

ACCESS POTENTIAL ACADEMY 2019

Reflections

— *meditations on energy generation*



“Follow effective action with quiet reflection. From quiet reflection will come even more effective action”

(Peter Drucker)

Table of Contents

GLOSSARY	4
ICE BATHS	5
TWO SIDES OF A COIN	8
BIOGRAPHY BECOMES BIOLOGY	10
BREATH & PERFORMANCE	14
GOING RIGHT – A LOGICAL JUSTIFICATION FOR PURSUING YOUR DREAMS	16
ENERGY CREATES MORE ENERGY. WHAT'S YOUR FUEL?	18
THE IMPECCABLE SISTER MARY CLARENCE	19
THE COMMITMENT TO TRUSTING & WHAT LIES BENEATH THE BREATH	24
THE ACID TEST	26
PUT YOUR HOUSE IN ORDER	29
AWARENESS IN DAILY LIFE – THE BREATH	31
LESSONS FROM LIFE	35
FOCUS	37
PROMOTE VS PRODUCE?	40
IMPECCABILITY IS...	42
ADVICE TO I, IF IT WAS NOT ME...	43
PERCEPTION	48
THE POWER OF OBSERVATION	51
HOW DO YOU ACTUALLY LIVE?	52
WHERE FOCUS GOES, ENERGY FLOWS	54

Glossary

ENERGY (ENERGY GENERATION) – To understand our ability to play an active role in our personal energy through how we live.

BREATH – Our ability to connect with the breath is the link between our conscious and unconscious state. Requires awareness and attention.

PERCEPTION – The lens through which we view our reality. This expands from the idea of neuroception, which is our subconscious perception of our environment.

NOURISHMENT – The requirements necessary for growth, health and good condition.

URGENCY – To follow the most direct route, without misleading shortcuts.

NECESSITY – The requirement for the action to be taken. Often an inner-knowing, or self-created.

IMPECCABILITY – To do your absolute best, on an ongoing basis.

ATTENTION - To “attend” to an object or situation with focus and energy. To be able to “hold” this in the focal point of the mind.

Ice Baths

Aaron Griffiths

These were not a specific exercise in Module 1, but I couldn't help but notice they require each element we covered in Energy Generation, ie. breath, perception, nourishment, urgency, necessity, impeccability.

Let me explain.

I have a chest freezer I fill with water then freeze so there is a thick layer of ice on top. I then crack the ice and sit in the water which is typically around 3 degrees. But, a simple bath tub with cold water and several bags of ice is another easy way to start.

First I use BREATH to start the inner fire. 3 or 4 rounds of 30 to 40 deep inhalations and short exhalations with breath holds in between primes the body and mind for the violence to follow.

You usually don't want to get in. Hesitation is normal. Your mind will want to tell your body its ok to not go through with it. But, you can overcome this and when you do, it will feel overwhelming at first, you may breathe rapidly as the cold hits, but this will settle in 30 to 60 seconds and you can settle in. You are forced DEEP into the moment. There is no escaping the deep presence that washes over you and your PERCEPTION is refined to a simple experience. Something liberating away from thoughts. Similar to deep meditation. You will leave the ice knowing that your day cant get much worse than this. Again, some comfort in that.

Your brain will release a cocktail of chemicals. These make you feel very good. They NOURISH you and you may feel HIGH for some time afterwards.

The URGENCY I find is in the entry. You don't want to overthink it too much. Funny how the mind will talk you out of things if left to think too much. Better to feel. Feel you way in.

The NECESSITY is in surviving. What if you were stranded in the cold without help. Could you survive? It is necessary to let go and to control yourself at the same time to endure the cold. What greater metaphor could there be for life. It's empowering every time.

IMPECCABILITY. The ice will never lie. She is a merciless but righteous teacher. Impeccable every time you enter. Always to be respected.

Ice baths bring me back to centre and I feel compliment meditation and breathwork by rapidly unifying the body mind soul connection.

Once a week in the ice can have tremendous benefits and something I think should be considered along other self care practices.

GUIDE BOOK

MASTERCLASS

website
daily
BLOG

sales
CONVERSATION

PROGRAM

workshops
2010

perfectionism
stagnated growth

Necessity

CULTIVATING
ENERGY

INFLOWS

LIGHT

OUTFLOWS

MOVEMENT

conscious

SLEEP

REST

Habits

impeccability

ORGANIC WHOLE FOOD

BREATH

urgency

Two Sides Of A Coin

Amy Bowe

There are two sides to every coin, heads and tails.

There are two sides to a book, front and back.

There are two sides to doing great work and powerfully contributing to those we seek to serve, the energy coming in and the energy going out.

For a tree to grow it needs light, water and air. For us to grow as humans we need food, light, sleep, water and air. We also need urgency, necessity and impeccability. I have been teaching for 11 years. It took me 11 years to find the other side of the coin, to *raise the necessity*, to learn how to cultivate my energy. For an extended period of time training was my main outflow of energy. When I wasn't training I was teaching or nourishing my body with food, rest and sleep. I was teaching 'just' enough to support myself and I got very good at bringing energy in to help support my training.

In December 2016 I moved to Vancouver, Canada. I left my 7-year organically grown, comfortable business, to 'start from scratch'. After 2 years of trying to 'organically grow' my business, brand and clients fruitlessly, I felt stuck. My client base wasn't growing and I started to feel like the 60min one-on-one model was leaking a lot of energy from me. This resulted in both financial and internal tension and resistance. I knew I needed to cultivate change. My intention for 2019 is to powerfully contribute. It was important for me to create something bigger and better than the one-on-one model I had been following for 10 years. It was important for me to move through the financial tension. I wanted to move from a place of 'stickiness' to one of freedom and abundance. I want to be able to travel, fly home when I want, go and learn from the best movement teachers, buy the food I want. My partner Karson enrolled in a 3-year program, starting January 2018. This further raised the necessity as he depended on me making an impact with my work. Sometimes it's those around us that help us raise our necessity. Who is around you that needs you to cultivate change and make an impact with your work?

My tree visually represents how raising the necessity has powerfully impacted my posture, my work, my creativity, how I teach, connect and contribute to those I seek to serve - a concept I had no understanding of prior to the Access Potential Academy. The line down the middle represents two sides of my coin [before Access Potential Academy and after]. I have always had strong roots in

awareness, nourishment and the breath. But, my perfectionism and lack of necessity stagnated my growth. Necessity was the tool I needed to cultivate my energy, allowing me to consciously and actively express this energy in my work. The leaves on the right side of the tree, which represent how raising the necessity has impacted my work, illustrate this. I have a root system that is strong and balanced. Previously it felt like my growth had stagnated and I was just teaching. Now, I have unearthed and understand who I want to serve and why I want to make an impact with them. I am teaching women to feel strong, confident and connected. I am making an impact with my work that has started to shift the financial tension. This clarity brings a newness and excitement into my work.

So, I invite you to draw your tree.

What are your roots?

[your roots are what gives you strength, what generates energy and stability]

What stunts your tree's growth?

[what holds you back from cultivating change, what is your narrative, what are the obstacles? Start look at what habits block you from growth?]

What do you need to help your tree grow?

[who's on your team?, what skills and knowledge do you need?, what habits do you need to cultivate?, how is your energy generation?]

What does it look like when you grow leaves?

