

MODULE 1

FORGING A NEW IDENTITY



In This Lesson

Why we are the way we are

Why you feel stuck

How to escape the hamster wheel



Forging A New Identity

Previous lesson: To change your life, you have to change yourself.

This lesson: How to change yourself.



Why We Are The Way We Are

In today's day and age, we raised with the idea that we are all born a certain way. Everyone is different from one another in some way and it's just the way we are.

There are smart kids, ADHD kids, quiet kids, kids who are good at math, stupid kids, funny kids, lazy kids, good at instruments kids, athletic kids, loud kids, bad kids, etc.

Children are constantly being labeled by their parents, family, teachers, etc. Children don't know who they are. They have no data to go off of so they are absorbing everything all the time.

That's how kids learn languages at 10x the speed of adults. Children are learning machines.



Why We Are The Way We Are

As kids, what we are told about ourselves makes a massive impression and ultimately creates who we think we are.

Parent: “Sarah is very quiet.”

Teacher: “Kevin, you struggle with math.”

As kids, this is all we know about ourselves, coming from the people we trust the most.

Growing up, you don’t have the ability to differentiate right from wrong. So everything you’re being told is simply “the truth”. That’s why kids are so gullible. You just take everything for what it is.

That is how your identity is first formed.



Why We Are The Way We Are

How many times have you heard:

“Be yourself.”

“Embrace who you are.”

“Don’t try to be someone else.”

“Stay true to yourself.”

In today’s society, we are constantly reinforced “DON’T CHANGE.”



Why We Are The Way We Are

So even if we can change, we shouldn't. Changing who we are is frowned upon.

Because of the society and "stay true to yourself" culture that we all grew up in, it is ingrained so deep into our brain that we all are a certain way and we can't change.

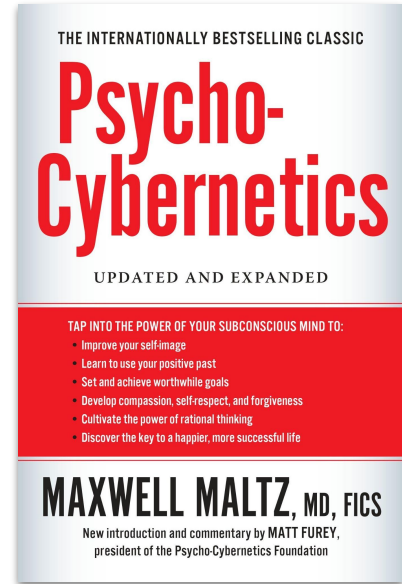
This forms such a deep scar in our subconscious.



Why are you telling me this?



We always act in alignment with who we think we are.

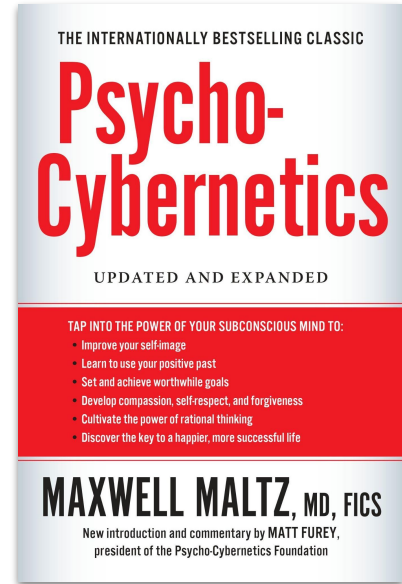




Kim's fender bender



We form an identity and build our entire lives around things that align with its existence.



Why We Are The Way We Are

We always act in alignment with who we think we are. And our actions create our reality.

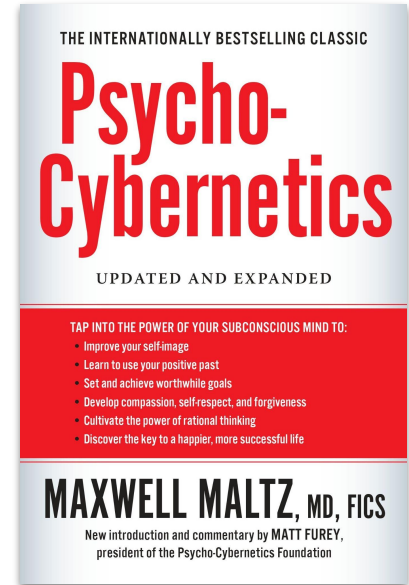
“I’m a quiet person so I’m not going to say anything.”

And now you are also basing who you are on your past experiences.

“I don’t say anything so I’m a quiet person.”

Your identity gets reinforced over & over again. The older you are, the harder it is to change.

This vicious loop is created where you create such a strong sense of identity.



“I know exactly who I am and I’m just gonna be myself and never change, because that's what I was taught to do. I’m my own authentic self.”



This creates the static self.

A self identity that knows what it is and doesn't change.



Forging a New Identity

There is nothing wrong with “being yourself.” As long as “being yourself” creates the life you want.

But it is human nature to always want more and to want bigger & better things.

This creates a massive conflict between who you think you are and who you want to be.

A mental block is a conflict between who you are and who you want to be.





Have you ever felt like you were stuck in a hamster wheel?



