

11 Days to Shift

A LIFE BY DESIGN
MINI COURSE

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SOUL ON FIRE

Day 1 - Step 1

Self-Mastery

If everything that we perceive is a matter of interpretation, then the question is, who interprets what?

Perspective is key!

Our current perspective is influenced primarily upon our past experiences — experiences which have shaped us. In fact, our entire essence carries with it an energetic blueprint or signature, which I like to refer to as our 'Aura-Essence'. Our Aura-Essence is simply energy carried forward by perception-based emotion.

If emotion carries us forward, then how can we gain a handle on it in order to navigate outcomes effectively? We must learn to become acutely aware of what our thoughts and actions manifest into our lives. Do we like the outcomes we have been experiencing? Can we see our own influence in creating them?

What recent outcomes do you think your perspectives have influenced?

Our journey towards Self-Mastery begins within. We learn a lot about ourselves by going inward and digging deep; by facing our shadow selves and our broken selves, by accepting the fact that our current reality is simply a mirror of our own inner workings. This is where the real work begins.

Accepting our current reality as a sort of 'story' that we ourselves have written — both consciously and unconsciously — is the beginning. Once this awareness is activated and then properly harnessed, story rewrites can take place.

How is it that can we begin to take control of our story and trajectory of our lives?

What parts of your story are shaping your perspectives? Are these perspectives holding you back?

Day 2 - Step 2

Reflect

Our Perspective Shift yesterday touched on the topic of Awareness and how our current perspective is influenced by past experiences. We acknowledged the idea that we are master creators of our own destiny and how gaining a handle on our energetic blueprint is an essential step towards Self-Mastery.

Today we will take a look at what influences the values, beliefs and outcomes within our lives (aka our personal stories) and the enlightenment made possible through a process of reflection.

I'm sure you've heard the phrase 'All that begins well ends well'. Our beginning (or new beginning!) requires a solid foundation for healthy creation and manifestation. Without this solid foundation which supports 'strong roots', nothing enduring can be birthed. Therefore, if things don't start well, and we are not happy with our own manifestations, then it's time for a reset and course-correction!

Reflect and reset! History plays a significant role in our own personal wiring. All that was, and all that is, has been influenced by learned behavior. We have been conditioned to think and act according to our environment (aka 'the system'). Our educational system, work environment, social circles, immediate family dynamics and even ancestry have all played a significant role in shaping our core values and beliefs. In fact, studies show the power of influence with evidence supporting that our lineage is written directly into our DNA! Influence is everything.

What systems (educational, social, family, etc.) are influencing your perspectives?

Our own evolution requires an honest look at the lineage of our roots — discovering why we do what we do and what influences our nature. In this stage of Self-Mastery, we learn to question absolutely everything. This reflection becomes a sort of 'questioning of the system' process. It is in this phase of reflection that we learn to be intentional about activating our intuition. We open up our minds eye as a guiding force, and become 'awakened'. Within this process, we move through 5 necessary stages for enlightenment — we acknowledge, accept, analyze, assert and then finally, awaken. **I go in-depth into the 5 stages in the 11-week Perspective Shifts program.**

Once awakened, we must be willing to acknowledge areas of opportunity within ourselves in order to move forward effectively.

What opportunities do you see within yourself? How can they help you grow?

Day 3 - Step 3

Reset

Anxiety, depression, feelings of inadequacy, remaining unfulfilled, yearning for more, feeling stuck, things spiraling out of control, feeling discontent, frustration, a need for change... Sound familiar?

Do any of these resonate with you?

If they do, that's a GOOD thing! There's no need to deny your feelings or, even worse, attempt escaping them with various coping mechanisms. You know what I mean... just one more desert, glass of wine, shopping spree, etc.

I know this is going to sound strange, but if you are feeling anything but great, it's time to get EXCITED! Because your soul is speaking and your spirit is ready to RISE UP!!

That's right! It's time for change. It's time for some DISRUPTION!

The really great thing about feeling not-so-great is the fact that this means you're destined for MORE. Life isn't perfect. There's room for expansion. Passion is possible and life is telling you it's TIME!

Don't ignore these universal whispers. Don't mask the symptoms or live in denial. It's time to hit that Reset button!!! It's time for CHANGE.

