert you know you can be

“Be careful how you think; your life is shaped by your thoughts.”

Proverbs 4:23

“Hey Shane here, let's **BLOW THINGS UP!**

The key to success, contentment and balance in life is getting uncomfortable, clearing out negative energy and setting up the belief systems for success. And this means taking a good look at your habits, routines and core beliefs. Bad or unskillful habits (we all have them and we wish we didn't) can leave us feeling indifferent about creating change in our lives.

Maybe you spend too much time on social media or playing online games. You've tried a dozen times to quit smoking or cut back on fast food. You want to quit drinking or start doing more exercise but your old, comfy routines keep holding you back. The good news is this: no matter what bad or unskillful habit you're trying to break, you can (and you have already) laid the foundations to switch things up.

Blowing up your ingrained beliefs and ideas is one of the best ways I know to jump ahead of the pack, put your self-development on speed dial and become the person you need to be. It's what sets you up for that next success stage and brings your Compelling Vision to life. Can't wait to dive into this with you!

Here's to unleashing your full potential.”

Shane Kempton

Coach – Speaker – Mentor

Founder of the Best Version of You Bootcamp

www.bestversionofyou.com.au

#bvoy #bestversionofyou #shanespeaks



MODULE 2 CHECK IN:

Before we dive into systems and beliefs, let's review the week just gone.



How did you go with discovering your ikigai?

What do you love? What does the world need? What can you be paid for? What are you good at? These are four simple yet profound questions which can shape you and the life you live.

How did you go with creating your “Mighty Mission”?

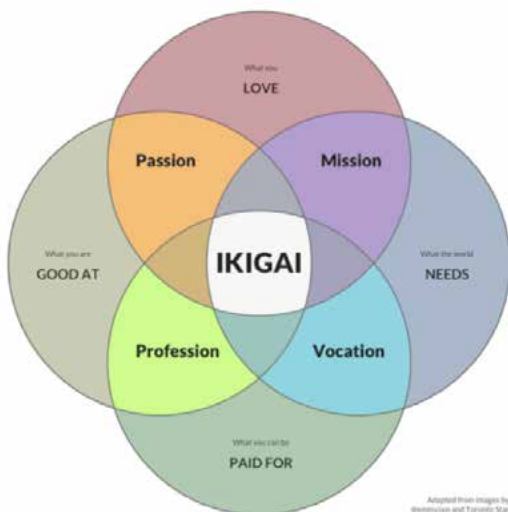
This is one paragraph which captures your Ikigai and articulates your purpose driven life. It must excite and challenge you when you share it.

How did you go with your “Compelling Vision”?

We divided your Compelling Vision into 5 segments: Business/Career, Health, Relationships, Wealth, and Me time. Did you set yourself up with 3 goals/objectives for each?

You need all of the above to emotionally move you when you read and hear them. Remember the analogy we used about a **vivid dream**.

It has to feel real, even though you may not have achieved the outcomes you desire. This is why we call it a Compelling Vision. It has to compel you, even when you don't feel like doing the heavy lifting or when nobody's looking. Your **Mighty Mission and Compelling Vision** will keep focused on the tasks at hand, free of distraction and full of energy.



EXERCISE 1:

WHAT'S IN YOUR HEART?



Here is an analogy. When you go to the gym, unless your heart's really into it, you don't get the true benefits of the workout. You might be down or anxious. Or you're just not feeling the love so your training lacks energy and focus.

What is in your heart? Your heart is everything that is going on internally. If you're harbouring bad thoughts, resentment or some sort of hatred towards something or someone, it will seriously hold you back. You simply won't be the best version of yourself.

This is where **forgiveness** comes into it. So we can get on with being the best version of ourselves, we need to get our heart in the right place, let go of some relationships or negative feelings and patterns.

What's in your heart right now that is distracting you and stealing your positive energy? Who do you need to forgive in order to move forward and reach that next level of your life?

“Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives.”