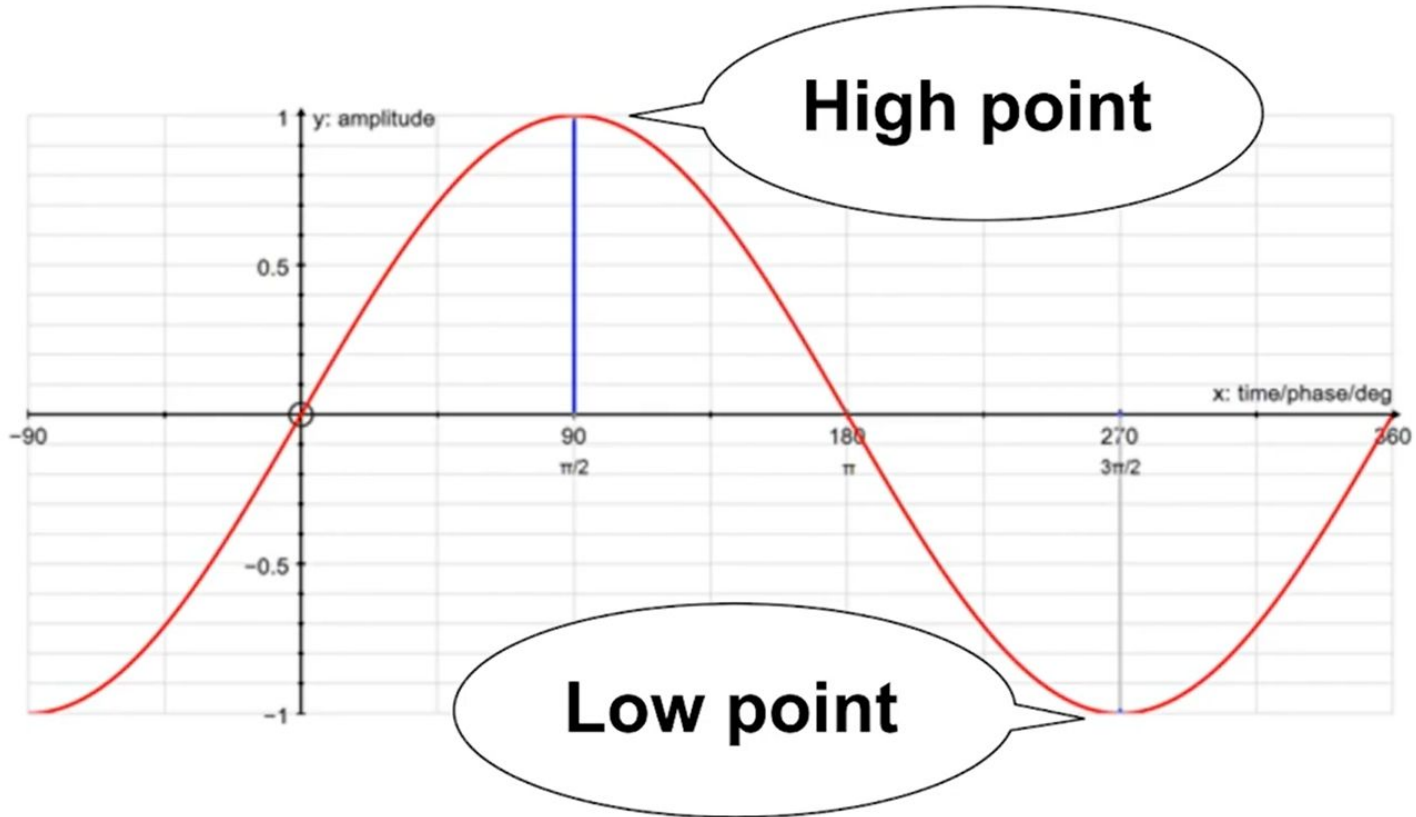
Living in a recurring cycle of progress & hope followed
by self-sabotage & destruction?



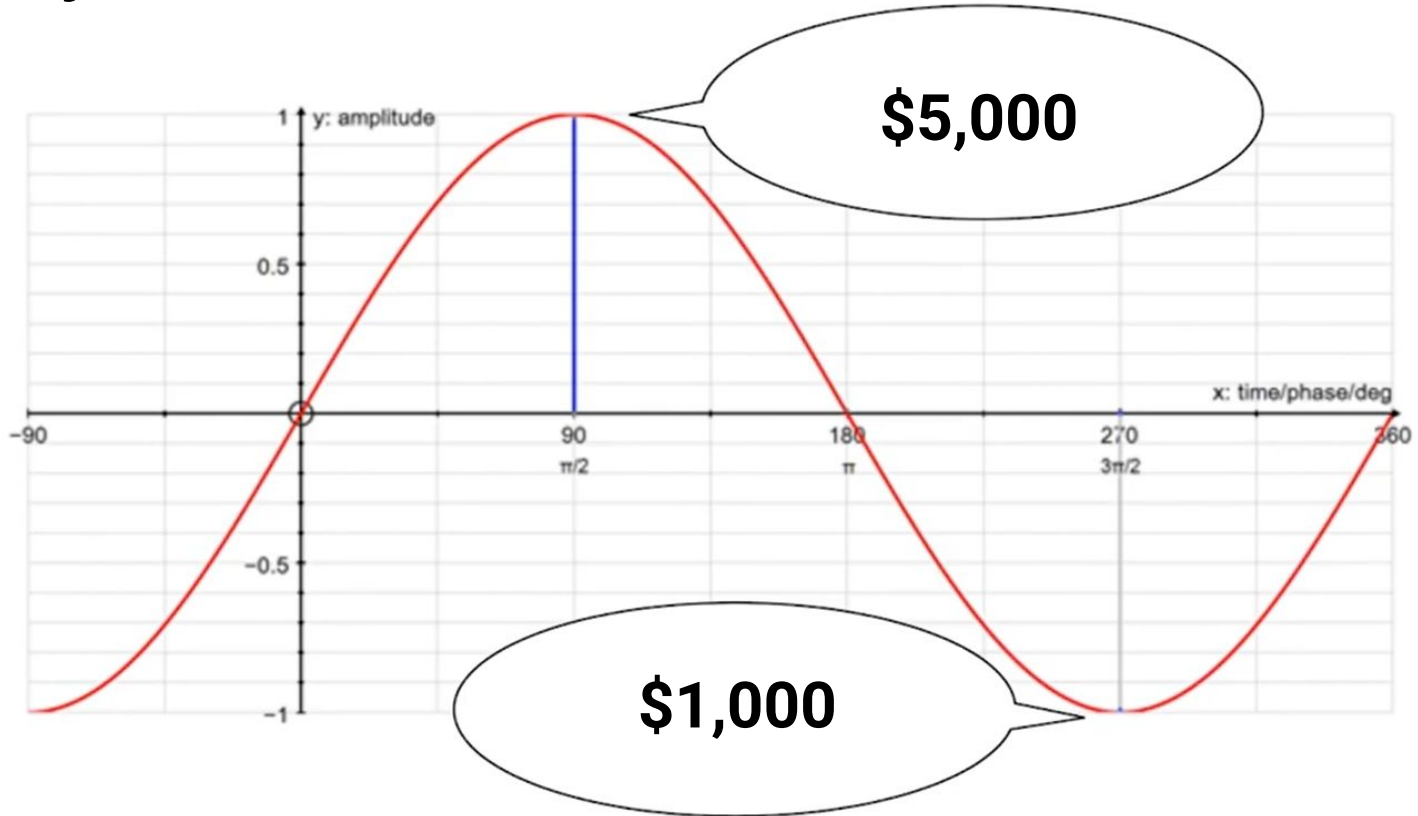
Like there is some glass ceiling above you that
you can't get through.