Oh how I LOVE this step towards Self-Mastery. It's EXCITING!!! Endless possibilities await you and life as you know it (if it's not currently thrilling) WILL be something of the distant past. You are about to step into your GREATNESS. Just the thought of this gets my adrenaline pumping!!! Your potential is LIMITLESS.

Hang onto your seat now because we are getting ready to DISRUPT and RISE UP!!!!

It is time.

If you are not living the life of your dreams, then it's time to STOP lying to yourself, STOP moving forward in the wrong direction, and STOP manifesting things that you don't like.

It's time to start anew, and rebuild purposefully. It's time for a SHIFT in perspective, for TRANSFORMATION and to begin living with INTENTION.

If you could wave your magic wand and be EXACTLY where you wanted to be in 1, 3, or 5 years from now what would that life look like to you? If a lack of skills, resources, time, education, or healthier relationships weren't a part of the story you tell yourself as to why you can't or don't or won't, would you do it?

Would you DIVE RIGHT IN without hesitation, fear or doubt?

Well, I'm here to tell you that IT IS TIME and it is possible.

We're about to hit the RESET button —TOGETHER!

Go ahead now and close your eyes. Visualize EXACTLY where you WANT to be and WILL be in the future.

Then imagine a big red RESET button and visualize holding your hand over it.

When you're ready, I want you to allow all of those limiting thoughts and beliefs, all the doubts and worries, all the excuses and fears and all the stories you've grown comfortable telling yourself as to why you can't, won't and don't live the life of your dreams, rise up into your conscious mind.

Feel their genuine crappiness.

Then repeat after me:

GOOD BYE.

Now SLAM your hand down on that big red RESET button and then BREATH. Shift your focus onto the blank canvas that is now sitting in directly in front of you and get your paint brushes ready...

We're about to create your masterpiece!

Take some time to journal about how it felt to do this exercises below:

Day 4 - Step 4

Create

We have arrived at one of my favorite stages — it's time for ultimate CREATION!

A few short days ago, we began our journey towards Self-Mastery within the stage of AWARENESS. It was there that we began to acknowledge our perspective, challenge our reoccurring thoughts and beliefs, and take total responsibility for our current state, reality and energy.

We then stepped right into REFLECTION where it is that we questioned 'the system', giving thought to enlightenment and what it means to become awakened. We reflected on the power of tuning into our intuition as a guiding force.

Within the stages of awareness and reflection, we touched on our innate desire for growth and change. We made a commitment to 'disrupt' and 'rise-up' in order to realize our own infinite potential. We visualized hitting the RESET button in order for a shift in consciousness to take place. We moved our awareness beyond limiting thoughts and beliefs towards transformation and regeneration.

It is now time to CREATE!

Within the vortex of creation, we begin to truly understand who we are and what we are capable of. Our intuition becomes heightened, our soul speaks, and our spirit rises up as a guiding force. This is where ascension takes place and we begin to come to terms with our true motivations, intentions, higher calling and mission in this life.

Disruption is welcomed when misalignment is identified — in order to be able to rebuild with intention. We consciously SHIFT from a mindset of life happening 'to us' to a belief that life happens 'for us', understanding that the universe is always conspiring for our greatest good.

In this space, a sense of empowerment begins to move us from a reactive space to that of a proactive one and we begin to live '**Life By Design**'. A major mindset and energy shift takes place as we move into a stage of activation. Our perspective shifts and transformation becomes inevitable. It is here that we finally realize the power of living with intention and purpose.

Before we immerse ourselves into this stage of ultimate creation and activation however, we need to get very clear on our desires. What is it that we truly want and need? Are we certain these desires belong to us rather than having been assigned to us? Why do we want what we want? How can we create what it is that we really want?

What changes do you want to make in your life? Why do you want these changes to happen?

What do you think it would take for these changes to become your reality?

Yesterday we challenged ourselves to get clear on our desires. This is where **Life By Design** begins to take place.

Where would we like to see ourselves in the future? How clear is the picture?

Day 5 - Step 5

Intention

Now that the creation process is in full swing, it's time to leverage some valuable tools and resources necessary to bring your masterpiece to life!

Intentional living requires us to become very clear on our goals. Once accomplished, it's time to Plan, Implement, Maximize and Maintain by leveraging six key areas including; Organization, Inspiration, Visualization, Meditation, Accountability and Wellness.

