

A photograph of a woman from the back, looking out at the ocean at sunset. She is wearing a blue denim jacket and has a red and white striped shirt draped over her shoulder. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with soft, white clouds. The water is calm, and the foreground shows some dark rocks.

# Perspective Shifts

THE PERSPECTIVE SHIFTS  
SELF-MASTERY PROGRAM

*Lauren Parente*  
SOUL ON FIRE

People have told me I'm crazy. A few short years ago, I was reluctant to begin my deep dive into entrepreneurship. Maybe I was crazy to think I had it in me. I was a stay-at-home mom to my three beautiful boys. Painfully shy, I was terrified at the idea of transitioning into the business world.

They told me I was crazy to jump on that plane to go pursue higher education. Judgments, self-ridicule, insecurities - I was on the struggle bus. Just who did I think I was to WANT to grow?! Shouldn't I be satisfied with the blessings I already had? Was I a bad mom for wanting to DO more and BE more outside of the home? Imposter syndrome haunted me. Did I have the skills and experience to run a successful business?

I'd spend the days inside my hotel room during breaks at conferences hiding behind my insecurities. Instead of networking, I let fear hold me back, scared all people would see was diapers and dinners at home. How on earth could I relate to these people?!

But then...my awareness SHIFTED.

They say that you're greatly influenced by the five people you spend the most time with. I made the conscious decision to surround myself with the right mentalities. I surrounded myself with like-minded individuals and chose to ignore the small-minded people with bad attitudes who were holding me back.

I decided to make the very BEST use of my God-given talents and to honour my strengths. There is value in the experiences I had as a stay-at-home mom. I was making silly excuses when instead I could be using my capabilities and potential to grow.

I realized that my mindset, those limiting thoughts, doubts, and beliefs were holding me back from pursuing my goals. **Mindset is necessary for exponential GROWTH.**

I took a leap of faith. I focused on moving forward and investing in myself. I became intentional about building my tribe and finding a mentor. By learning and growing, I realized that everything I needed to create the life of my dreams was WITHIN ME. **It's NOT impossible and YOU can do it, too!**

**Are you ready? We're about to set your soul on *FIRE* and unleash your inner potential for MASSIVE GROWTH!**

As I speak to more entrepreneurs and learn their stories, the more I realize that mindset is the biggest factor that holds us back. Limiting mindsets hold us back from realizing our infinite potential.

It's surreal that in just a few short years, I've laid the foundation to build a solid future. After a year of solid business success in 2018, I was invited to an invitation-only dinner for elite performers in my industry. I needed someone to pinch me when a surprise private limo was sent to pick me up for the event!

I was standing in a room full of the BEST individuals in my industry. Who was I, the woman who'd been staying at home with her kids just a few years ago, to be invited to be in this room?! I was realizing my own potential and getting the heck outta my OWN WAY! I was running an accomplished business and laying the foundation for a solid future.

Believe me, my story doesn't come without personal struggles along the way. By the grace of God, I'd found a way to #MakeItHappen - and it happened! **And it can happen for you too.**

As I write this, I reflect back on what my days of feeling "stuck" felt like. I knew but chose to ignore the fact that I could DO more, BE more, and CREATE more. Instead, I let my insecurities and resistance to change control my life. I now have the FREEDOM to use my skills and experience to help others and change lives at a higher level.

Today, I'm focused on the process and the hard work ahead. There is no better teacher than hard-won experience as an entrepreneur. The wisdom and insight I've gained are priceless and I want to share it with YOU. I want you to join me on this journey in growth! I know it will help you achieve AMAZING results, and in much less time than it took me through years of trial and error. Let's get started. This is going to be fun!

XOXO

Lauren



## *MINDSET IS EVERYTHING*

When paired with consistent action, mindset is the key to not only achieving but sustaining success. Your mindset, or perspectives, are the lenses through which you gauge the world around you. The lenses you gaze through affect how you live your life and the choices you make. Your mind is the most powerful force you have. The things you believe and the stories you tell yourself can either prevent change or allow you to grow and reach your potential.

Mahatma Gandhi once said, "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny."

Your perspectives reflect what you **value** and the **choices** you make - and these beliefs orient our tendencies and reactions. Perspectives define who we are and who we can become. You can't outsmart your mindset.

Do you get up in the morning in a bad mood, overwhelmed by work, or worried about something going on in your life? Waking up with this mindset affects your behavior and performance. As we navigate our daily life, we learn beliefs that help us to navigate the world around us. This is why children have seemingly limitless imagination and belief in their own potential.