[when you have a strong root system and you are clear on what you need to help your tree grow, AND what blocks that growth, now you can step into your full self, create, contribute, make an impact - what will you create?]

Biography Becomes Biology

Andy Padula

'Biography = Your Life, Your Story, Your History'

'Biology = Your Body'

'Your story becomes your body'

We are all living history books. Our bodies contain our histories - every chapter, every verse, every line of every event and relationship in our lives, including our own relationship with ourselves. As our lives unfold, our biological health becomes a living, breathing biographical statement that represents and conveys our strengths and weaknesses, hopes and fears, experiences and interactions; simply, our body becomes our story. Our story becomes our body.

Every thought we've ever had has travelled through our biological system and activated a physiological response. A fear for instance, sets off a sophisticated, coordinated response in our brain and our body, triggering a fight or flight response and everything that goes with that. Our thoughts are energy; they enter our system as energy and regardless of their content, be it emotional, mental, psychological or spiritual, they all produce biological responses that are then stored in our cellular memory. We've all heard examples of people that suffer from subconscious, childhood traumas that they've completely forgotten about consciously. We might not remember them in our conscious thoughts, but if they haven't been resolved, they remain in our body as a kind of blockage or loose end. It's in this way our biographies are woven into our biological system, slowly, every day.

So how does this all tie into Energy-Generation? Let me explain the concept "Biography Becomes Biology" and how it relates to energy.

We are all energy - or life-force. Everything is made from the same energy. All cultures acknowledge this life-force in one way or another. It's referred to as Chi Energy, Ki Energy, Prana,

Universal Energy, Ase, Spirit, Soul; there are many names for it, they all mean life-force, the energy of everything. For some it's the foundation of their philosophy, others, especially a lot of Western Cultures, it's not as prevalent, it exists, but people are not in-tune with it or aware of it through their actions. Unfortunately, this can have a devastating effect on our planet and its inhabitants...did someone say Climate Change? Our energy supports our bodies, our health. The more we generate, the more we store, the stronger we are, the healthier we become. Inflows & outflows...All this gives us Personal Power.

When we confront, resolve and find peace with our past, when we forgive ourselves and those around us, when we take action and we become accountable, when we choose to communicate constructively (not destructively) to ourselves and to others, we create space within, we let go of these energetic blockages thus increasing our energy, our flow and our Personal Power. It allows us to heal and to grow and to thrive. We carry less, we become lighter, we also become more whole. We start to embrace those things we've neglected for so long and make them part of the whole. Less separation, more acceptance. These principles are the same principles we have covered in the Energy-Generation Module in the APA Course. Inflows, Outflows and how these all affect our personal energy and power.

If my Biology is a reflection of my Biography, then everything I am doing, or not doing right now is having either a positive or diminishing effect on my energy system. If we feel that our purpose is not being fulfilled, we lose energy. If we are fulfilling our destiny, we feel powerful.

So how do we do this? How do we identify this? What can we do to increase our energy, our personal power? Firstly, understanding these energy concepts that I've mentioned above are a great place to start. When we truly understand it, we can begin to communicate with it...in whole. We start having an interactive dialogue with our body, our spirit, our heart and our mind as well as the energies and people around us. We become sensitive to it and we develop a broader connection and deeper communication within ourselves. Simply put, everything we do will either 'feel right' or 'feel wrong'.

Being aware of our 'Inflow' and 'Outflow' of energy is paramount. Both aspects build or deplete our life-force. We can ask ourselves, are we doing our Breath work, our Meditation - Perception? Are we resting enough, nourishing ourselves, hydrating ourselves? Are we having those difficult conversations with our partners, our family, our friends, our colleagues...ourselves? Is there resolution or resistance? Are we clearing the slate? Are we creating space, softness, clarity, understanding, love, forgiveness, awareness, acceptance? Are we honest with ourselves, with others? Are we compassionate? It's everything. It all goes in and out of the same vessel, leaving it's juju behind...If it's good juju, we become lighter, if it's bad juju, we become heavy. We've all heard of Karma. There is not just one thing to do, everything has an affect.

For many years I was in what you might call a toxic relationship. This relationship lasted 7 years, I was 21 when we started seeing each other. We were fundamentally very different. Although we loved each other deeply, we ultimately couldn't accept one another for who we were...and at 21 there really wasn't a lot of self awareness. Long story short, we punished each other throughout those years. We resisted each other, we were dishonest, we constantly fought, both physically and psychologically, we didn't communicate truthfully, everything was negative. We didn't know any better. We drove each other into the ground. By the time I was 28, I was chronically depressed, had severe anxiety, had stopped DJ internationally and turned my back on all the opportunities that I have cultivated over the years. I fell out with my family and friends, was at loggerheads with my parents, and considered myself a victim to all. I was unhealthy, my diet was poor, wasn't sleeping well, addicted to pot, smoked 2 packets of cigarettes a day and didn't have a cent to my name. My confidence was nonexistent and my energy was so low, I was constantly sick. She was also in a similar position. Our bodies reflected our story. Our biography manifested into who we were physically and mentally...and spiritually. It took years to understand what was happening and why. This is when I started to understand what energy is.

By that stage, the pain of staying the same was greater than the pain of change, so change had to occur. I had many bridges to mend and rebuild. I had difficult conversations with people I loved and fell out with. Every conversation or resolution unblocked something in my, and I'd feel lighter. I began martial arts, meditation. I began reading and communicating with people again. I quit

smoking dope, cigarettes (oh how life was boring after that!! :) These things weren't easy to do and they took time, but each time I replaced something negative with something positive, my energy increased. It had a domino effect; I wanted to eat better, move better, sleep better. Go back to work, go back to study...you see the trend. As you can see, once again, my biology was reflecting my biography.

Our 'ENERGY' really is our greatest Necessity. It is the root-system of our biology, our biography, our physiology, our psychology and our spirituality. When we prioritise our energy-generation and our energetic health, it feeds and nurtures all aspects of our lives. It really is the first step to self-leadership, cultivating our personal power and accessing our true potential.

Breath & Performance

Ben Handley

Rather embarrassingly it was only after about 5 years of this style of training that I started to realise the benefits of breathing.

Sounds dumb right? - Of course you breathe when you train!

Breathing is autonomous, we don't have to think about it it just happens.

Yet **how** we breathe changes dramatically.

Let's think about it, if you were to notice your breath when you are really stressed, nervous, exhausted, frustrated.

How would it feel, look, sound?

Now, what about when you are at complete peace and calm, maybe getting a nice massage, or laying in bed listening to the rain?

How does the breathe differ in that situation?

What I found powerful is that whilst breath is autonomous, we also have the ability to manipulate how we breathe on cue.

Now, this took me a little practice but once I realised I had the ability to override my body's natural response to exercise (and other situations) the game changed!

I have personally used this technique in training for several years - overriding the outside 'threatening' stimulus of intense cardio respiratory and or weight training.

Simply remembering to come back to the breath was enough to change the autonomous response of my body. It enabled me to improve my:

Pacing (recognising if I was pushing beyond my lactate threshold, causing oxygen to only touch the sides rather than actually refuel my body)

Control (Balance and fine motor skills were dramatically improved once I could calm and center my breath)

Mindset (focus on the breath shifted to focus from the difficulty of the workload to the breath decreasing the sensations of pain)

Technique (As my mind moved from pain to breath it then allowed me to focus in on different aspects of the job at hand .e.g for example focus on shifting hips back and down on squats keeping feet centred and flat VS how many repetitions I'd completed or how many were left, pain in the legs etc

You may be surprised but all these shifts subsequently **increased** my overall output.