The Planning phase includes proper organization and processes such as note goal setting, scheduling, implementation, delegation and follow-up. There are many tools and resources available to assist with planning. **I give you these tools in the Perspective Shifts Self-Mastery program.**

The **Implementation** process is an action-oriented stage which includes various elements such as inspiration, visualization and meditation. Examples of the tools and resources available to assist with inspiration and follow through include quotes, vision boards, tribe building, wellness practices, retreats, workshops and higher education.

In order to **Maximize** our potential effectively we must achieve total alignment of mind, body and soul. General health and wellness (both physical and mental) will help us achieve optimal balance and performance. Maximization of anything requires that we show up as our best and give it our very best. An ongoing investment in ourselves spiritually, mentally, emotionally and physically will allow us to do just that.

Maintenance is key to long term success. Character, grit, resilience, determination and drive are essential elements which are crucial to long term success. Accountability is an important element in maintenance be it in the form of journaling, partnership, and mentorship etc. and is paramount to success.

Implementation involves that we Plan, Implement, Maximize and Maintain by leveraging the six key areas of Organization, Inspiration, Visualization, Meditation, Accountability and Wellness. Once we master them, momentum towards the life of our dreams becomes inevitable.

The Perspective Shifts Self-Mastery program takes a deeper dive into the six key areas, which you can easily learn to master in the full 11-week program!

Day 6 - Step 6

Transformation

I hope you are ready! It is time for some transformation! In the full Perspective Shifts Self-Mastery program, we create our master plan, aka Blueprint for Success, and commit to managing your mindset with the tools provided. You'll also learn to set up a plan for ongoing inspiration and accountability for the wellness of your mind, body and spirit. I like to consider this the stage of radical transformation similar to that of when a caterpillar goes through a complete metamorphosis, having cocooned long enough that it is finally ready to spread its wings!

It's time for some Transformation!

When moving into this phase of development, one thing is VERY important and that is managing your expectations along with some good old fashioned self-love. It is great (and absolutely powerful) to have high hopes and expectations however, you also need to be kind to yourself!

Let's be honest, setbacks and failures are inevitable. They are a natural part of evolution and expansion! What it is that we need to stay focused on, is controlling our control-ables! When a letdown takes place, remember that we can no longer influence it! It has already happened! It is past-tense! The ONLY thing we CAN control is what happens moving forward. This is where repositioning becomes crucial.

Think of the transformation stage as a stage of continual repositioning. Constant adjustments will need to be made and your awareness will become heightened as you learn to hone in on the opportunities around you. It is these opportunities that will help us tweak and perfect both ourselves and our systems. They will allow for continued Growth and Expansion.

Moving forward is an interesting process. Depending on people's perspectives, it can be a thrilling process or perhaps even a terrifying one. We have not all been conditioned to welcome change. This is where the tools and resources we've committed to using become essential in order to manage our mindset. For those who have no-fear and welcome change, that's great! Your tools and resources will keep you on track towards success.

If you're ready, the **Perspective Shifts Self-Mastery program** will help you navigate your setbacks. The program will allow you to move forward and spread your wings!

Remember, the worst thing that can happen is that we 'fail'. But what is failure anyways? 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 and a way in which the universe says "I've got your back. I'm getting you back on track — onto a path towards your greatest destiny."

The necessary detours of life always make sense to us eventually. They shape us. They humble us. They prepare us for our higher calling. With the proper mindset, they can be leveraged for more opportunity! More about this later...

Ok, here we go. And you ARE ready!

Before we move into the phase of transformation, please try to **have your day planned out in advance for tomorrow**. We will be using the power of visualization and meditation to picture ourselves living our new lives. The clearer the picture, the better!

Imagine tomorrow as you'd like for it to happen? What events occur? What do you look like? Who do you interact with? What steps towards progress and growth do you take? Write it down here.

I can't wait for you to see how INCREDIBLE your life is about to become! If it is already very rewarding, then there's always room for improvement. You are an absolutely perfect, whole and complete being — and now, you will attract more of the life you are destined for and so deserving of.

Day 7 - Step 7

Accountability

Before we can hold ourselves accountable it's a great idea to increase our chances of success with proper planning. As discussed, we can do this by living with intention, planning ahead, using specialized tools and resources for proper implementation, maximizing and maintaining our productivity through organization, inspiration, visualization, meditation, wellness and — accountability!