But what if we wake up with positivity and the sheer inability to view ourselves as a victim of our circumstances? What if we could go back to the mindset we had as children - that we can do anything? **Everything changes!** The more we hone this ability to shift our perspective to one of empowerment and growth, the stronger and more resilient we become.

Don't fear change. The fear of change does not make you weak, it just means your perspective is that you *can't* change. **But you can change.** And if you're willing to start making the change to shift your perspectives, you can change anything.

Perspectives are both conscious and unconscious. This means our beliefs can be learned or unlearned. Even the simplest perspective shifts can help us become our best self. Success-driven perspectives make the best use of our resources - our time, energy, and opportunities.



Many people believe their qualities, such as intelligence or talent, are fixed traits. They might believe that only those with talent will have success with little to no effort. They allow themselves to have a victim mindset instead of working to develop their talents, constantly working to prove themselves.

Then there are those that believe they can be sharpened through dedication and hard work. They have a love of learning and are resilient to challenge and change. This is a growth mindset. You have the power to change your mindset - it's not fixed. Even the idea that change is too hard is just a perspective that you can start to change. You can't control the outcomes in the past, but you can take **BIG STEPS** to change your present and your future.

Cultivating a growth mindset helps you focus on your goals and dreams. You'll be better able to view change and challenges as opportunities for growth, to learn and motivate yourself to grow your abilities. You **CAN** change your mindset. It'll take hard work, but it's time well spent.

Henry Ford said, "Whether you think you can, or you think you can't - you're right." Your mind is only as good as the limitations that you place upon it.

**Right here, right now. You have the power to shift your perspectives. Now is the time to BE BOLD. You can start down the road of self-mastery.**

When you become the master of your perspectives, **you can commit to your goals and actually accomplish them.** You know the saying that chaos is doing the same thing over and over again and expecting a different result? You can't change your results when you continue to have the same limiting beliefs that got you stuck in the first place!

Changing even your most simple beliefs can have a profound effect on your life. You don't **HAVE** to be a victim! The hand you're dealt is just the beginning of your journey. Exceptional change allows you to convert your setbacks into your future success and happiness.

Everyone is born with an innate desire to grow and learn. Babies don't let every stumble deter them from walking, they just keep on charging forward until they've succeeded. No one considers a baby unintelligent or lazy because they can't walk yet. Adults can still grow and learn as well. We've just convinced ourselves that we can't or believe that we're not competent or worthy enough to.

You don't need to prove to anyone that you're special or superior. If you're always trying to prove you're the best, then what happens when you fail? Instead of learning and growing from your mistakes, you enter a cycle of continuously trying to improve your self-esteem.

What's funny is that many fixed-mindset individuals are focused on getting to the top, but growth-mindset individuals get there through hard work and positivity. With a fixed mindset, everything is about the outcome. A growth mindset allows you to believe it's all valuable, regardless of the outcome.

Perspectives are part of your personality, but the beauty in your design is that you **CAN CHANGE** them! Changing our perspectives asks us to embrace things that are hard: struggles, challenges, setbacks, criticism. People who have a growth mindset don't simply lean on willpower. They have a plan.

You are holding your plan in your hands. Together, we'll begin your journey towards self-mastery by shifting your perspectives. By following the **11 Steps to Self-Mastery** I've outlined, we'll change your perspectives to help you move from a fixed-mindset that leaves you feeling victimized, to a growth-mindset that frees you to be your best self. These steps have been divided into three pieces of your life - your past, your present, and your future.

In this course, it's my intention that you spend one week on each of the **11 Steps to Self-Mastery** before moving onto the next week. This will help you move through the course at an appropriate pace, giving you time to be mindful and deliberate as you take on each step. After working through the coursework for each step, answer the questions in the corresponding workbook. The workbook is SO important! It will help guide you through some of the questions posed in each step of the program. Are you ready to finally take control of your story and the trajectory of your life?

*Let's get started!*



## *Own Your Past*

The first part of our journey towards self-mastery looks at our past. What parts of your past are holding you back? What experiences have shaped your current perspectives? How are you letting these limiting beliefs control your present and future?

**No one is going to save you.**

Let that sink in. It might be harsh, but it's time to take your life into your own hands! We always start with a "can't". Instead, now is the time to focus on the "how". When you ask "how", your mind will begin to figure out the solution. **This is the start of your how.**

Let's dive right in!