After such a positive impact in my training life I am now excited to start practicing breath awareness in different day to day environments and situations.

I have already caught myself and simply returned to the breath and found awareness is often enough.

I'm enjoying the experiment & the benefits.

Try it with me now, all you've got to do is

Breathe...

Going Right - A logical Justification For Pursuing Your Dreams

Jacob Hodson

Ever felt like you're not bringing out the best of yourself? Like you're following the path of least resistance. This is what author Logan Gelbrich refers to as 'Going Left' and what he believes will never lead someone reaching true fulfilment of their lives. Even worse, they may never create the massive impact on the world around them.

'Going Right' is therefore choosing to follow your dreams and passions. It is in Logan's opinion the path to reach fulfilment in life and creates an environment which allows you to reach the pinnacle of your potential as a human being.

The concept of 'Going Right' resonates with me as a means of energy generation through impeccability. Creating work of the highest standard is hard, but we've all experienced a time when this work isn't hard. We reach a state of flow and time flies as we are able to produce hour after hour of high quality effort. Often associated with not realising how the time has flown by.

When we experience these times it's often when doing something that lights you up. Whether for you that's coaching, writing or some form of physical expression like surfing or mountain biking, but it takes more than that.

We need a combination of things to stretch us to reaching our potential. We require the desire and commitment to the craft. We need exposure to resistance, for it refines our abilities to help us achieve impeccable work. Lastly, we need a sense of purpose in what we do... It's hard to become world class at something if we don't believe we are creating anything of real substance.

For me 'Going Right' reflects the path I've chosen in life. Following my passion in physical training as a career rather than falling into the path of least resistance and getting a job that pays well but does so by sacrificing my own dreams.

The biggest influence the book has had on me is through changing the way I approach where I place my time and effort. I now try to ask myself;

“In doing this work can I bring the best version of myself”

That means my roles primarily need to be coaching, connecting and sharing our beliefs of the business through marketing and content creation. It’s more important for me to mentor the team rather than being the person doing all the work.

When I devote my time to these actions that help bring out the best of myself, this best version carries over to the rest of my life. My relationships, own physical training and mood all improve when I spend my time in this space.

I want to leave you with a question...

‘Is what you’re devoting your time to allowing you to bring out the best version of yourself?’

If not, what would bring out the best of yourself?’

Energy Creates More Energy... What's Your Fuel?

James Hardaker

After watching the video once, twice, three times and a fourth, maybe a fifth and still wondering “what I am going to write about”. The penny dropped, something resonated loud and clear, I thought this is a bit of me, so here we go.

We can cultivate personal energy, which creates longevity and we can actively express our outgoing energy through work or physical activity.

This really got me thinking about how I cultivate my personal energy, which has led to my longevity and how I express this through my outgoing energy. Once the penny had dropped the answer was really easy, exercise!

This is how I cultivate my personal energy, this is also how I express my outgoing energy. For the most part this process has been a subconscious development, seldom did I stop, I use the past tense, because recently it became a conscious thing. Seldom did I stop to question why I loved 3-4 hour mountain bike rides, boxing sessions, or running in the hills.

These things energise me, they allow me to think in a space where no-one can interrupt me, problems are solved, ideas are born and progress is made. Once I consciously realised this, then I learnt even more about myself and how I stay energised. It is a circle, self fulfilling if you will, but it works.

Having a greater energy for me, has benefitted those who I coach and work with. It keeps me constantly looking to improve and learn. I cultivate my personal energy through exercise, during this phase it's all about recognising any problems, coming up with solutions and working through a process. Actions for personal learning and growth. Then I express my outgoing energy through my work, to my athletes or clients and I use exercise again to reflect on the process.

I have also come to recognise other things are important to help create and sustain balance during this process. Rest and recovery, obvious to some, not to me initially, now it's essential. Now I express this through, friends, cooking and a nice glass of red.

So now I put the question over to you...What is your fuel to cultivate your energy?

The Impeccable Sister Mary Clarence

Johan Marais-Piper



Like many of my generation, movies played a large part of my upbringing. High school memories were filled with Sunday night movies with the family sprawled in our small living room. These 90s movies taught me lessons on resilience (Mighty Ducks 2), commitment (Jumanji) and in the case of Sister Act 2, being true to yourself.

One line stood out stronger than most...

"If you wake up in the morning and you can't think of anything but singing first then you're supposed to be a singer girl" — Sister Mary Clarence, Sister Act 2

It's funny what sticks in your mind.

Life moves on, I graduate high school. I go to uni and study Fine Arts and enjoyed my time there. It was fun, I was able to put something out into the world for the sake of putting something out into the world.

I graduate university. I don't become an artist. I find a job as an in-house graphic designer. I created artwork for money this time, not fun. I find new jobs, I grow in experience. I continue to create for money.

For years this felt normal. It's what everyone does. Surrounding myself with other people who work for money meant comfort and validation for my life choices. Yet, something was niggling me. I moved from job to job, looking for a remedy to this niggle. Surely, more money is the answer. No. Was it a better job title? No. Was it flexibility in being able to work at home? No.

In that time I happened to make stronger friendships with people who seemed to have it together. It was hard to pinpoint what it was but something about the way they carried themselves drew me in. They had a certain honesty and energy about them. Trainers. Coaches. Artists. Teachers. Seeing how they lived gave me perspective on the compromises I'd made in life. Before long I realised I've been spending my life chasing ghosts.

That feeling hit me like a sucker punch.
I saw that I wasn't happy but I didn't know why, yet.

“If you wanna be somebody, if you wanna go somewhere... you better wake up and pay attention.”

A voice inside me sings everyday, but it's not often I listen.

According to don Miguel Ruiz in *The Four Agreements*, self-rejection is the biggest sin you can commit. He suggests that the best way to live is to be impeccable with our word. It's about awareness of both the little and larger choices we make daily, and whether we are truthful to who we are.

It's a large idea to wrestle with. For me in my unhappy state, the first step I had to take was to listen to what this voice was saying. It seemed to have something important to say. I needed to pay attention. This took both time and indiscriminate hacking away at different techniques. It took months of reading different ideas. Months of practicing on the body and mind. The change was gradual, but the song got louder because I was brave enough to hear it.

I'm a better listener now and here is where I landed. Three core activities help me centre my life around this voice inside: vision, ritual and review.

My vision

To know where I wanted to go, I had to realise what core values I held most strongly. All actions I make should come out of these. Through introspection and prompting I found three drivers that I felt were most truthful to who I am:

1. Make real connections
2. Find joy in creation
3. Take care of the vessel

Based on this, I created three posters as reminders of my values which sits visible by my desk. It's pretty hard to miss.

My ritual

With my vision board anchoring my decisions I had to make sure I live my days as honest as I could. Now that I know my value, I had to set my daily intentions.

I now start my morning with a list of things I'd like to achieve, based on my values, throughout the day. I prioritise them in my diary and cross them off as I go. The satisfaction I get from living my values has been energising.

Weekly review

Even the best intentions go astray. Even the best navigators get distracted. Through experimentation I found this has been the best way to make sure I'm chasing the right things.