Tony Robbins

Mission critical intel: Your beliefs are just thoughts you have repeated. You can change your beliefs by changing your thoughts.

BLOW UP YOUR BELIEFS



By combining the potent power of your Compelling Vision and Mighty Mission with these 7 awareness tips, you can break the cycle of your old habits and beliefs about life and replace them with new ones.

7 AWARENESS AND MINDSET TIPS

“A habit cannot be tossed out the window; It must be coaxed down the stairs a step at a time.”

Mark Twain

1. Be easy on yourself.

Habits are hard to break because they are well entrenched in your brain's neural pathways. We are quite literally, “creatures of habit”. If you just stop and think about the way you shower in the mornings, clean your teeth, put on your shoes and drive to work, we don't need to think about these activities. They are habitual. This gives our brain space and energy to be on the lookout for new opportunities or unforeseen challenges to overcome. The double edge sword is that our brain doesn't know the difference between good and bad habits. If you fall off the wagon, jump back on and remember this is a marathon, not a sprint. Don't give up!

2. Pinpoint the cause.

All habits are fuelled by a root cause or belief. Some of these are functional, others not so much. We clean our teeth daily to avoid the dentist. We check our emails in the morning in an attempt to get on top of our day. Mindless eating is a form of comfort. Unmonitored hours surfing the web are a function of escapism. Sticking one smoke in a mouth after another is a way of getting some time out. You may have a belief that you need to drink to be social or interesting or loveable. To break the habit, you have to first identify the cause and the functional belief it is serving.

3. Confront the real issue.

If snacking on junk food all afternoon is a compensation for not eating lunch, the function of eating whatever you can get your hands on is to satisfy hunger. Your “habit” is telling you that you need to stop and take 15 minutes to eat lunch. Continued page 5.

7 AWARENESS AND MINDSET TIPS CONTINUED



“A problem well-defined is a problem half solved.”

John Dewey

If your time on social media or gaming is your way of avoiding fights with your partner, the real issue could be the pain of facing how dysfunctional your relationship has become. Even if it makes you feel depressed, guilty and bad about yourself for having a bad habit, you are not likely to stop it unless you come up with another way to deal with its function. Something positive has to be put in its place. Positive can mean pleasant — like eating that beautiful lunch instead of skipping it and eating biscuits all afternoon. Positive can also be painful but important — like dealing with your feelings instead of stuffing them down with food, or getting some counselling with your partner instead of numbing your problems away with video games, alcohol or drugs.

4. Harness the power of the pen.

There's something magical about committing a promise to paper. It makes that promise more real. Write down your new habit and/or routine. History and the many stories of successful people reveal that just writing out a goal and keeping it handy to look at every day (or as many times as day as you need to) can help you stay on track. This is why I love journaling so much. It's powerful! You can even write down your promise in your journal and read it as part of your morning routine. That's a prescription that has no side effects and is likely to help.

5. Get an accountability buddy.

The same reason why you get better results at the gym with a personal trainer and the reason why many recovery programs include group meetings and individual sponsors or therapists, is because being accountable to others is a powerful incentive to keep on keeping on. By giving and receiving support, you keep the goal in focus. Working with a coach or mentor (like me during this program) can help you deal with the basis of your bad habits and find positive, healthy ways to take care of yourself instead. Being accountable to a friend (in person or virtual) helps you stay on track.

6. Time is your friend.

Popular belief says that it takes 28 days to get free of a bad habit. In my experience (and as a result of working with clients), routines and habits are hard to break because they are deeply ingrained neural pathways which have taken months and years to form. You can lay a solid foundation in a month but it will take another 30 to 60 days to fully automate it. Remember: we have to break the old, install the new and create new neural pathways. For some people, it may take a little longer, others less. It all depends on the habit, your personality, your level of stress, and the supports you have in place. This is why a vivid and compelling vision is so critical. It will pull you through the tough times if you stay committed to it.

MISSION CRITICAL INTEL: Use the 3DA model from Module 2 to start (or continue) your habit changing process this week.