## *Week 1*

### *Step 1 - Awareness*

Our journey towards self-mastery begins from within. We learn a lot about ourselves by going inward and digging deep. You must face your shadow selves, your broken selves, by accepting the fact that your current reality is simply a mirror of your own inner workings. Our challenges, failures, and tragedies are all part of our human experience.

Everything we perceive is a matter of interpretation. **Your current perspectives are influenced by your past experiences.** Good or bad, these experiences have shaped you. We all have what I like to refer to as our “Aura-Essence”. It’s our individual blueprint for the energy we carry forward through perception-based emotions. Our emotions are carrying us forward. So, how can you gain control of your emotions to effectively drive your outcomes?

#### **Awareness is key!**

You can train your mind to become acutely aware of what your thoughts and actions manifest into your life. These thoughts and actions have a direct correlation to the outcomes you experience. **YOU ultimately influence the outcomes in your life.**

*“I am the master of my fate. I am the captain of my soul.”*  
*William Ernest Henley*

We consciously and unconsciously write our own stories. Accepting your current reality, or story is just the beginning of your journey. Once you activate your awareness and harness its power, you can begin to rewrite your story. It’s time to get in the driver’s seat of your past, present, and future.

**Take control of your own story! This moment, this one right here is the only one that matters.**

## *Week 2*

### *Step 2 - Reflect*

As you continue to gain control over your past, we'll take a look at what influences your values, beliefs, and outcomes. These are your personal stories. What can you learn from your past experiences?

The beginning of this journey requires a solid foundation for healthy creation and manifestation. A house built on a poor foundation will not stand the test of time. You must have a strong foundation to maximize your resilience. We've all heard the phrase "All that begins well, ends well." If you don't start well and are not content with your own manifestations, **it's time for a reset!**

Now is the time for reflection. We've all been influenced by our own learned perspectives and behaviors. We've been conditioned to think and act according to our system - our education system, work environment, social circle, family dynamics, ancestry, etc. These systems shape and influence your core values and beliefs. Studies have even shown the power of influence, with evidence supporting that our lineage is written directly into our DNA.

#### **Influence is everything!**

You can discover why you do what you do, and what influences your nature. In this step, your personal reflections will help you learn to be intentional about activating your intuition. As you open up your mind's eye as a guiding force, you'll become "awakened". You'll move through the five stages for enlightenment:


#### **Acknowledge**

#### **Accept**

#### **Analyze**

#### **Assert**

#### **AWAKEN!**



Once you've been awakened, you must be willing to acknowledge areas of opportunity within yourself. You must uproot and reroof if necessary if you want to move forward effectively.



## *Week 3*

### *Step 3 - Reset*

It's time for some DISRUPTION!

Do any of these resonate with you? Anxiety, depression, feeling inadequate, remaining unfulfilled, yearning for more, feeling stuck, out of control, discontentment, frustrated... the list could go on and on.

These feelings DON'T make you a bad person, they're just feelings. You are NOT your emotions. You don't need to deny your emotions or attempt to escape them with various coping mechanisms. You can't escape into one more dessert, one more glass of wine, that shopping spree... Self-care should **never** be negative. It should never harm your body, your finances, or the relationships with those around you.

Coping mechanisms don't need to be negative, either. Many people hide behind hours of exercise, restricting their diet, constantly redecorating their homes, or overworking themselves.

It might sound strange, but if you feel less than great at this moment it's time to GET EXCITED!

What?!?!?

It's true. Your soul is speaking and your spirit is ready to RISE UP! It's time to set your SOUL ON FIRE!

Feeling non-so-great means you're destined for MORE. Life is never going to be perfect, but there is room for you to grow. Life is telling you it's TIME! Don't ignore what the universe is whispering to you. Don't mask the symptoms or live in denial.

It's time for a RESET. It's time for CHANGE.

Your life is full of endless possibilities and your past is just that - the past. You are ready to step into greatness! You are ready for disruption! If you're not living the life of your dreams, it's time to stop lying to yourself, stop moving in the wrong direction, and stop manifesting things you don't enjoy. It's time to start anew.

**Your potential is limitless.**

In the remainder of this course, you'll work on rebuilding your life PURPOSEFULLY. It's time for SHIFT in perspective, for TRANSFORMATION, and to begin living with INTENTION.