At the end of the week I go over my list of actions and score myself. Did I complete the tasks I set out for myself? Did it help me? What did I learn? I would score myself on performance and impact.

On performance: If the task was completed that was a 1, if it wasn't it was a 0. I gave myself a % score at the end of the week.

On impact: This was more of a subjective exercise, but checking in at the end of the week I wanted to know if I felt like these tasks helped me get to where I want to go. To live a life filled with connections, to find joy in creation, and to take care of my body.

I now wake up in the morning, and the first thing I think about doing is living to my word.

It's a work in progress, but with intention and by listening to the voice inside, I find that I am more honest with myself. Naturally, life feels better and I feel less like I am distracted by phantom metrics. I've made significant changes:

I live for human connections.

I am building my own freelance business where I create work for others — a design consultancy with a drive to help mission and people driven businesses.

I live for for creation.

When I have spare time I draw. I write. I play music.

I do it for fun, not money. It's like being a kid again. It's magical.

I live for my body.

Spiritually, I meditate in the morning.

Physically, I eat good food, I seek sun and fresh air every day.

While early days, I've felt more myself than I have ever felt. I recognise that I am human and that I will go off course every now and then, but these techniques help me reduce the wayward direction.

BREATH
perception
Nourishment

URGENCY
impeccability
NECESSITY

The Commitment to Trusting & What Lies Beneath The Breath

Jonathan Franze

The last couple of weeks have been an absolute whirlwind for me, I feel like I am transitioning myself through 3 different businesses. The first being my Personal Training business. I have been operating this for six years, and it is still the bread and butter of everything I do and continues to provide vast amounts of joy and service inside. The second is my love for "coaching" and working with people on a much deeper level to understand who they are, what they want out of life and how I can guide them to achieve it. On the back of this work, I have decided to create a 3-month coaching program based on 1 to 1 conversation and clear action items every two weeks. The final business is with a friend of mine who runs a coaching company working with men exclusively. I am assisting as a coach, and the premise behind our work is helping men get out of their heads and start living life through their gut. We do this through a 3-day transformational experience called The Container. To be frank, it's a fucking outstanding experience and one that is providing me with fulfilment and a tremendous amount of growth.

So why am I telling you all of this and what has it got to do with Trusting or Breathing?

Well, since having my finger in all these pies, my head and the thoughts in my head have been hectic. The irony in all of this is that I am literally in the process of helping men get out of their heads and into their gut; however, my head is on FIRE. So I decided to start doing the work on myself, and I want to share how I transitioned from a fear-based mindset to one filled with calmness, acceptance and TRUST.

I decided to have a 15-minute conversation out loud with the part of me that I like to call "Mr Figure It Out". Now I know this might sound crazy; however, this is what the work is all about. It's about calling out your Demons and building a relationship with them. I knew I had to establish a relationship with Mr Figure It Out because his thoughts were taking over me completely. I couldn't disassociate from them, and I realised that they were consuming me.

I was filled with thoughts like...What's the right answer? Should I be doing this? I was getting anxious about the future, questioning if I am on the right path or not, doubting myself because I didn't feel like I was solid in what I knew and what I could share with other people. The thoughts

were overwhelming me, and I knew something had to be done. So after my meditation, I decided to build a relationship with that part of me and acknowledge exactly what it had to teach me. The experience was profound, and as soon as I disassociated from that part of me, I instantly felt lighter, calmer and could access the true feelings of my gut. At that moment I asked my gut and also Mr Figure It Out, what are you teaching me? The response I got back was...TRUST. "Continue to trust myself even when I dont have the answer, continue to commit to myself even when I have to guess, keep going. The path is perfect just the way it is."

Something about that response felt so right, I could instantly let go of all the pressure to be "on the right path" and just trust myself that I was. I slept like a baby that night and I woke up with feelings of joy and excitement for my life.

On the back of my own self-exploration with this work, I would love to encourage other people to try and do the same. The steps are simple.

1. Connect with the breath, meditate for 10 or so minutes and get present.
2. Acknowledge the part of you that represents something like anger, frustration, self-doubt, unworthiness, fear, betrayal, jealousy etc.
3. Disassociate from the thought and see yourself separate to it.
4. Acknowledge where the emotion sits inside the body and place a hand on it. Breathe deeply into the space and connect with your gut.
5. Be open and willing to have a conversation with it, literally ask it out loud "**Hey Anger, are you willing to have a conversation with me?**". Wait for the response that comes to the gut, don't rush for the answer, it will come to you.
6. Ask the Anger "**What are you trying to teach me?**". Again, wait for the gut to answer.
7. Acknowledge the Anger for being there and send it enormous amounts of love and then Let it go.
8. Remember...this is all about TRUST. The commitment to trust means trusting in something even if you dont have evidence to prove it will work. Create the commitment within yourself and that means being open to guessing when you dont have the answer.

Enjoy Folks.

Remember, Trust in Trust :)

Now go and be the man or woman in the arena!

The Acid Test

Kylie Mouat

It's a beautiful day. I've just married two women, barefoot on white sand, turquoise ocean in the background, friends and family laughing and crying, mimosas flowing...and I smile with love knowing that putting my heart and soul into this wedding with all its nuances has been worth every bead of sweat I've produced (and mosquito bite I've taken!).

We move, with hips swaying and lips sharing stories of love, up to the After Party where more drinks flow and sumptuous food is devoured amidst hilarious and soulful words.

Everything is perfect. The brides' first dance together is electric and soon everyone has joined them on the dancefloor – their cherished place with a music selection to rival the best DJ! Until an unexpected guest arrives. The 'PA guy', who delivered and set up our equipment earlier, appears in the middle of the dance floor. Under the guise of 'checking the PA' he proceeds to introduce himself to the brides and the guests.

This is my gig, my responsibility, and as 'PA guy' is ramping up his presence on the dancefloor I'm sitting on the porcelain white bowl in The Ladies. I barely get a chance to wash my hands before three women grab at me for help because 'a random man' is 'trying the moves' on them, harassing the brides AND attempting to sell acid to ALL the guests. I take thirty seconds to digest what I've just heard!

Once upon a time, to be blunt, I would have downed a shot of vodka and thought 'oh fuck!'. But I remain incredibly calm and simply think to myself 'keep breathing – slowly with awareness – there is a discreet solution here.' I check that the brides and guests are ok first and then gently and discreetly walk 'PA guy' outside to have a chat – not to 'rip him a new one' but to *listen to him with empathy*. Why? Because he needs to be distracted, he may be volatile and I want everyone to feel safe – including him. I also don't want him dismantling the PA and leaving with it – a very real possibility in his given state.

I spend the next three hours outside just listening to 'PA guy' – he has a lot to say. He has a drug and alcohol problem. By simply listening to him and *really hearing him* he remains distracted with me

outside. The brides and guests have long forgotten his earlier antics and continue to burn up the dance floor until the end of the night.

As a business woman with a reputation to protect I have every right to call the PA company and explode with a rant of disgust at the unprofessional experience I encountered.

OR...I consider the fact that when I engaged this company our initial conversations and follow up communication were great – they really impressed me.

So, I called them with the intention of *listening with empathy* - to find out their side of the story before I discussed my experience at the wedding. Using this approach, together we were able to be open and frank about our businesses, our expectations and our interactions with staff.

