

Welcome to Module 3
THE DECISION



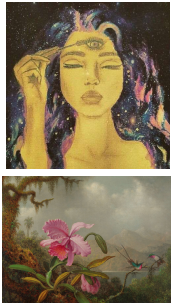
Welcome to Module 3

DECISION : at the root of the word: "to cut off all other options"

Recap

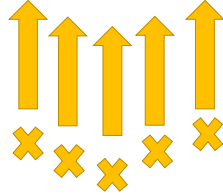
Week 1: Grand Recap Of Your Life

Week 2: Reigniting Your Values



This Week

Week 3: The Decision
(to live your most
expressed,
magical, soft & true life)



1. Raising Standards
2. Practicing "no"

1. Raising Standards

When you know:

1. What you value, moment to moment
2. What lights you up/ turns you on / What you'll sacrifice anything for
3. Where you sacrifice or compromise the Truth (and let your prostitute run the show)

and you start to see that the more time you spend on things you value, the more fulfilled you become and the less you compromise your self-expression the happier you become..

1. Raising Standards

There's only one logical thing to do:
RAISE YOUR STANDARDS.

This means:

- ❖ Increasing your investments in what you value and what is True.
- ❖ Decreasing your investments in what you don't value and what is coming from illusion.

1. Raising Standards

There's only one logical thing to do:
RAISE YOUR STANDARDS.

A standard is:

An expression of your boundaries.

-AND-

An internal decision about at what level you want to play (i.e. interact with, invest yourself in, co-create with).

-AND-

Rerouting energy from your prostitute to your lover.

1. Raising Standards

Three main investments where your standards come into play:

1. Your attention
2. Your time
3. Your money

1. Raising Standards

What falls beneath your standards in each category?

Some examples:

1. Attention: watching crap TV, other people's drama/gossip, overanalyzing, comparing yourself on social media, the stories you tell yourself, worrying about what others think ...
2. Your time: scrolling social media, solving other people's problems, dreaming sans action, ...
3. Your money: avoidable fees, clothes you don't actually wear, food that doesn't do you good..

1. *Raising Standards*

Your main tool in raising these standards:
"NO"
...but first...



1. *Raising Standards*

Tools for raising your standards of **attention**:

1. Cord Cutting:
Who do you spend a lot of time thinking about, worrying about or having conversations with in your head (that don't serve you OR them)?
2. Calling your power back:
A very quick tool to use whenever you notice you're creating momentum towards what you DON'T want
3. "Nope"

1. *Raising Standards*

Tools for raising your standards of **time**:

1. Categorize into DO / DELEGATE / DITCH: If it is valuable to you, do or delegate. If it's not, simply ditch.
2. Track your time in terms of "\$1, \$10, \$100, \$1000, \$10000 or priceless actions": If you were to pay someone else to do these things for you, how much would you need to pay them?
3. Mastering the graceful "no"

1. Raising Standards

Tools for raising your standards of **money**:

1. Review your bank statements. Highlight that which is a clear reflection of your core values. Question everything else.
2. (From Ramit Sethi): Quadruple your spending on everything you adore, ruthlessly reduce the rest.
3. The money breath: Every time you're about to spend money, ask yourself: does this purchase reflect my values?

2- The sacred No



The mindset of NO

- ❖ Protects and sets boundaries around your YES
- ❖ Is a container holder
- ❖ Requires you sitting in the center of your life and remembering you always have some kind of a choice
- ❖ Is not meant to be rigid
- ❖ Isn't about rejecting PEOPLE
- ❖ Allows for relationships with people whose behavior you don't appreciate.

The mindset of NO

Why saying no can be kinder than saying yes:

Saying yes when you mean no:

- ❖ Builds resentment
- ❖ Allows you to really commit to what you're a real "yes" to (instead of flooding yourself with all the things)
- ❖ It feels like a violation (and like the other person has power over you - this is illusion).

...and when you're resentful, overwhelmed and feeling violated... are you at your most genuinely kind?

The mindset of NO

How to stay soft with your no.

Keep in mind that:

- ❖ You're not *rejecting* anyone when you decline a request.
- ❖ The request comes from a human being with their own needs and responsibilities and you can be on their side while also respecting your own limitations.
- ❖ Your "no" is sacred
- ❖ Your "yes" is sacred

The mindset of NO

How to say no to yourself (and especially your inner prostitute).

- ❖ Remember that it's not "wrong". We've needed this Operating System of survival for a long time.
- ❖ Be firm, courageous and loving all at once by staying connected to your lover, and the experiences she wants. She's your inner artist.

The mindset of NO

The essence of a graceful "no":

No to this and yes to you.

"Here's the boundary, here's what I can do"

- ❖ "I am completely prioritizing X this summer, how does September sound?"
- ❖ "Let me check on some things and get back to you"
- ❖ "I can't do X, but I can do Y."
- ❖ "I might not be the best person to help you. I can put you in touch with Y"
- ❖ Use humor

The mindset of NO

The same applies to yourself:

- ❖ I'm prioritizing eating in a way that makes me feel light, so how about I plan that ice-cream for when I prioritize enjoying the taste of food
- ❖ Before I commit to this whole new project I really wanna do, let me check if I actually have space for it!
- ❖ Even if I just want to watch Netflix all day, because I'm tired, let me rest in a different way instead and read a book and nap.

Your work this week

- ❖ Clarify your new standards around your attention, time & money.
- ❖ Use the "standard raising tools"
 - ❖ Cord Cutting
 - ❖ Calling Your Power Back
 - ❖ DDD
 - ❖ \$1 / \$10 / \$100 / \$1000 / priceless
- ❖ Practice your NO
 - ❖ Give yourself a "realm" where you'll really practice this: Food, relationships, time management, work, exercise, ...
- ❖ Come to terms with the BIG places of discrepancy.

Fair warning

This is where the rubber meets the road..
... and your worthiness stuff is likely to come up
... your resistance (the resistance that you want to bust
that made you sign up for this program in the first
place) is likely to come up
The action alchemizes the illusion.
So SEE IF YOU CAN DO THE "NO" ANYWAY. If you
can't, PERFECT, because THESE are the raw materials
for your diamonds. NAME THEM. Shine the spotlight
on them.