Where do you want to be in 1, 3, 5 years from now? What would that life look like? What would it look like if your current skills, resources, time, education, or current relationships weren't a part of your future story? Would you still do it? Would you hesitate or doubt yourself?

I am telling you it's TIME, and it's POSSIBLE. We're going to hit the reset button together!

Close your eyes and visualize where you WANT to be and where you WILL be in the future. Imagine a big RESET button and visualize holding your hand over it. Allow all of those limiting thoughts, beliefs, doubts, worries, excuses, and fears to fill your mind. Think of the stories you've grown comfortable telling yourself as to why you can't achieve the things you want for your life.

**Feel their genuine crappiness.**

**And now, repeat after me:**

**GOODBYE!**

**SLAM your hand down on that big RESET button!**

**...and take a breath.**

Focus on the blank canvas that is now in front of you.

You have your paintbrush in your hand, and you're about to create a masterpiece.

You've identified what in your past has held you back. The time has come to focus on your present. You're ready for the next steps.

## *Be in the Present*

You began your journey towards self-mastery by confronting your past and moving through the stage of **awareness**. You've acknowledged your perspectives, challenged reoccurring thoughts and beliefs, and taken responsibility for your current state, reality, and energy.

By reflecting on your past and the perspectives that have formed, you've been able to question the "systems", giving thought to enlightenment and what it means to become awakened. You're on the way to consistently tuning into your intuition as a guiding force.

When we think about the past or future, we often feel frustration, anxiety, regret, and worry. Thinking about the past ties us to the coulda/shoulda/woulda mentality while future-focused thinking holds on to anxiety and fears of uncertainty. The next portion of this course focuses on the present - the things you have immediate control over.

As you've touched on your innate desire for growth and change, you've made a commitment to 'disrupt' and 'rise-up' to realize your own infinite potential. By adapting and growing, you've become more resilient. It's hard to throw yourself into uneasy waters, but it forces you to learn how to swim. If the first steps were hard, that's OK. Right after your breakdown is your **breakthrough**.

You are the architect of your own life. Each day you have the opportunity to learn something new and implement it. Each and every single day you can show up and be the best version of yourself. The next steps are about being in the present. What can you change **right here, right now?** What can you do every single day to create the outcomes you desire for your future? You don't have to live on auto-pilot.

You've already hit that big RESET button for a shift in consciousness to take place. It's time to move beyond the limiting thoughts and beliefs towards **transformation and regeneration**.

**Now is YOUR time!**



## *Week 4*

### *Step 4 - Create*

It's time for ultimate **CREATION**.

In the space of creation, you are able to ignite inspiration and transformation through intentional living. To remain in alignment with your heart's truest desires and your inner calling, you must live with passion.

We truly begin to understand who we are and what we're capable of in the vortex of creation. Your intuition becomes heightened, your soul speaks, and your spirit rises up as a guiding force. You will begin to come to terms with your true motivations, higher calling, and your mission in life.

Creation gives you a sense of empowerment that allows you to move from a reactive mindset to a proactive one. You'll begin to live 'Life by Design', and a major mindset and energy shift will take place as you move into a stage of activation. Your perspective shift and transformation becomes inevitable. Here, you can see the power of living with intention and purpose.

Let's pause for a moment. Before you immerse yourself into the stage of ultimate creation and activation, you need to get very clear on your desires. What do you truly want and need? Are you certain those desires belong to you rather than having been *assigned to you*?

*Why* do you want what it is that you want? *How* can you create what it is you truly want?

In the first three steps, we went over our desires and where you'd like to see yourself in the future. If the picture in your head of your future is crystal clear, this is where Life by Design happens.

***Life is not happening TO you. Life is happening FOR you!***

Remember your paintbrush and canvas? It's time to begin creating. As everything begins to come together, valuable tools will be introduced to add the depth, texture, and richness necessary to bring your masterpiece to life!

What matters is what you choose to create now. Write it down. All of your goals, dreams, and desires - commit them to paper. Ask yourself, "What can I do now to bring this beautiful thing to life?"

Let these answers burn inside of you. Don't let your past skew the image you have before you. You should feel an immense feeling of possibility.

Your brain might be trying to send you thoughts of how you've never done this before, how you're afraid to do it, how you've seen others try and fail, or how you might've already failed once before.

Maybe you have a fearful feeling in your chest, feeling like a helpless victim of your circumstances, unable to control any of your outcomes.