Transformation requires that we live with intention and go through the proper motions each and every day (living life by design) and it is accountability that will keep us on track for success by encouraging our follow through!

Before accountability can take place, we must first gain momentum to produce results. But what builds momentum? The process of creation combined with taking massive action does!

So tell me, **was your day mapped out in advance to getting started? How clear was the picture in your mind of what a successful day would look like to you?** Preparation is an extremely important part in gaining positive momentum!

When you woke up this AM what was the first thing you did? Did you jump right into reviewing your to-do list or did you grab your phone to visit your inbox or explore your newsfeed? These are important questions to ask yourself and here's why...

As humans, we have natural tendencies that don't always serve us. Without getting too technical here, we are wired to resist change. Because of this, we tend to relive the same habits day in and day out regardless of whether or not we're actually enjoying them or if they're serving our highest good!

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

How would you like to be excited about the idea of jumping out of bed in the morning? Do you remember when you were a kid and you were thrilled about something that was going to happen the next day? It may have been a holiday, birthday or school trip? Do you remember how you felt the night before, giving thought to how early you'd wake up and imagining what you had to look forward to?

What if you could do that again, igniting the passion within? What if you could disrupt your current patterns and anticipate a new life, new direction and new experiences. Would that excite you? What if those experiences were chosen by you? Now that's exciting!!

Enter intention, visualization and meditation. These are important tools to getting started off on the right track. Beginning your day off well, means finishing strong. And it also makes accountability more rewarding.

Think about the life of your dreams — **what would it would look like to you? How would it feel to you? Write it down here.**

What you just wrote down, make a plan for that to happen every day! 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.

Getting started off right is the fun part but what about maintaining momentum and accountability? You can increase your chances of success through self-accountability, accountability partnerships and groups and spiritual accountability! Being honest with yourself, commitment 'check-ins', understanding consequences, constructive social pressure and faith are all important aspects of each dynamic.

Accountability will help us form good habits, condition us to follow through, help reprogram our subconscious and adhere to a solid plan — the keys to ongoing success.

Want to learn more about creating accountability plans? Be sure to check out the full 11-Week Perspective Shifts Self-Mastery program.

Day 8 - Step 8

Translate & Vibrate

It's time to Translate & Vibrate!

This is the stage where all of your preparation and blueprint for success get translated into action! You're all in! You're going through the motions each day. You're 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 as well as staying on course when times get tough. It's not easy but you know it will get easier. You're willing to commit to your success!

You're building momentum which will bring with it flow and that exhausting push will slowly give way and become easier! This doesn't mean you won't have to work as hard, it will just mean your energy will begin to work for you a bit differently.

Your energy levels are rising, your vibration is changing, you're attracting positive opportunities and the-not-so-positive ones bother you less. Work and life are becoming fun. The days fly by and you honestly can't wait to get back at it tomorrow. You've found your true passion and things are aligning for you in a big way!

Are the people you're attracting in your life reflecting the same positive vibe? Who can you choose to ignore?

There's no time for negative distractions. Your productivity rises, opening more doors and life is good!

Don't worry if this hasn't happened YET! This was your first day of implementation. Habits and momentum take time to build.

Staying consistent is key to begin feeling your flow and maintaining it. In the **Perspective Shifts Self-Mastery program**, you'll learn the keys to consistency and being successful.

Day 9 - Step 9

Celebrate

In just a short while from now your past may seem so foreign to you that you begin to wonder how you ever knew things any other way. Your confidence is growing quickly and your perspective is changing. You're becoming more aware.

Each and every day you practice mindfulness and remember your goals. Your vision, values and mission are clear to you and you revisit them often. You are making great strides and it's cause for celebration!

Life is moments and milestones and there is always something to celebrate! Be it a small step forward in the right direction, or a significant achievement, consciously looking for ways to recognize progress is important. Shifting your perspective to focus on the positive will become crucial for motivation and progress.

What can you celebrate today?

Gratitude - for anything and everything - is fuel for the soul. It brings people together, is extremely uplifting and it attracts abundance. Energy is an extremely powerful resource and positive energy is magnetic. It's just incredible what can be manifested into our lives. We are all blessed in so many ways and the idea is to stay focused on what we have to appreciate along the way.