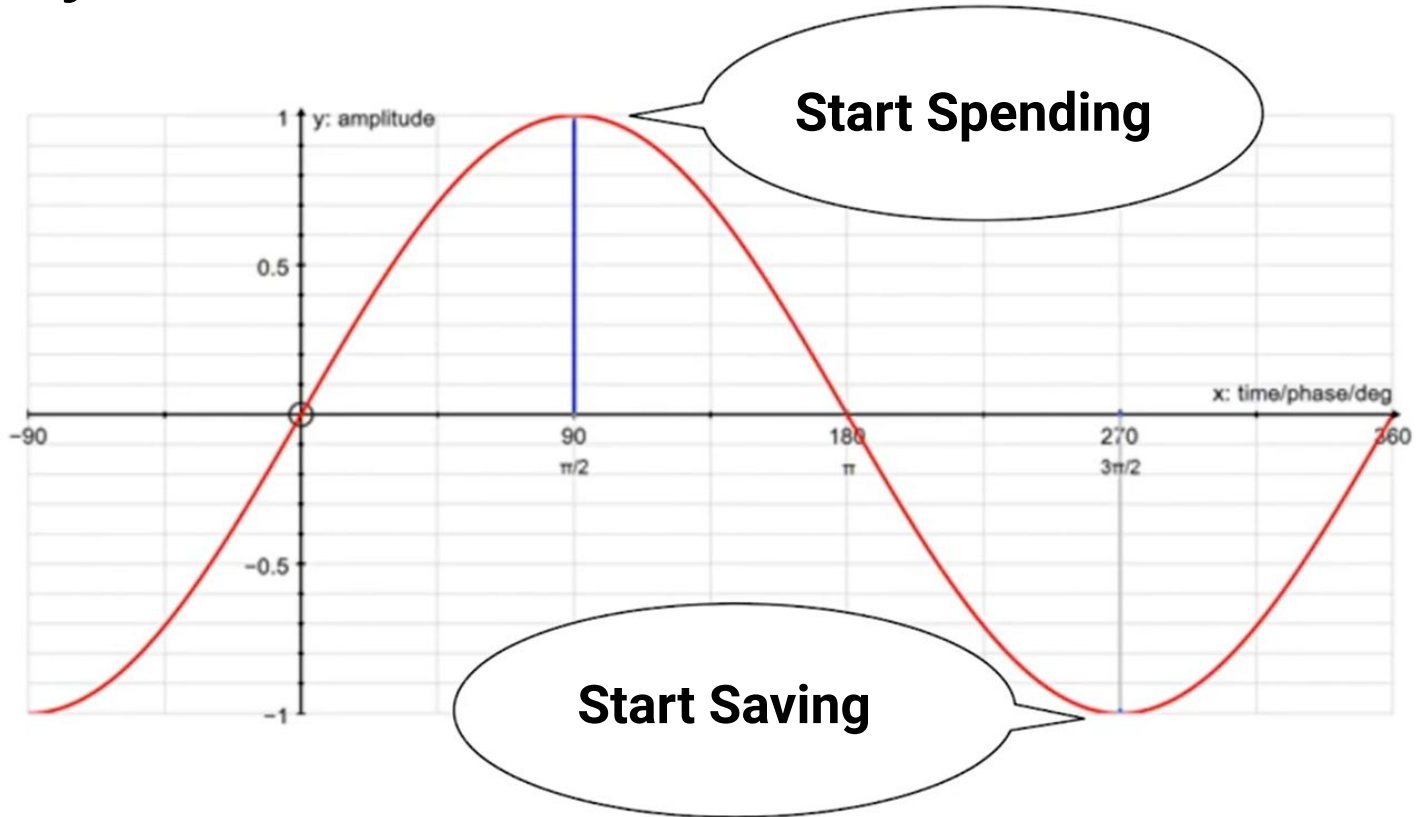
Hamster Wheel



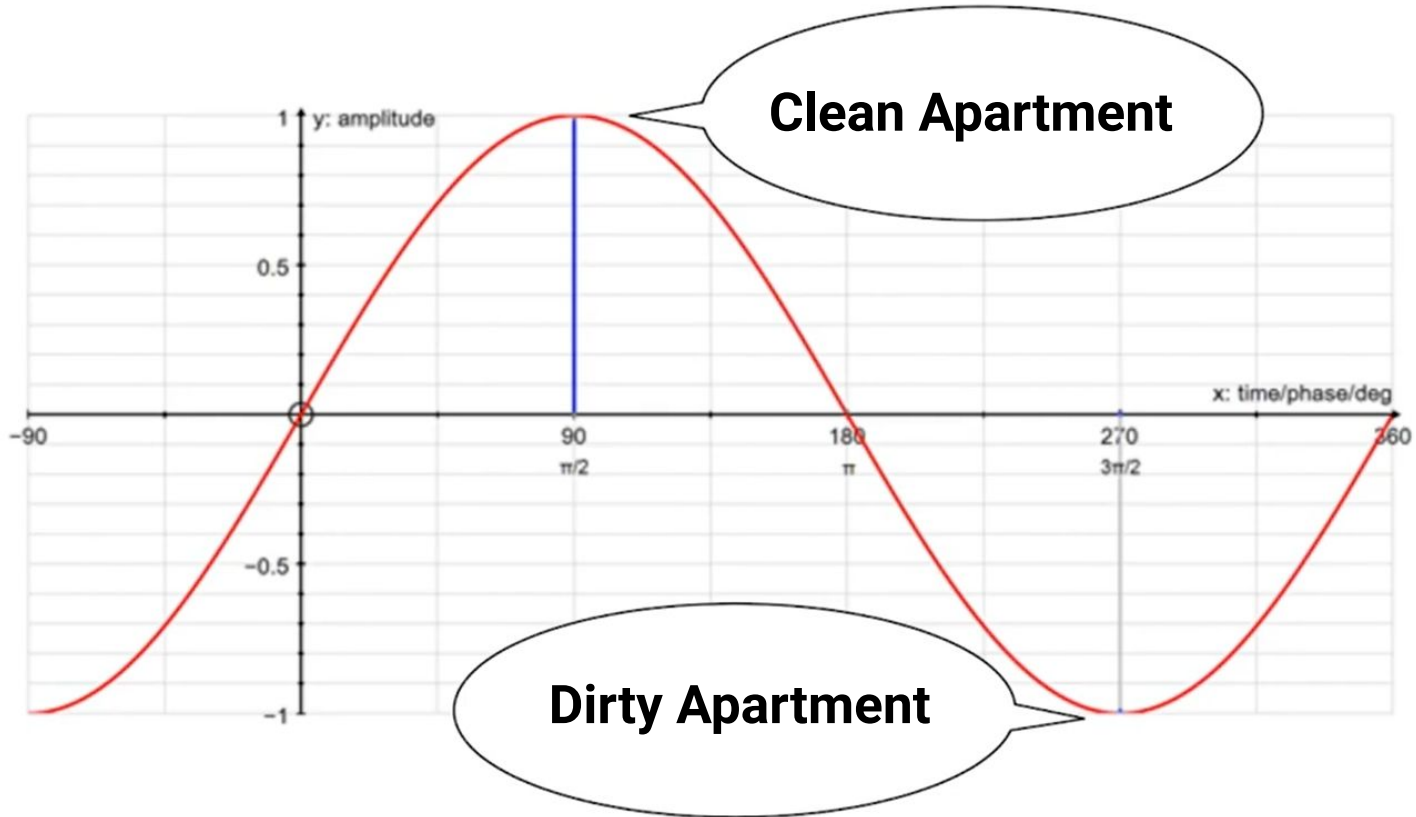
Money



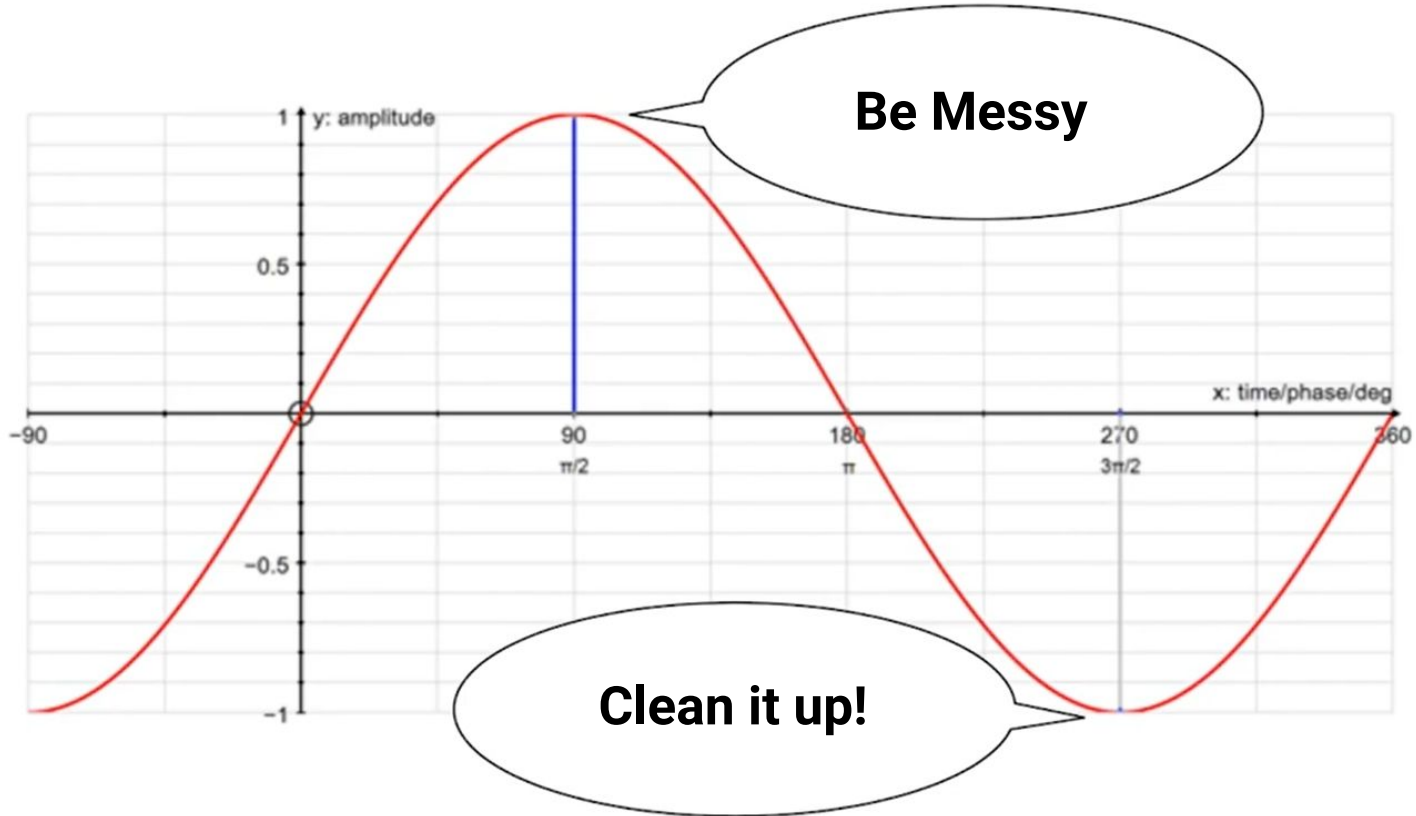