*"Everything you want is on the other side of fear."*  
*Jack Canfield*

Don't let this fear take control. You've already hit that big RESET button!

Choose to be fearless in this moment. Choose to be present. You're ready to act based solely upon what you want to create for your life, right now in this moment. Your past is gone and you can create whatever you want.

Consider the possibilities that are opening up to you. You've already shaken off your past and your perceived limitations. You have the ability to now become your most powerful self. Any vision you have inside of you is yours to create. You just have to choose it.

By choosing this, you're ready to leave the past behind, be in the present and live your freest and most powerful self. You're born to do this thing and you're capable of much more than you can even imagine.

**You're limitless. With the picture in your mind of what you choose to create in each and every moment, you can now simply CREATE IT!**

Don't look back. You'll keep creating more and more of the same when you look back at your old limiting beliefs and perspectives. See the vision of what you want so clearly in front of you that the next action you take helps you create it.

And now, go forward and create that thing.

## Week 5

### Step 5 - Intention

Intentional living requires you to be very clear on your goals. Once you have a clear picture of your goals in your head, it's time to **plan, implement, maximize, and maintain** by leveraging six key areas. These are:

**Organization**  
**Inspiration**  
**Visualization**  
**Meditation**  
**Accountability**  
**Wellness**

The planning phase includes proper organization and processes such as:

- Goal setting
- Scheduling
- Implementation
- Delegation
- Follow Up

Sit down and think of the things that matter to you most right now (there is a section for this in your workbook). These might be both long and short term goals. Now, take some time and prioritize those goals.

When you see your goals in order of priority, you force yourself to acknowledge what's really important to you. Goals help you increase your enjoyment of the present moment and pull us more deeply into it. They don't distract us from it. When we become hyper-focused on our goals, it's said that we're in the "flow"- or in the zone.

Now that you've become focused on your goals, it's time to create habits to support them. How can you schedule time to focus on these goals into your life? Can you find time to meditate on them? Or time to write them down each morning? Think of 2-3 ways you can stay focused on your goals now and in the future.

When you begin to be more mindful of your goals, you can focus on how to implement them. During the day, ask yourself periodically if what you're doing is aligning yourself with



your goals. Use this to help you eliminate any distractions or negativity. You need to completely immerse yourself in what you're doing.

Delegation allows you to be even more hyper-focused on your goals. Are there daily tasks and limitations that are hindering you by stealing your time and energy? If these tasks can be delegated to someone else, let it go. Often by delegating a task to someone else, you're giving them the opportunity to learn and grow themselves.

We will talk about following up on your goals in another step of the course.

There are many tools and resources available to assist with your planning stage. These tools and resources might include:

- Notebooks
- Journals
- Apps
- Programs

It's important to find which tools and resources work best for you. If it doesn't work for you, you're not going to use it! Solid, repetitive daily habits, follow-through, and consistency will help you maintain organization.

The **Implementation** process is an action-oriented stage which includes several different elements. These elements are inspiration, visualization, and meditation. Tools and resources that are available to help you get inspired include:

- Quotes
- Vision boards
- Tribe building
- Wellness practices
- Retreats
- Workshops
- Higher education

*"The swiftest way to triple your success is to double your investment in personal development."*  
*Robin Sharma*

These practices are about more than just self-care. Seek a like-minded community and build your tribe. Challenge yourself to get out of your comfort zone and flip the perception of what it means to take care of yourself. Move your body and eat healthy foods. Stress, anxiety, and poor health inhibit our ability to THINK!

You must achieve total alignment of **mind, body, and soul** in order to **Maximize** your potential effectively. Physical health, mental health, and **Wellness** help us achieve optimal balance and performance. Maximization of anything requires that you show up as your best self and give it your all. An ongoing investment in yourself spiritually, mentally, emotionally, and physically will allow you to do just that. If you continue to build upon these healthy habits, you eventually won't have to think about them anymore. They'll become a natural part of your daily life.

**Maintenance** is key to long-term success. Character, grit, resilience, determination, and drive are essential in the long-term. Accountability is important to maintain your success, whether it be in the form of journaling, partnerships, mentorships, or community.

**Implementation** involves that you **Plan, Implement, Maximize, and Maintain** by leveraging **Organization, Inspiration, Visualization, Meditation, Accountability, and Wellness**. Once you've mastered these, momentum towards the life of your dreams becomes inevitable.