As we progress, it's extremely important to cherish the milestones. There will be many seasons in life bringing with them, many ups and downs. During the tough periods, it is our hope for better days that will carry us forward. The cherished memories of accomplishments and good days of the past will remind us to persevere. The lows will teach us to cherish the highs, savor them and celebrate them.

What season are you in right now? What good can you find in it? How can you maximize and savor the positive while learning to grow from challenges?

Day 10 - Step 10

Recalibrate

We touched on doing the work necessary to prepare our state daily and the fact that realistic expectations help avoid disappointment. We understand that being kind to ourselves (especially when obstacles arise) is necessary to maintain momentum. The reality is transformation isn't going to be easy but who wants easy anyways? Life IS challenge! And nothing beats rising above it! When we learn to embrace challenge, we are well on your way!

Speaking of challenge, we have now entered into the stage of Recalibration. This is a crucial stage and one that requires reflection on things such as our tools, systems, resources, routines, tribes etc. to see what is serving us and what is not. We talked a bit about this in the stage of Reflection. The difference now is that we are coming full circle and starting to see the bigger picture. Our focus and perspective is shifting from focusing on the smaller parts to how they are all coming together and working together in harmony.

What is currently serving you? What is not?

Recalibration involves constant fine-tuning and when done well, leads to exponential growth. With the right systems and processes in place, we're able to leverage our time wisely as our most valuable resources!

At this point, it's a great idea to consider setting up a system for Recalibration. What should we be reflecting on and how often? How will we use our new awareness and insight gained to our advantage? Evolution becomes the name of the game and awareness is key to this process. We go into more detail on this in the **Perspective Shifts Self-Mastery program**.

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

1. Acknowledge it.
2. Analyze it.
3. Adjust it.

The **Perspective Shifts Self-Mastery program** also takes a deep dive into these three steps.

The beauty of life is that we are in a constant state of growth and expansion. Evolution is the point. So becoming aware, acknowledging, analyzing, adjusting and implementing are key!

Day 11 - Step 11

Restore

When we were children we were excited by life and full of curiosity and wonder. We dreamed big and acted without hesitation. We lived with passion and innocence, without judgement of ourselves or others. Our love was unconditional. We encompassed unlimited thoughts and beliefs, remaining undefined and unaffected by societies' standards. We truly lived in a state of perfection; simply 'existing' as our perfectly imperfect selves.

As we grew, limitations were imposed upon us as a result of the psychology of others: parents, friends, teachers and society. The unintentional hypnosis and brainwash began as we slowly lost touch of our authentic selves and core natures.

This realization opens the doors to the final stage of Self-Mastery: to 'Restore'. Here, we will review everything we've implemented thus far, fine tune it all and prepare for an improved re-run, entering into each new cycle in an improved way. We will reconnect with our authentic selves and continually 'Restore' our limitless mindsets and beliefs from childhood. We will remain committed to living authentically.

In order for Massive growth to take place, we must be continuously digging deep, not just in the early stages of Self-Mastery, but throughout the whole process.

What is YOUR truth? Mastery requires TRUE clarity. The Greats, the History Makers and the Legends are 'all in' in order to make traction around their ambitions. Being 'all in' requires total motivation and commitment. Leaders are clear on their priorities and Mighty Missions! They create their own belief systems. Their clarity becomes their DNA to Mastery.

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

Your Next Steps

Here's your challenge:

Take some quiet time to reflect.

Review each of the 11 steps you passed through.

Make note of your improvements. What worked for you? What requires adjustment?

Then bring all these thoughts back to your true motivation, your WHY, and make sure your revised plan aligns with your mission.

You are worthy of making great change in your life. By investing in yourself, you give yourself room to grow and become your best self. The **Perspective Shifts Self-Mastery program** is the investment you need in order to keep the momentum you've gained from this mini-course. You'll become the master of your health, personal relationships, career, spiritual motivation, and mindset.

You'll shift even further by extending the program out week-by-week for 11 weeks total. Experience a complete transformation and be welcomed into a community of support with others that are making the Shift. Learn more about the Perspective Shifts program at **LaurenParente.com**.

The cycles of growth and expansion are never-ending. I want to help you create your Ultimate Self-Mastery. You'll Enjoy the process of your evolution!

Are you ready?



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