Money



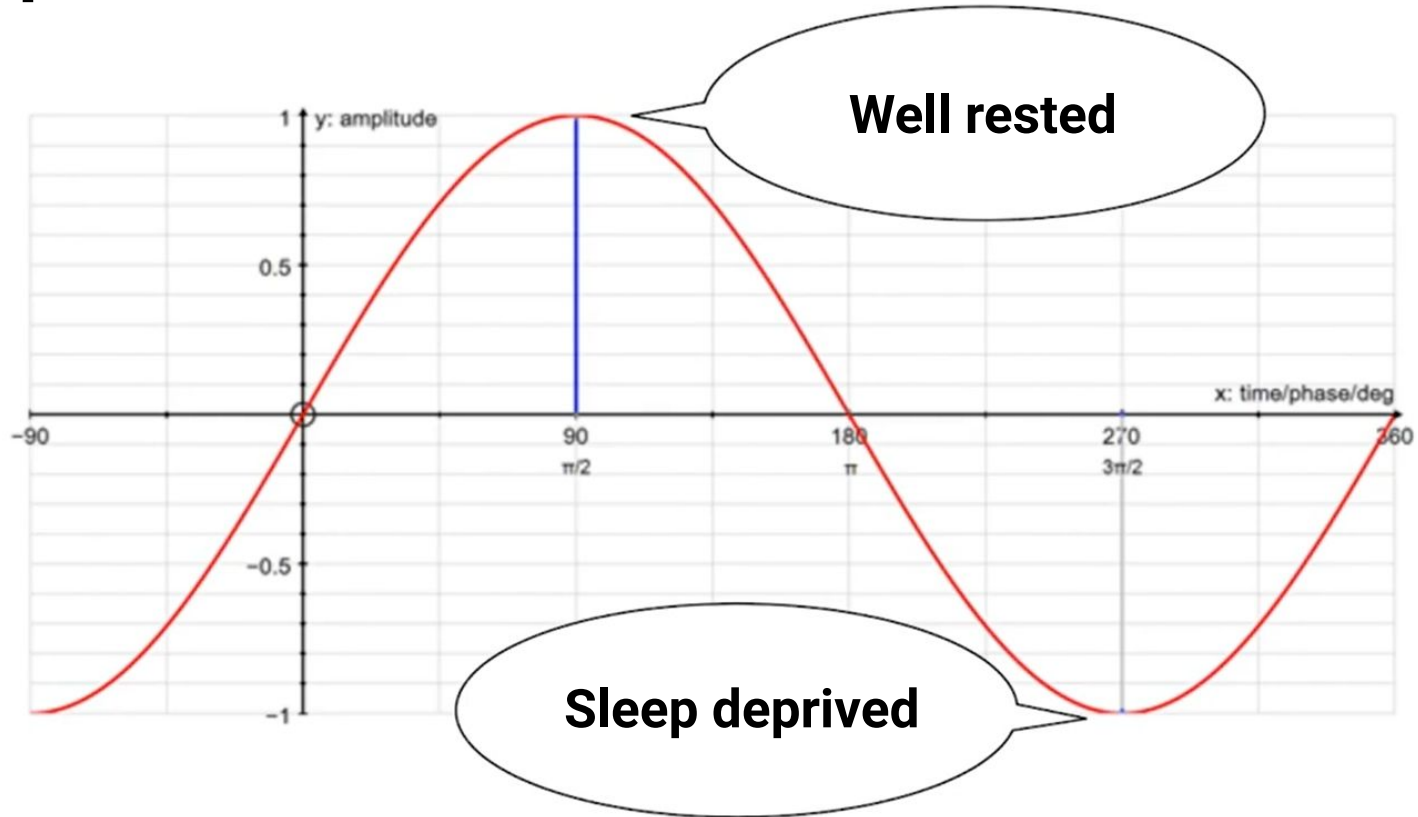
Cleanliness



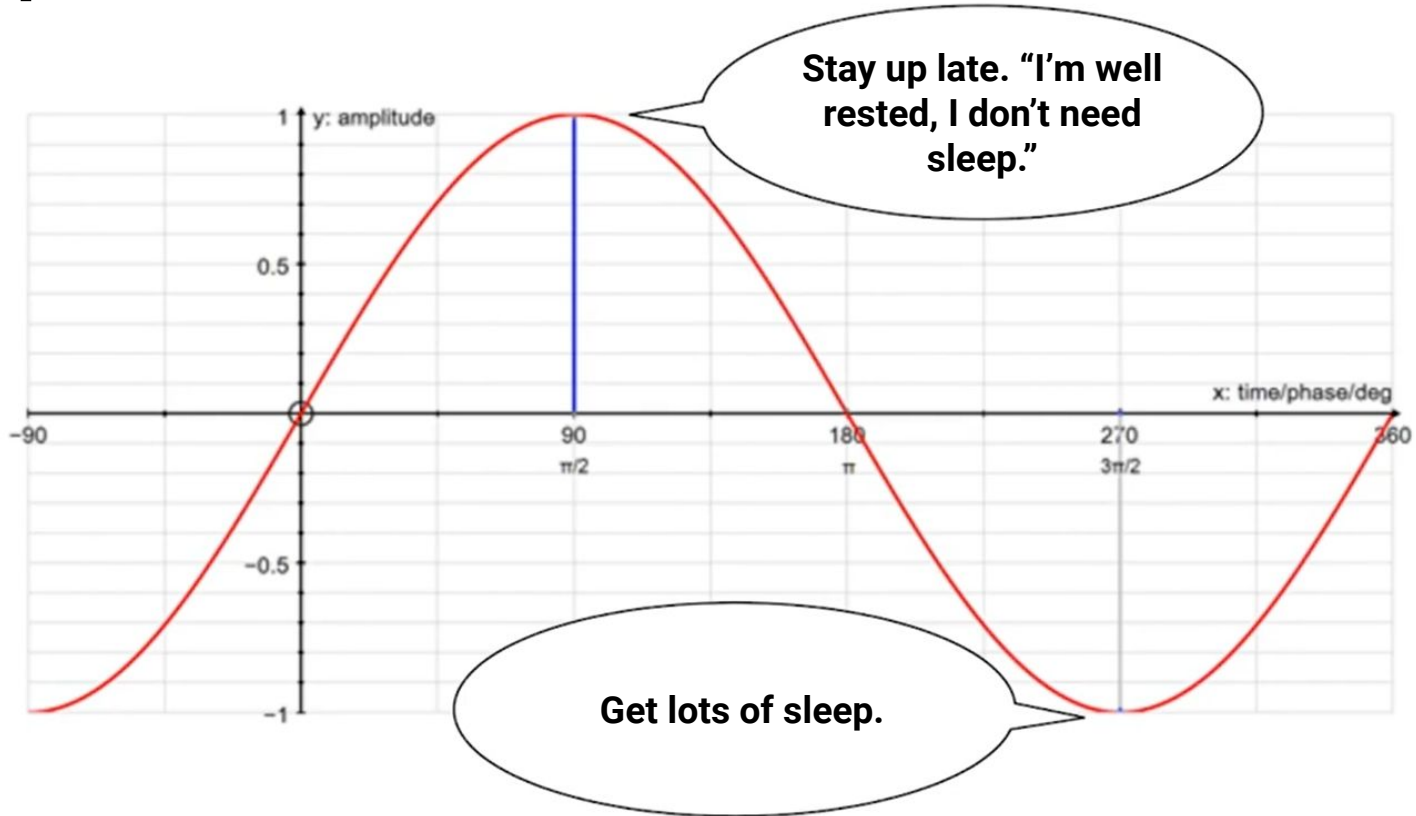
Cleanliness