It was one of the best business conversations I've ever had and both parties got off the phone feeling really good about the outcome that we reached *together* - without wasting energy, getting angry or becoming defensive. How refreshing!

A few minutes after getting off the phone with the PA company I received an email from the owner which said 'Thank you very much for handling this whole awful mess like a true professional and for being so open and honest in your communication.'

...and the 'PA guy'? He is seeking professional help for his addiction and is being supported by his former employer.

...and the brides and guests? With slightly sore heads the next day they surrounded me at dinner and said 'Hands down the best wedding that we've ever been to!'

...and ME? I'm continuing to practice the steps below. Real life throws down challenges at any given moment and I CHOOSE to adapt with the knowledge that there is ALWAYS a solution - WITHOUT anger, threats, panic attacks or anyone needing to shout "What the F*&k?"

...and YOU? Where can you go from here? PLAY with the following steps. You DESERVE to feel good!

SOME PRACTICES: (great for 'every day' and to combat stress, pressure and challenges)

- Find ten minutes every day to sit comfortably, close your eyes, BREATHE. (don't get fancy - no special inhale/exhale etc). Literally. Just. Breathe. Ten minutes - it's GOLD!
- Lunchtime - stand outside or go for a walk and LOOK at and LISTEN to your environment (no phone!). Old school I know - but fresh air, natural light, architecture, trees, people laughing etc really clear your brain and remind you that you're a connecting and loving human!
- Walking meetings are fantastic! Meet at the nearest open space or park and 'walk and talk'. You'll be amazed at how much better you feel and how much more you achieve!
- Meet a friend for a coffee and challenge yourself NOT to talk for the first ten minutes. It's bloody hard - but it teaches us just to LISTEN (super handy when you're in a challenging situation).

WHEN 'SHIT HITS THE FAN':

- Stop. Take 30 seconds to just breathe slowly and deeply while you digest the situation.
- Remind yourself; There is ALWAYS a solution and you DO have the skills to find it.
- Speak quietly and calmly - anyone else who is stressed/overwhelmed/angry will eventually run out of steam.
- Gently and discreetly offer to separate any parties if necessary and have a neutral party stay with them.
- Listen without assumption or judgement - this is not about YOU. Everyone has a story to tell and sometimes they just want to be heard.
- Offer an alternative to the current situation. Be firm, fair and natural. Do not promise anything that you cannot deliver.
- A little bit of humour goes a long way!
- Be safe. Ultimately every single human being just wants to be loved - including YOU.

Put Your House In Order

Lizzy Crouch

“Put your house in order. Start paying attention to how you actually live.

How you *actually* live. Not how you think you live, not how your parents told you to live.

Moment by moment: How do you walk? Sit? Eat?”

When I read this section from *Three Steps to Awakening* by Larry Rosenberg, this concept hit me like a sack of bricks. How I actually live?

When it comes to health and wellbeing and common areas of interest such as weight loss, stress management and strength training – I could spout off words of advice for hours. I can (and do) write helpful blog posts, catchy reminders and give people the everyday tools to implement and impact their ways of living.

BUT, I don't often hold up the mirror.

It's easy to tell someone else what he or she *should* be doing. It's WAY harder (for me) to gain the awareness to observe how each and every day rolls out in my world. To notice the wake that I leave behind as I move through my day, my kitchen or my business.

My purpose has now become clearer. Rather than to simply share the ideas, advice and the “should-dos” with my community, I want to share these much more paradigm-shifting questions!

I can be so much more helpful as a coach or personal trainer if I can learn to become aware of my own way of living, but also to hold others accountable to theirs.

How are you nourishing your body?

What nutrition are you actually providing to your cells?

How many minutes in your day do you spend moving, or sitting, or walking?

What actions are you truly taking that move you closer to what you say you want?

I don't want wishy-washy responses. I want to make an impact in my own life and in the lives of others by improving awareness, self-observation and impeccability.

How are you actually living?

Awareness in Daily Life – The Breath

Matt Cooper

“Constantly watch over the mind as a parent watches over a child. Protect it from its own foolishness, teaching it what is right”.

This quote, which introduces us to the concept of “Living Awareness” in part two of Larry Rosenberg’s book: *Three Steps To Awakening*, really resonates with me.

A timely reminder that, in addition to formal meditation or “sitting” practice’s (using the breath as the ANCHOR), the equitable importance for us to cultivate contemplative skills, awareness and insight through the consistent “practice & life as one”.

That is, anywhere, anytime in the realm of daily experience, not just in formal meditation postures and situations.

As Rosenberg states: “an emphasis on seeing our entire way of life & practice as the one thing & breaching the gap between formal practice & daily life”.

In reality, this is unquestionably a genuine challenge!

Particularly hard in times of stress or anxiety, where through what can literally feel like human suffering, the mind has the tendency to lose focus & re-enter a state of habitual, unnecessary thinking that often squanders so much energy!

Similarly, using the breath as the anchor, fostering “practice and life as one” takes diligence and time to form the HABIT.

That is, to pause and for brief moments throughout the day, “consciously” invite the subtle breath in and a shift towards a relaxed state.

So how can we nurture this?

Circuit “break” the mind in times of tension and on the flipside, bring our full awareness and attention to experiences where love, peace, joy, gratitude, appreciation, empathy are right in front of our eyes?

BELOW: a simple “actionable” meditative TOOL worthy of a try.

THE 3 BREATH CHECK IN

The Challenge:

To take your breath awareness further - via a “conscious” control of the breath throughout your day.

The Goal: See if you can tally up the 3 breath check in x 15-20 times a day

You may decide you want to “tally” up as you go (e.g. diary/journal etc)

The Process:

Throughout the day, “check in” with the breath for 3 x repetitions

KEY: to invite the subtle or open breath for the x 3 repetitions at EVERY check in.

The Anchor: The breath

The “Cue”:

The “necessity” for a reminder to carry this out, so over time it becomes a HABIT

For example, your cue may be the background image on your phone or every time you get up or sit down at your desk.

KEY: choose a cue that works for you & start to notice how you feel.

Since being introduced to this concept during an online mediation course in 2018, I have personally reaped the benefits of its implementation and regularity of practice throughout “daily” life.

For example, as a School Teacher (currently), whether I’m interacting with staff, students, parent(s) or a combination of, there is a definite need to create regular pockets/moments of space to “think before I speak” to avoid any regret (words) in the heat of a moment during the complexities of a challenging scenario, situation and subsequently interaction.

Ultimately, in this example alone, the 3 Breath check in serves as a reminder for me (at times of increased tension) to pause, re center and calm both mind and body in order to articulate a measured and appropriate response and if needed course of action.

More broadly, this is obviously invaluable on the home, personal and social front as well!

In formal sittings, the 3 Breath check in, is further strengthened with a conscious and continuous invitation for the subtle and open breath.

On a “structured” level it could also be used at the start and/or end of seated practice as well to “prime” or “complete” it.