## *Week 6*

### *Step 6 - Transformation*

You've created your master plan for success. A commitment has been made towards managing your mindset with your chosen tools and resources. You have a plan for accountability, as well as wellness for mind, body, and spirit.

#### **It's time for some transformation!**

Just as a caterpillar goes through a complete metamorphosis, so will you. You've cocooned long enough that it's finally time to spread your wings!

As you move into this phase of your development, it's important to manage your expectations and give yourself some love. It's powerful to have high hopes and expectations, but you need to be kind to yourself in turn.

Setbacks and failures are going to happen. They're a natural part of our evolution and expansion. You need to stay focused on controlling your controllables! When a setback takes place, remember that you can no longer influence it. It's already happened! The only thing we CAN control is what happens moving forward. Repositioning is crucial when this occurs.

**Transformation is a stage of continuous repositioning.** Constant adjustments will need to be made. Your awareness will become heightened as you learn to hone in on the opportunities around you. These opportunities will help you course-correct yourself and the systems you've put into place. This allows for continual growth and expansion and is 100% necessary!

#### **Your setbacks are opportunities for growth.**

Moving forward is an interesting process. Depending on an individual's perspective, it can be a thrilling or terrifying ordeal. Not everyone is conditioned to welcome change. The tools and resources you've committed to using become essential in order to change your mindset and keep you on track.

*"As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being redirected to something better."*

*Steve Maraboli*

Failure is temporary. It's learning about what didn't work and what NOT to do moving forward.

Failure is wisdom. It's simply another fork in the road. The universe is telling you, "I've got your back. I'm getting you back on track - onto a path towards your greatest destiny."

Have you ever experienced a setback only to look back years later and see how it brought you to where you are today? The detours of life always make sense to us eventually. They shape and humble us. Through our failures, we're prepared for our higher calling. With the proper mindset, we leverage them for more opportunity!

You're working through your transformation. Even if your life was already very rewarding, there is always room for improvement. You're about to attract more of the life you are destined for so deserving of. **You ARE READY!**



## *Week 7*

### *Step 7 - Accountability*

Have you heard the story of the ant and the grasshopper? While the ant had fun and put in zero work the entire summer, the grasshopper was dutifully preparing for the long winter ahead. The ant teased the grasshopper, ridiculing him for working in the summer when he could otherwise be playing. And then winter came. The ant was starving and the grasshopper was relaxing, enjoying the harvest of his earlier preparation. Now, that doesn't mean that there's never any time for fun, but with proper planning, we increase our chances of a good harvest - our chances of success.

#### **This is what accountability looks like.**

Transformation requires that you live with intention and go through the proper motions each and every day (living Life By Design). It is accountability that will keep you on track for success and encourage follow-through. However, before accountability can take place you must first gain momentum to produce results.


#### **But what builds momentum?**

The process of creation combined with taking massive action does! When you woke up this morning, what was the first thing you did? Was your day mapped out before it even started? How clear was the picture in your mind of what a successful day would look like to you? Did you jump right into reviewing your to-do list, or did you grab your phone to mindlessly scroll through your news feed? Preparation is an important part of gaining positive momentum!

As humans, we have natural tendencies that don't always serve us well. We're wired to resist change. We tend to relieve the same habits day in and day out regardless of whether or not we're actually enjoying them or if they are serving us.

Do you dread getting out of bed in the morning? If this is the case, it's because your mind and body can already predict how your day will likely turn out. The common experiences you'll face and the feelings they'll produce may not be that exciting. Your life, your actions, and your experiences may not be the ones that you're actually passionate about.

Do you want to feel excited about the idea of jumping out of bed each day? Do you remember when you were young and thrilled about something that was going to happen the next day? Maybe it was a holiday, a birthday, or a school trip. How did it feel the night



before, giving thought to how early you'd wake up and imagine what you had to look forward to?

**What if you could do that again, igniting the passion within?**

If you could disrupt your current patterns and anticipate a new life, a new direction, and new experiences, would that excite you? Starting your day off well means finishing strong. And it also makes accountability more rewarding.

Start planning each day with the life of your dreams at the forefront of your mind. When you wake up, meditate on it and watch it unfold just as you imagined! Feel how that feels.

There you go! You've just programmed yourself and your day. **It's that simple.**

But what about maintaining momentum and accountability? You can improve your chances of success through self-accountability, accountability partnerships, groups, and spiritual accountability. Be honest with yourself. Have commitment "check-in's" periodically.