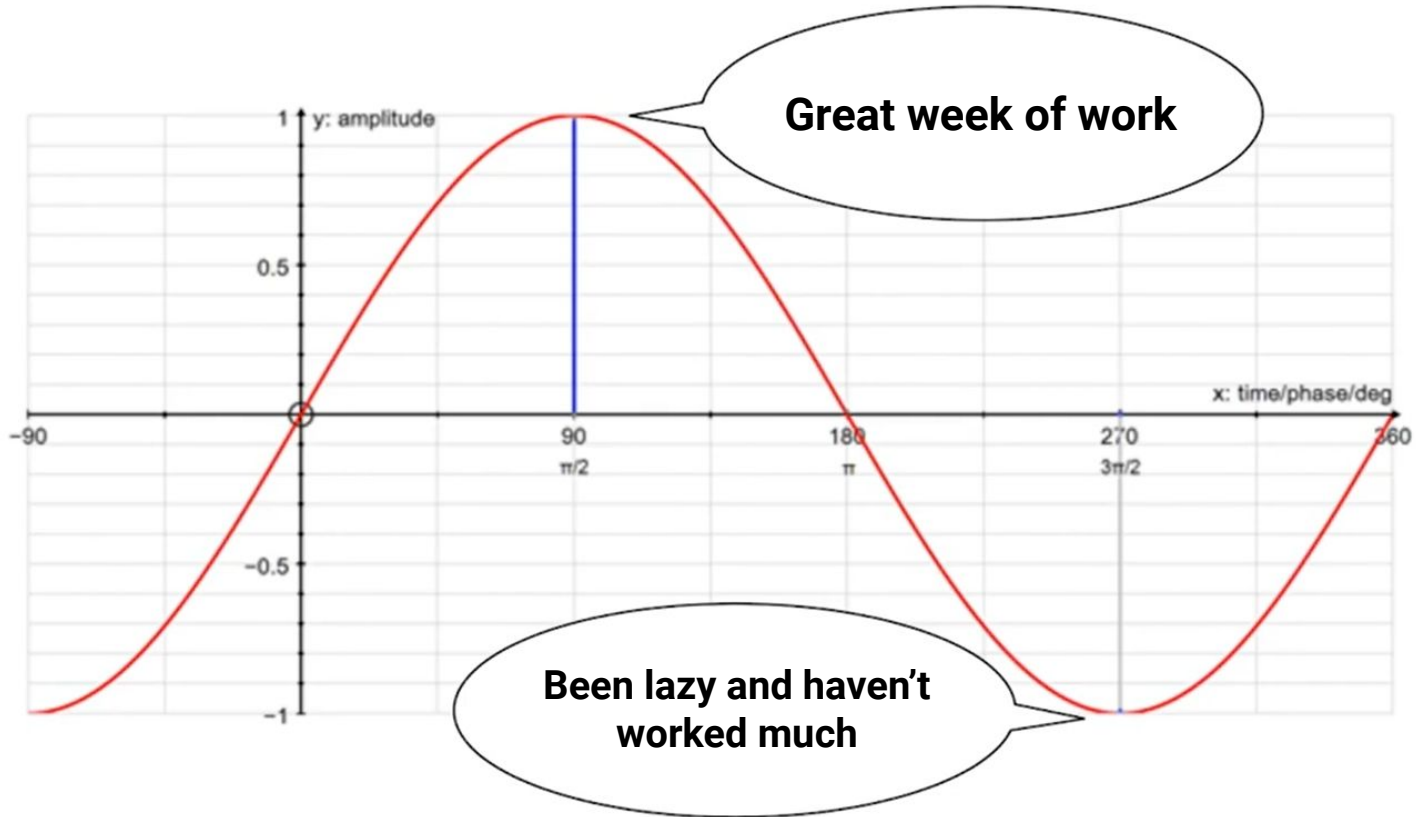
Sleep



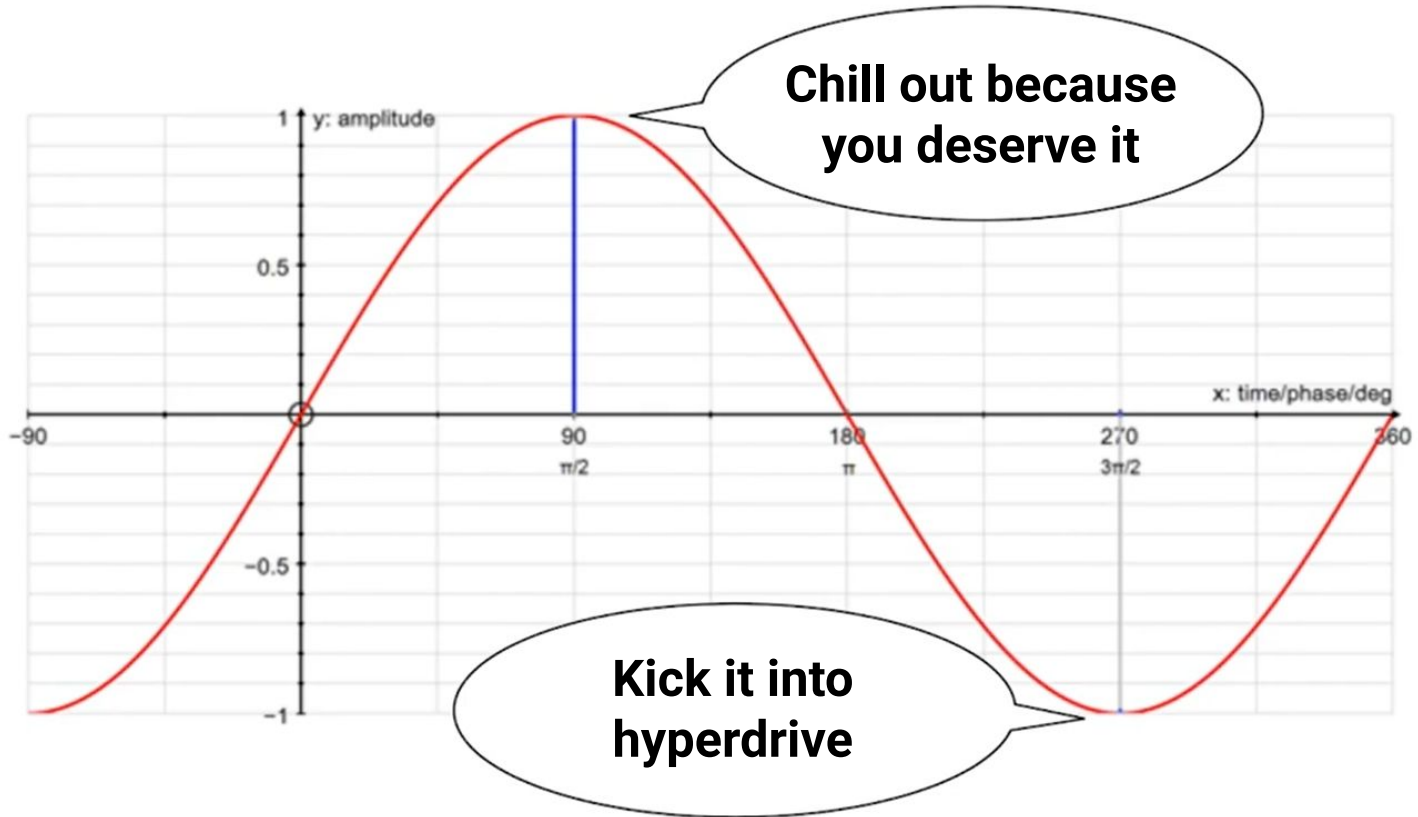
Sleep



Work



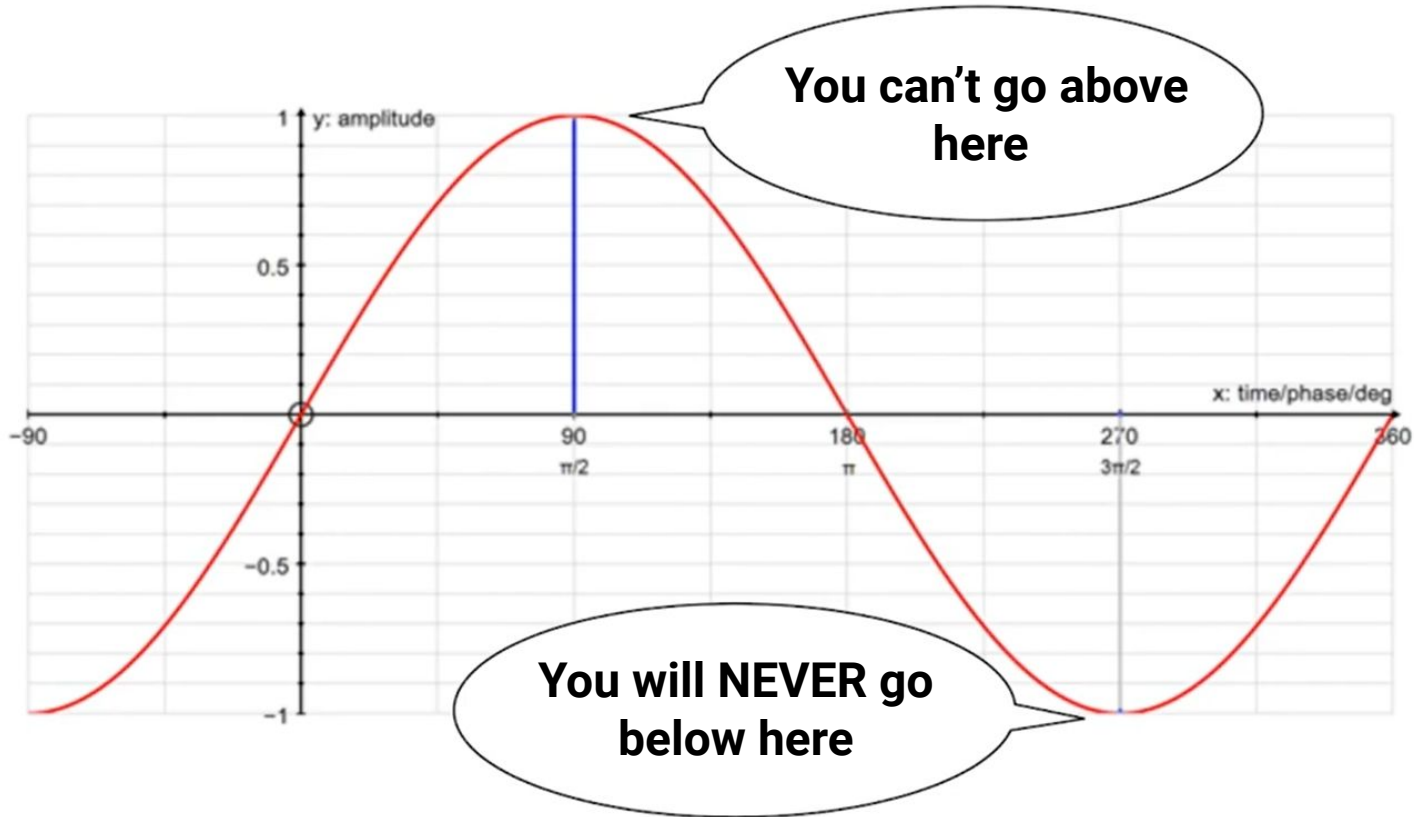