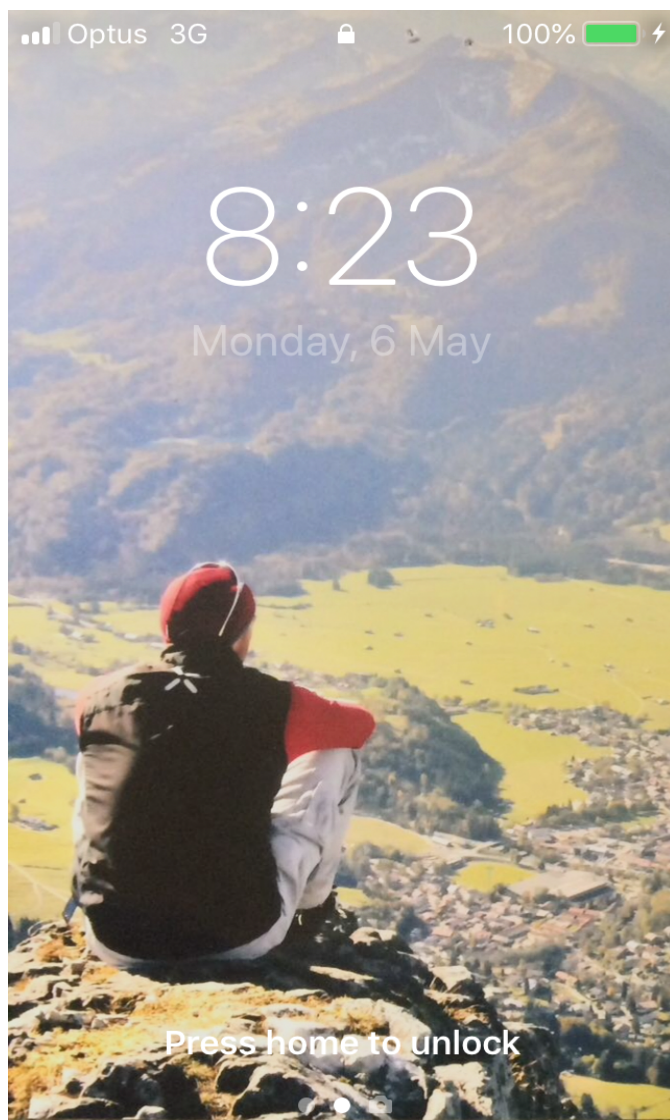
As a platform for those I “seek to serve”, the advantages of being able to come back to a relaxed center anywhere and anytime are plentiful!

Whether it be for the conscious or intended purpose of relaxing to better aid recovery, digestion, improve focus or the quality of sleep, every time an opportunity to SHIFT towards a more calm, contemplative mind.

Ultimately, for all my relationships whether they are at work, home or “in between” the opportunity for me to connect with greater awareness, insight and ultimately a state of enhanced compassion and empathy.

No doubt there is potentially benefits in here and on some level(s) for everyone!

“What matters most is the quality of your mind and your interest in learning not where you are”.



Lessons from Life

Paul Nguyen

Everything in my life that has happened to me has led me to the point of where I am today.

Yes, I have done things I regret

Yes, I have missed opportunities

Yes, I have done things I am extremely proud of

And I am grateful for every moment in life, good or bad.

Because it has taught me to be content of being who I am and where I am in life.

The 3 things that come to my mind that has changed who I am to be the person I am today are:

1. My parents - In short, they escaped the Vietnam war and migrated to Australia. Some events that happened during that time has given me gratitude and being thankful for the life I have today. I now understand what they went through, what they sacrificed and what they did so I can have a better life.
2. My family - At a young age, we weren't very close. After all the fights, hardships, disagreements and difficult moments came maturity and love. I think we got all the bad stuff out of the way when we were young and now we have a bond that is unbreakable. Then there is my wife and daughter who has taught me what love means and what it feels like. Words cannot describe what they have done for me but they have taught me to love more.
3. My friends - Sometimes I think the people you spend most of your time with, teach you the biggest lessons in life and I am happy to have met these people along the way. Friendships create happiness in my life. Ben my business partner has taught me so much over the years and I am forever grateful for his friendship. He helps create balance in my work life which has had a flow-on effect on life outside of work.

I used to be a close-minded individual. I was cocky and thought I had the answer to everything.

Little did I know...

There are certain events (I don't want to go into detail) that include the people above that have happened in my life that shifted my paradigm. It has made me more opened my mind to be more willing to understand others and the importance of listening, learning and growing.

I believe I have grown in these areas:

- Love
- Care
- Support
- Inspiration
- Gratitude
- Happiness
- More willing to listen and learn
- Being content

Focus dictates reality

Phaon Phipat

I was taught this quote when I took part in a men's group during university. Almost 9 years ago, it has stuck with me to this day.

To me, it underlines the importance of both perception and intention, and how they change everything. It can mean the difference between feeling powerful, or feeling utterly lost and weak. What we choose to focus on can shape our current reality, and our perception of both the past and future. Our own story is defined by the story on which we choose to focus on.

We can write our own stories. We have choice. However, you can do anything, but you can't do everything. Finding and committing to a focus guides us. It starts with a clear intention.

The following exercise is helpful for when I am feeling lost, "scattered", seeking personal direction. There's change to be made, but you're feeling confused. Everyone has these moments. If you are feeling the same, give it a try.

Finding Focus

A simple exercise helps me become clear. Although it may seem too simple, everytime I have done this, even when I forget about the intention, when I rediscover what I have wrote, a surprising amount have become real.

The intention is written in this format:

It is X, and I am...

For example, in 2017, I took off on a 2 year bicycle adventure around China and Japan. In 2016, when I was planning for this trip, I wrote -

It is July 2017, and I am riding my bicycle around China.

For 9 months, this provided context for all the preparation I was doing - all the late nights, early mornings.

At the time of writing, I also visualise an image of this. What would it be like to actually experience this? I close my eyes.

I've done this as a singular statement.

I've done this as a group of statements, across a year span - eg. It is May 2018, It is August 2018, It is Christmas 2018.

I've shared statements to friends.

Right now, I've been feeling "cloudy" once again. I have not set an intention in this format since coming back to Australia.

I recognise the lack of focus turning into frustration, negativity - I feel like I am falling into a routine, spinning the wheel into nowhere. It's time to share my intention.

It is December 2019, and I am a strength and movement coach, running my own business.

It's out there now. I have a date, I am specific with my focus. And I have you guys to help hold me accountable. The clouds are parting. I feel like I have a path to walk.

Write a statement. Take a stand. Find a focus.

And then?

That's up to you. Take the first step, and see where the path leads.

Some tips:

- one intention per date. Just choose one.
- the date is important
- talk in terms of the first person, not the group, not the organisation. You.
- choose something big
- place yourself in the reality, the milestone completed, not in progress - ie. instead of "i'm becoming something, it's I am something" / instead of "i'm working on something", "I've done this."
- sharing the statement, whilst scary, can make or break the "realness" of the statement
- you can always revise your intention.



If I change, the whole world changes.

(from Ryoanji Temple, Kyoto)

Promote vs Produce?

Rod Cooper

Project based work is setting you up for future success, Stop promoting and start producing

I often get sick of promoting... don't you?

At times I feel like it's all I do, just selling, messaging, promotions, offers, programs and courses we host and are a part of in collaboration at The Movement Collective. AHHHHHHHH it can drive me nuts. I feel my energy is poured into selling all the time and this leaves little energy to create and cultivate new ideas and assets.

I have recently canceled events just so I didn't have to tell everyone about them, there was just no energy left in me to promote.

There is obviously still a need to promote but the energy needs to be shifted to projects instead of the daily and endless tasks that can suck all the time and energy from you and your business. Long game vs Short game, patience is key here.