Accountability helps you form good habits. It conditions you to follow through, reprogram your subconscious, and adhere to a solid plan.

## *Week 8*

### *Step 8 - Translate & Vibrate*

Getting started on this journey is half the battle and you're SO close to stepping into your FLOW! You've planned with intention, committed to taking massive action, started to gain momentum, and have set-up a personalized system from accountability.

#### **It's time to Translate & Vibrate!**

You're about to take all of your preparation and hard work - the blueprint for your success - and translate it into action!

#### **Are you all in?**

You've been living intentionally and things are changing rapidly. You're noticing the power of your mind and the role it plays in getting started on the right track each day. This will help you when times get tough. It's not easy, but it WILL get easier if you're willing to commit to your success.

The momentum you're building will bring flow. Flow is that sought after zone where individuals feel and perform at their very best. With flow, every action and decision leads effortlessly into the next one. It's problem-solving at its best. That exhausting push will slowly give way and become easier. This doesn't mean you won't have to work as hard. It means your energy will begin to work for you differently.

As your energy levels are rising, your vibration is changing. You're now attracting positive opportunities and the not-so-positive ones bother you less and less. You've found your true passion, aka **the SWEET SPOT!** Things will begin to align for you in a big way!

The people you're beginning to attract into your life seem to reflect the same positive vibe that you're reflecting now. The rest, you choose to ignore. There is no time for negative distractions. More doors are beginning to open for you.

Has this not happened to you yet? Don't worry! You're just beginning to implement habits and your newfound momentum into your life. It will take time to build. It takes 21 days to build a habit. At least three weeks of consistency is all you need to begin to feel your flow.

## *Change Your Future*

To reach your goals and become what you want for your future self, you have to start practicing BEING your future self. Even if there is something more important to do in the present and there might be no immediate results for your effort, you must spend time on the future. Each step that you take to reach for your future goals is a step closer to actually getting there.

Inner child work is a popular tool used in mental health counseling. It is the process of imagining and reconnecting with a younger version of yourself. You can offer yourself guidance, or even go back to traumatic events and readdress them with the knowledge you have now.

Often, the processes of connecting with your younger self allows them to communicate directly to you. You can rediscover your innermost desires, passions, and fears. Just as your inner child never truly leaves you, you can also access your future self - the person you have the potential to become.

Connecting with your future self is POWERFUL! It allows you to be crystal clear on where you're going and the desire for what you want to be. This process is similar to reverse engineering. You connect with the goals for your life and then work backward to see what you need to do each year, each month, each week, each day, each hour to get there.

You need to bridge the gap between your present and your future self. It's time to consistently keep your future self in your line of sight, to be able to see them as clearly as you see yourself right now. Your future self is your best mentor. If you listen and let them guide you, they will help you focus on where you need to be going.

In your workbook, you'll find a prompt to help you connect with your future self. Take the time to really meditate and work through this exercise, even if you need to use additional time to do so.



## *Week 9*

### *Step 9 - Celebrate*

How do you feel so far? Different? Your past may seem so foreign to you that you might wonder how you ever knew things any other way. Your confidence should be growing and your perspectives changing. You're becoming more aware of who you are and who you want to be.

As discussed previously, you should be practicing mindfulness and concentrating on your goals. Your vision, values and mission are clear to you and you should revisit them often. You've made great strides. It's time for **CELEBRATION!**

In our lives, moments and milestones always give us something to celebrate. It might be a small step forward in the right direction or even a significant achievement. You should always be consciously looking for ways to recognize your progress. Shifting your perspective to focus on the positive is crucial for motivation and future progress.

Gratitude is fuel for your soul. It brings people together and attracts abundance. This energy is an extremely powerful resource and its positive energy is magnetic. It's incredible what we can manifest in our lives when we live a life of gratitude.

Cherish your milestones so far. There will be many seasons in life that bring both ups and downs. During harder seasons, it's our hope for better days that will carry us forward. Cherished memories of our accomplishments and good days of the past remind us to persevere. Our lows teach us to cherish the highs.

What season are you in right now? What good can you find in it? How can you enjoy the positives currently in your life while also learning to grow from your challenges? There is a workbook question dedicated to just this. Take the time to complete it before next week.

*"The more you celebrate your life the more there is in life to celebrate."*  
*Oprah Winfrey*

## *Week 10*

### *Step 10 - Recalibrate*

You're gaining momentum, and at this step, you are likely in your "flow". There might have been some challenges along the way, but you've remained committed to your success. Feels good, doesn't it?