7. Setbacks will happen.

Be mindful that we humans are not perfect and we may slip up occasionally. That's OK. If you fall down, get back up. Almost everyone slips up. It's only human. But it's not a reason to give up. It tells you what kinds of triggers push you off track. It tells you what you might need to change in order to stay on track. This is all part of your personal development journey and paying the price of learning.

PAYING THE PRICE OF LEARNING

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi



Invest upfront in learning or potentially pay a greater price in missed opportunities down the track. This is part of how you blow up your beliefs and expand your mind.

KNOWLEDGE MASTERY IS KEY

STEPS TO MASTERY



There are 5 STEPS to learning or ‘knowledge’ mastery:

- ▶ **ASSUMPTION** – This is the lowest form of knowledge. No good for anyone - when we assume something, it makes an ‘ass out of u and me.’
- ▶ **KNOWLEDGE** – Hundreds of books on your bookshelf are useless unless we actually read them and absorb the new knowledge.
- ▶ **UNDERSTANDING** – We start to get benefits from that knowledge when we understand what we’re consuming.
- ▶ **WISDOM** – This is basically ‘applied knowledge’. We’ve read the books, we understand them and we’re applying that knowledge to create wisdom.
- ▶ **PRACTICE OR MASTERY** – We’ve learned. We’ve understood. Mastery is then achieved when we take the lessons we’ve learned and put them into practice.

WINNING ROUTINE TIP:

Always be learning and invest upfront in your mind and body so you don’t pay the price down the track.

Above all, remember this: there is no such thing as failure – there is only feedback. You can always strive for improvement and remember to celebrate your small wins and progress.

HABIT TRIGGER MODEL



“When you’re feeling unwell, remember that the same power that actually made your body knows how to restore it to its original state of well-being. All you have to do is remove the obstacles erected by you and your toxic world, and allow this healing power to flow through you.”

Wayne Dyer

1. Identify the habit you want to change. This means bringing what is usually unconscious (or at least ignored) to your awareness.

2. Look at what you are getting out of it. In other words, how is your habit serving you? Are you looking for comfort in food? Numbness in wine? An outlet or connection online?

3. Honor your own wisdom. Your wisdom knows when it’s acquired in an unhealthy way. Use that wisdom to build something into your schedule that will provide you with what you really want.



4. Choose something to replace the unhealthy habit. Just willing yourself to change isn't enough because it does not address the underlying benefit of the behavior you want to replace. What can you do instead?

5. Remove triggers. If Doritos are a trigger, throw them out on a day you feel strong enough to do so. If you crave a cigarette when you drink socially, avoid social triggers for a while until you feel secure in your new habit. Certain people can be triggers too.

6. Visualize yourself changing. Vivid visualisation retrains your brain. In this case, you want to think differently about your ability to change—spend some time every day envisioning yourself with new habits. What it does feel like? What do you look like?

“All change is hard at first, messy in the middle and beautiful in the end.”

Robin Sharma

7. Monitor your negative self-talk. Negative self-talk can seriously affect your default behaviors. So when you catch yourself saying, “I’m fat” or “No one likes me,” reframe it or redirect it. Reframing is like rewriting the script. Replace it with, “I’m getting healthy”, or “My confidence is growing”. Stop self judging!

MISSION CRITICAL INTEL: Your beliefs don't make you a better person, your behaviours do.

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

Socrates

8. Take baby steps, if necessary. Even if you can't follow through 100% right away with a whole new habit, turn something new into habit. For example, if you've blocked out an hour to exercise and you have to go to a doctor's appointment, find another time to squeeze in at least 15 minutes. That way you'll reinforce that "this is my new habit."

9. Accept that you will sometimes falter. We all do. Habits don't change overnight. Love yourself each time you do and remind yourself that you are human.

10. Know that it will take time. Habits usually take several months to change. You have to reinforce that bundle of nerves in your brain to change your default settings.