Producing quality content that will last is time consuming and necessary for long term success of your brand/business. You may not see the benefits for many months or years to come, but it's about the brand you are evolving, the trust you are building the value that you are offering up. Well before you ask your audience to buy you should have given so much value that people are asking you if they can buy.

Start by having a look at what your outer tasks are, the work that is you zooming back and working on your business, creating, producing, systems, growth hacks. Then seeing what the day to day tasks are and colour code them. Make sure you are blocking the quality chunks of time to do the important long-term work and fitting in the inner work when you can. Not the other way around.

Action items moving forward / Key points

- Create/produce more and consistently
- Schedule in project blocks 90 mins per day at least a 2-3 times per week
- Produce the assets that are going to survive for years after you do the work, adding continual value to your members and future customers. (building trust and attention)
- Become aware of where you spend your energy? Ask yourself if the task is going to serve you for the long term? Or can it be delegated or deleted.
- Colour code your projects (**outer work** plus using a different colour for **internal work**)

Impeccability

Russ Eather

Impeccability is...

A neat computer desktop,
Rehearsing a new start.
Arriving to work on time,
And looking the part.

Impeccability is...

Being prepared for every meeting,
Overdelivering on client needs.
A plan in your schedule
Using a spell check for weeds.

Impeccability is...

Something to strive for,
The feelings unbelievable
However having the self awareness
And understanding,
That 100% impeccability is unachievable

Impeccability is...

Hard to achieve at 100 percent.
We have a lot to distract us,
As you go through the day just remember one thing...
Applying it, is simply a practice

Advice to I, if I was not me...

Shaun Wood

As humans we have a continual desire to communicate our feelings, but yet at the same time, we are often reluctant to share them even when we know that by doing so we could fix a situation. We let our ego intervene and manifest alternate scenarios, often very far from reality.

This can create outcomes that may never have happened otherwise.

Why is it that we can often give others the exact advice that is needed to fix a situation, but we can never follow that advice ourselves?

When you have something to say, holding it in can be toxic. Even if you are doing so from a place of love, it can lead to manipulation and resentment. Once you become resentful at a situation, rational thinking will be very hard to practice.

What are the lenses?

Isn't it curious that people can navigate through the world in such different ways? Two, can approach the exact same situation, and based on their lenses, the same experience can be perceived differently.

As we navigate through the world we form lenses. These can be negatively or positively framed and are usually a total sum makeup of all of our experiences up until that moment.

These lenses dictate the way we handle every scenario we are faced with on a day to day basis. It is important to note that we all inherit both negative and positive lenses, what differs is our ability to be aware of these and focus on the one that will make us the person we want to become.

During negative times the lens can be likened to being blind behind thick black sunglasses, hardly able to see at all. In positive times, we are wearing the clearer 3D lenses where life is full of sharp color and light.

In my own life, I have experienced the extremes of both these lenses. In many moments, I have inherited a negative lens. At these times I often had no control of it, and it influenced me to handle situations in a way that could be seen as objectively wrong.

In hindsight, I know that these situations could have been handled better if I had the right tools; lens developed.

There have also been times in my life where things have positively, effortlessly flowed. In retrospect, these times were matched by a positive lens.

How are Lenses formed?

We are sum result of everything that has happened to us in our lives. If someone has has a history of trauma or been surrounded by negative people or situations, its likely they could inherit a negative lense. This can be more extreme in different people, It is part of the human experience, and we are all likely to go through this at some stage.

It is always important to remember that we all have a lens, and through our own, we may lack the understanding of others.

When people have a low opinion of their own self-worth, often a symptom of having a negatively framed lens, they can deny responsibility for their life. That person is trying to do the best with the tools that they have, but may be struggling to communicate or navigate through the world in a way that you can relate to.

If they are lucky enough, they are surrounded by people that can uplift them and show them empathy, but this is not always the case...

If you are struggling with situations like these remind yourself of the following:

We all deserve respect.

You are important to other people as much as you are to yourself. We all have a role in this world and have an equal amount of importance. But how can it be expected that other people will value you if you do not first value yourself? We need to take responsibility for our own actions first, there is no worse feeling than to suffer and know that it is of your own doing.

Entangled in the box of a negative framework or lenses, every problem seems unsolvable. You need to work hard to create another frame, one that comes in from a place of the infinite possibility and potential. It is not easy, this takes work. The universe is full of possibility, but you have to set the intention, the context, you need to make your own rules. Don't be so hard on yourself, compare yourself to who you were yesterday, not to who someone else is today, think in possibility and not negativity. If you can do this, you will set the foundations and lay the possibility to thrive.

In my own life, my shifts from a negative to positive lens often came from a shift from codependent relationships, I often become too reliant on others. I have found that personal responsibility is the key to my positive outlook.

Here is a quote I often refer back to if I feel my lens slipping in to negativity.

“Good thoughts and actions can never produce bad results; bad thoughts and actions can never produce good results ... We understand this law in the natural world, and work with it; but few understand it in the mental and moral world—although its operation there is just as simple and undeviating—and they, therefore, do not cooperate with it.”

— James Allen, *As a Man Thinketh*

Lastly here are some some resources that also helped me refocus my lens when needed:

Mans search for meaning - Viktor E. Frankl

“Fear makes come true that which one is afraid of.”

— Viktor E. Frankl, Man's Search for Meaning

Ego is the Enemy - Ryan Holiday

“Impressing people is utterly different from being truly impressive.”

— Ryan Holiday, The Ego Is the Enemy

Do The Work - Steven Pressfield

“The opposite of fear is love - love of the challenge, love of the work, the pure joyous passion to take a shot at our dream and see if we can pull it off.”

— Steven Pressfield, Do the Work

perception

NOURISHMENT

BRE
ATH

impeccability

URGENCY

NECESSITY

Perception

Simon Cooper

Perception is our current understanding of reality.

It consists of our beliefs and observations. It frames everything that we come into contact with and determines the way we respond to challenges, triumphs, change and heartache.

Our reality shifts when we have things (concepts, people, events, etc) slide into view and challenge our existing beliefs. They either challenge or confirm what we already know to be true.

Sometimes though, we have our blinkers on. This can be intentionally or through ignorance and naivety. Or even through fear. We aren't aware, and therefore disconnected, from what is going on around us. We constantly tell ourselves a narrative of what we already know. This justifies our decision making and the way we interact with our reality.

Disconfirming information is a form of feedback that challenges what we believe to be true. It is information that challenges our current perception of reality. This is the type of information that we need to expose ourselves to if we want to change our current frames of reality.

If we commit to seeking disconfirming information, we commit to seeking opportunities which will push our edges. Our perception of what we can achieve, and what we are capable of. We expose ourselves to challenges and the risk of failure. We introduce uncertainty because we are not sure if we have it within us to accept this new reality.

When we build an appreciation of where we are now and where we want to go, we begin to discover what our next steps look like. When we stop to get some perspective and bring some attention to our current space, the path becomes a little clearer.

And with attention, comes connection. With connection, comes empathy. With empathy, comes learning. We may never get there. Our highest expression may always remain out of reach. Yet, my perception of success is also changing. Thus, the thing that I am chasing will also change.

And finally, when we learn the truth about “change”, it becomes a little less scary. We see it for what it is.

Which is the constant pursuit of our development.