We've previously discussed doing the work necessary to prepare ourselves for each and every day. Having realistic expectations will help you avoid disappointment. Understand that when you are kind to yourself, especially when challenges arise, it's necessary to maintain your momentum. Transformation isn't always going to be easy. It's not meant to be. Life IS challenge!

#### **But you can rise above it.**

You've now entered the stage of recalibration. This stage requires us to reflect on our tools, systems, resources, routines, tribes, etc. What is serving you so far? What is not? The difference between our previous reflections and now is that you've come full circle. You're starting to see the bigger picture.

Your focus and perspective are shifting from focusing on the smaller parts of your life to how they are all coming together and working in harmony. Recalibration involves constant fine-tuning, and when done correctly leads to exponential growth. When you have the right systems and processes in place, you're able to leverage your time wisely. Time is one of your most valuable resources!

As you consider recalibration, decide what you should be reflecting on and how often. How will you use your new awareness and insight to your advantage? Evolution is the name of the game and awareness is KEY to this process.

Hourly, daily, weekly, monthly reviews - you must always be reviewing. Whenever an opportunity (aka, problem) arises, apply these three steps:

**Acknowledge the problem.** Setbacks are to be expected and you've gained the opportunity to learn from this. Opportunities lead to improved relationships and business success and are often a blessing in disguise.

**Analyze the problem.** Try to understand why it happened. What is the lesson to be learned? How can it be prevented from happening again? How can the wisdom gained be used to advance personally or professionally?

**Adjust.** Decide how you want to improve. What could've been done differently? Should new boundaries be set in place or current systems be revised? Are all of your tools, resources, and training necessary for improvement readily available?

You are in a constant state of growth and expansion. So, becoming aware, acknowledging, analyzing, adjusting, and implementing is KEY!

Challenges are meant to be embraced!

## *Week 11*

### *Step 11 - Restore*

When you were a child, you were excited by life and full of curiosity and wonder. You dreamed big and acted without hesitation. You lived with passion and innocence, without judgment of yourself or others. Your love was unconditional.

As children, we encompass unlimited thoughts and beliefs. We remain undefined and unaffected by societies' standards. We truly lived in a state of perfection, simply "existing" as our perfectly imperfect selves.

As you got older, limitations were imposed on you as a result of the beliefs of others: parents, friends, teachers, and society. The unintentional brainwash began as you slowly lost touch with your authentic self and core nature.

This realization opens the doors to the final step of self-mastery: **to Restore**.

We will review everything you've implemented so far, fine-tune it all, and prepare for an improved re-run, entering into each new cycle better than before. You'll reconnect with your authentic self and continually **restore** your limitless mindset and beliefs from childhood. You will remain committed to living authentically.


So, what is YOUR truth? Mastery requires TRUE clarity. The Greats, the History Makers, and the Legends were 'all in' in order to gain traction on their ambitions. Being 'all in' requires total motivation and commitment. Leaders are clear on their priorities and missions. Leaders create their own belief systems. Their clarity becomes their DNA to Mastery.

As you enter each new stage of growth that you experience in your life, always question your intentions. Don't lose touch with your inner voice and internal compass. Your intuition will never fail you.

My challenge to you is this:

Take some quiet time to reflect. Review each of the 11 steps you've passed through in your workbook. Make note of your improvements. What worked for you? What requires adjustment?





After you've completed the workbook exercise, bring these thoughts back to your true motivation - your WHY. Be sure your revised plan aligns with your mission.

Then implement, rinse, and repeat.

The cycles of growth and expansion are endless. Enjoy the process of your own evolution!  
This is just the beginning!

## *Live for Today*

We've talked a lot about acknowledging your past, changing your present, and owning your future. You've come a long way from the start of this course. As you've started your journey towards self-mastery, I want you to remember to live for today.

Enjoy the little moments - your family, your friends, a walk outside, or that perfect bite of cheesecake. Life is not about perfection, it's about growing and changing to become the best version of yourself.

If you ever feel that you've fallen off the wagon, reach out to me, reach out to your tribe, and revisit the work you've accomplished so far in this course.

Congratulations! I'm so excited for the person you're becoming and the person I know you WILL become! Better health, relationships, and professional success are in front of you. You have all the tools you need.

*With all my love and light,*

*Lauren*

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