ENROL IN THE 'TRAVELLING UNIVERSITY'



Whether you're commuting to work, going for a jog or you've got some spare minutes on your lunch break, you can learn wherever you are in the world. My favourite time to learn is early in the morning or on a plane when I am travelling because it is 'forced' tech-free time, away from emails. Here's my little black book of awesome books and audiobooks to try out when you want something inspiring or educational to read:

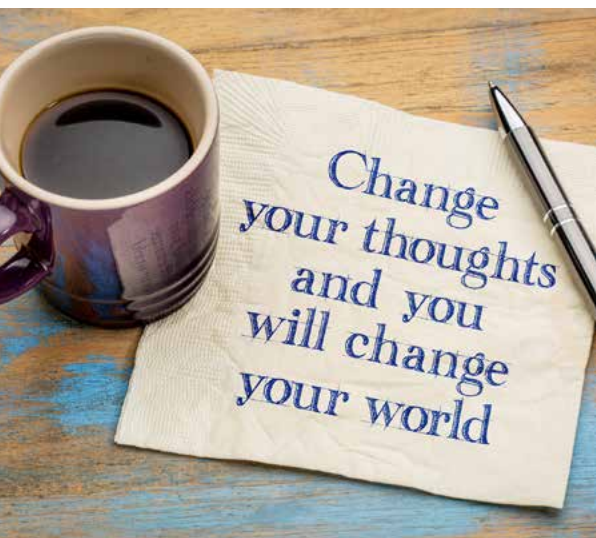
15 Books That Changed My Life

- 1) 7 Habits of Highly Effective People (Stephen Covey)
- 2) The Way of The Peaceful Warrior (Dan Millman)
- 3) Legacy (James Kerr)
- 4) Having It All (John Assaraf)
- 5) The 5 Marks of a Man (Brian Tome)
- 6) Start with Why (Simon Sinek)
- 7) Wild at Heart (John Eldredge)
- 8) The 5am Club (Robin Sharma)
- 9) The Holy Bible
- 10) Real Men (Cole Edwin)
- 11) The Dhammapada (Eknath Easwaran)
- 12) Mindset (Carol Dweck)
- 13) Untethered Soul (Michael A Singer)
- 14) Drive (Daniel Pink)
- 15) The Alchemist (Paulo Coelho)

“The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.”

Brian Herbert

A FINAL NOTE



“If you want to have more, you have to become more, for things to change you have to change, if you improve, everything will improve for you.”

Jim Rohn

Now that you have decided to change, you need to plan for the change. Then take your first step and measure and celebrate each milestone as you progress. Remember:

- ▶ Everyone has everything inside them to change and are capable if they want it bad enough.
- ▶ Start by replacing an old habit with a more positive, product and/or constructive habit. Write down all the reasons why you want to change your current habit/behaviour. What are the benefits of the change and how does that positively influence you and cascade into other areas of your life? This is the carrot.
- ▶ Now the stick. What happens if you don't change this negative, unproductive and destructive habit or behaviour? What are the potential negative outcomes? How does this affect other areas of your life? Can you let this happen or do you want to be responsible for this? How will your spouse, family, friends or clients feel?
- ▶ Ultimately, you want the negative outcome (the stick) to be that bad it compels you to act. The carrot has to be that good that it pulls you out of the bad habit. **“The prize has to be greater than the price in order to change” - Jim Rohn.**
- ▶ Blowing up your beliefs will require conscious effort and will power: make a consistent effort for at least 60 days.
- ▶ Keep a daily journal of how you want to behave in order to implement your new habit. Tick it off each day that you achieve it. This will give you a hit of dopamine. **Dopamine** is a neurotransmitter often referred to as the “chemical of reward.” When you score a goal, **hit** a target, or accomplish a task, you receive a pleasurable **hit** of **dopamine** in your brain that tells you you've done a **good** job.
- ▶ Continue to connect to your positive reason as to why you are installing this new habit.

Keep up the good work and I'll see you next week!

Here's to unleashing your full potential,

Shane Kempton

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