So, where to from here? I challenge you, as you forge ahead, to ask yourself these questions:

- ➔ *Where can I seek disconfirming information? How can I get feedback on this?*
- ➔ *What is something that I believe to be true? How might I be wrong about it?*
- ➔ *How can I think about this problem/ situation differently? Is there another perspective that I can take?*

The Power of Observation

Timon Wilkinson

To get where we want to go, we must first understand where we are.

I sat down this morning to have coffee after coaching. Usually I'll flick the TV on and watch something on YouTube. It may be educational, or entertaining, depending on my mood. This morning I decided to shift the couch across the lounge and sit it in front of our main window where I can see out into the world, and decided to watch that instead. It was a sign that my practice is starting to have a greater effect on me.

Recently I invested in some online coaching with Fighting Monkey. The drive of this is to heal my body after years of chronic back pain and no consistent solution.

The most integral part of this practice involves standing still for varying periods of time, eyes open, observing. Observing what is happening both inside and outside my universe (body).

A daily practice, sometimes more than once. It is an anchor that informs me where I am right at that moment, a physical and mental check in. There are layers of movements that extend out from standing, but it is in stillness where over time things become more apparent.

In a world of information overload, 5 months of standing still has given me amazing insights and connection to everything else whirling around in day to day life.

It is a place to take time out from the world, a place of patience, nourishment and energy generation.

I am learning more about myself. My thoughts, my habits and my interactions. And yes, I feel the process working on body.

In one of my communications with my teacher Antonis he quoted

'Remember watching the space makes you understand better your inside vision.'

I cannot agree more.

If you're interested in this approach, find somewhere quiet (in front of a window is nice) set a timer for 10min and eyes open, stand.

Observe your body, your thoughts and what is happening around you.

How Do You Actually Live?

Harvey Gibson

How Do You Actually Live?

Larry Rosenberg

The first book we were recommended to read on this APA journey was 3 Steps To Awakening by Larry Rosenberg.

I read a fair amount of books and I have to admit, this was not my favourite. The language used meant most of the concepts didn't stick for me.

However...

There was one phrase, within the first few pages, that has stayed with me day after day, for months since reading this book.

How do you actually live?

As a Bruce Lee fan, I've always been fond of the quote "Adapt what is useful, reject what is useless, and add what is specifically your own" and I've always tried to pick up and hold on to the small but powerful things that stick out to us, just as the quote in this book has.

How do you **actually** live. This is an extremely powerful concept within just a few words. This ties in with the breath and perception areas we have focused on for energy generation.

If you can come back to this phrase throughout your day, it allows you to come back to the centre, to the breath, to the truth.

I've found that for me, questioning my current beliefs/dogma is a great way to see what I'm really pursuing, what I really need, what my *demandments* really are.

Am I stressed about money? Possibly, maybe it feels like it at this moment as I'm sat looking at an Excel sheet. But let's question this stress. Does money matter to me? Am I motivated by it? Do I attach self worth to it? If the answer to those questions is "No" that stress instantly melts away.

I *must* PB my back squat today. *Must I? Really?* Am I a professional athlete, will this new numerical value affect my life for the better? Again, if the answer is no, maybe this isn't a necessary source of stress.

As soon as I ask these questions, my answers help me to clarify what I am moving - or not moving towards, and allow me to let go of certain thoughts or ideas that I may have previously seen as 'truth'.

For example after questioning my financial situation, I came to realise that if I learnt 3,4,5 times the money I earn now, my style of living would *not* change. This has allowed me to settle into a certain mindset where once I've learnt the money to be secure for a month, I can spend more time reaching out to others in my world, and creating more work.

After questioning my athletic pursuits, I have massively broadened my physical practice to include balance work, swimming, longer runs, and mobility. None of which I felt I could spend any energy on in previous years. This has been a hugely positive change in my life.

This leads us towards our actions for this piece. I wanted to provide a very small, manageable daily task that helps us to come back to the 'truth' and question how we are acting/speaking/moving.

1 time per day, before bed:

Write *one paragraph* to wrap up your day, did you complete those goals, how do you feel? Did you live the way you intend to live? Were you true to yourself? This is not dissimilar to the 5 minute journal work made. Popular by Tim Ferris (and Phaon made me aware of this again.)

I hope this small task can provide you with a chance to pursue the 'truth' of your own personal journey.

The APA and energy generation module has helped me boil down my world and reduce it to a more compact, accurate vision. The less distractions I have the more I believe I can excel and provide value, whether that's career, friends, family or personal impacts.

Where Focus Goes, Energy Follows

Vik Hawksley

I've been blessed all my life...

I'm constantly surrounded by some amazing individuals who lead by example and inspire me everyday to be the best version of myself!

It's always been EASY for me to think (and often say out loud) what I want in life...

Have good health & movement

Happy & prosperous relationships

Be part of an epic tribe & environment

Being comfortable & financially secure

To do something we're passionate about while making powerful impact doing it.

I always considered these as my 'want' but when I had to go deep into WHY I want these things, I realised that these intentions were also my 'need'.

Having a healthy body & mind, surrounded by people I love with whom I can learn, share & contribute to knowing that we're all collectively living a happy and high quality of life is what I work towards daily.

The biggest struggle for me and most people I know isn't in being able to define what we want/need (intentions) but rather why and how we go about progressing towards achieving them. Getting overwhelmed at not knowing where or how to start then not doing anything at all is something I have been good at for a number of years!

I'm happy to report this struggle (which needed to change) has recently started to evolve into more of a positive outlook for me.

What do I mean?

I'm making progress in different areas of my life because I'm clearer, energized & proactively continue to grow while making positive strides not only in my personal life but also the impact on my work which is my passion & livelihood. This has allowed me to lead & be part of positive environment with amazing humans. My health & wealth is moving in the right direction too.

So what's changed?

There isn't a perfect answer! No bulletproof blueprint!

I contribute this progress down to number of things, but I wanted to share the most powerful process that has helped me personally...

The power of 'generating energy' through raising the **necessity** and **urgency**.

Now you might be thinking WTF did I just say or mean so let me better articulate my point 😊

Necessity is that ability to understand then prioritise what NEEDS to happen to get the work/task/project done; I call it the non-negotiable that helps me stay honest or keep on track to progress towards my intentions.

However, necessity isn't enough by itself! We need to throw Urgency in the mix.

Now to be clear when I say urgency, it doesn't mean rushed, chaotic or frantic! This is another way for me to keep myself committed to my intentions and is either done by putting deadlines in place or accountable to my peers. I personally tend to work better when I prioritise and give my full attention & focus on a piece of work which I'm being held accountable to!

Once we know what needs to happen we can generate energy to and pour it towards achieving what we want.

Confused?!

Here is another way that might help you understand the process I'm talking about :)

1. Purpose & direction – Understanding or being clear on our intentions helps us to look at the BIGGER picture & why this is important to us. This gives us a start toward creating a roadmap.
2. Deconstructing or constructing process – what we need to do NOW to progress or move forward. These are the non-negotiables that need to happen in order to achieve or go where we want. This is also a good place to set some boundaries or accountability measures that keeps us honest and on track.

Once we start to cultivate the habit behind how to prioritise and start actioning our intentions things seem to snowball; energy is higher, we start to raise the standards, quantity & quality of work improves.

Hope this helps you :)

“If you have knowledge, let others light their candles in it”

(Margaret Fuller)