Work



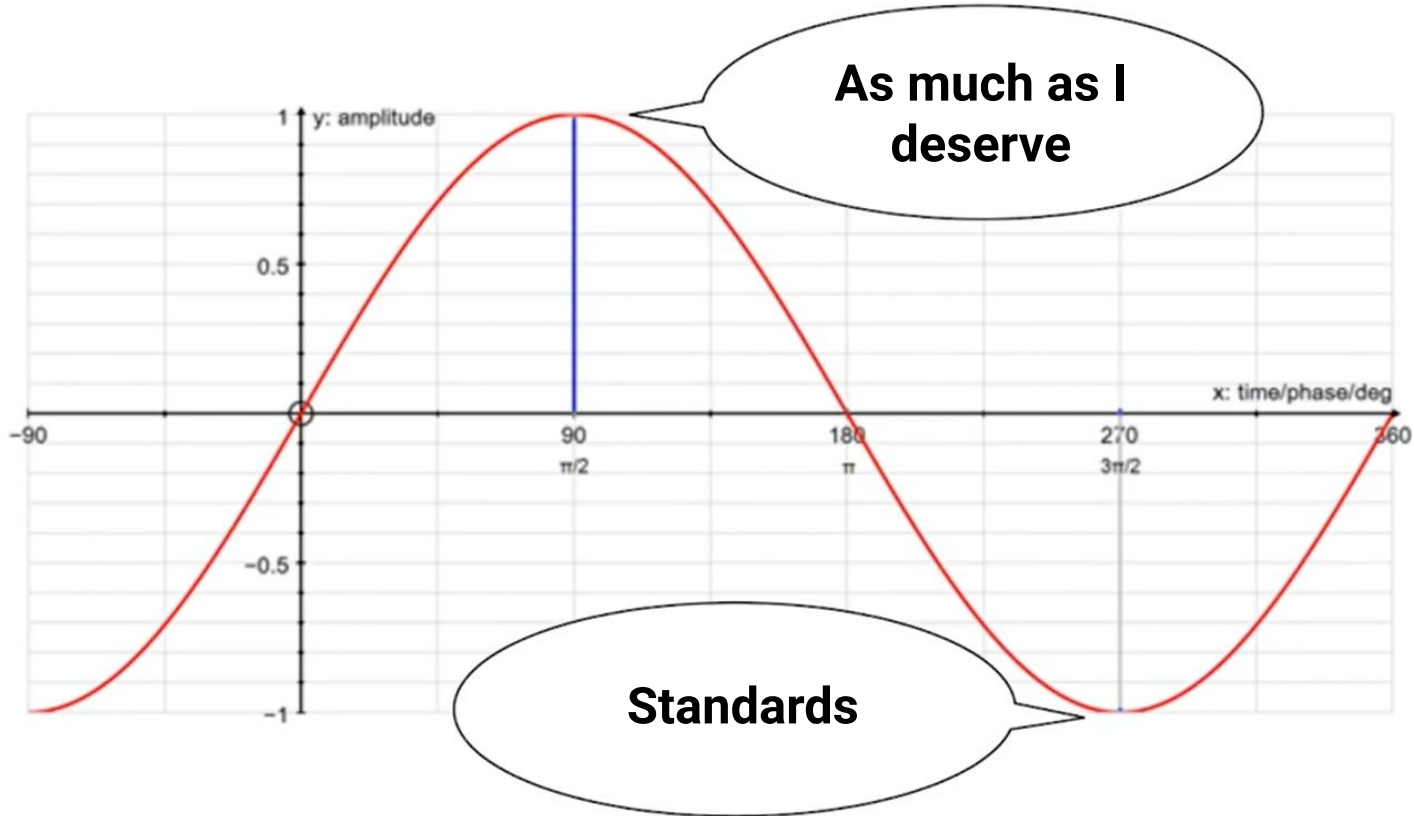
The examples never end, you will experience this hamster wheel effect in every area of life. Constantly bouncing between 2 invisible forces.



What Are These Invisible Forces?



What Are These Invisible Forces?



This is your identity telling you where you think you belong.

You proved many, many times that you can make more money.



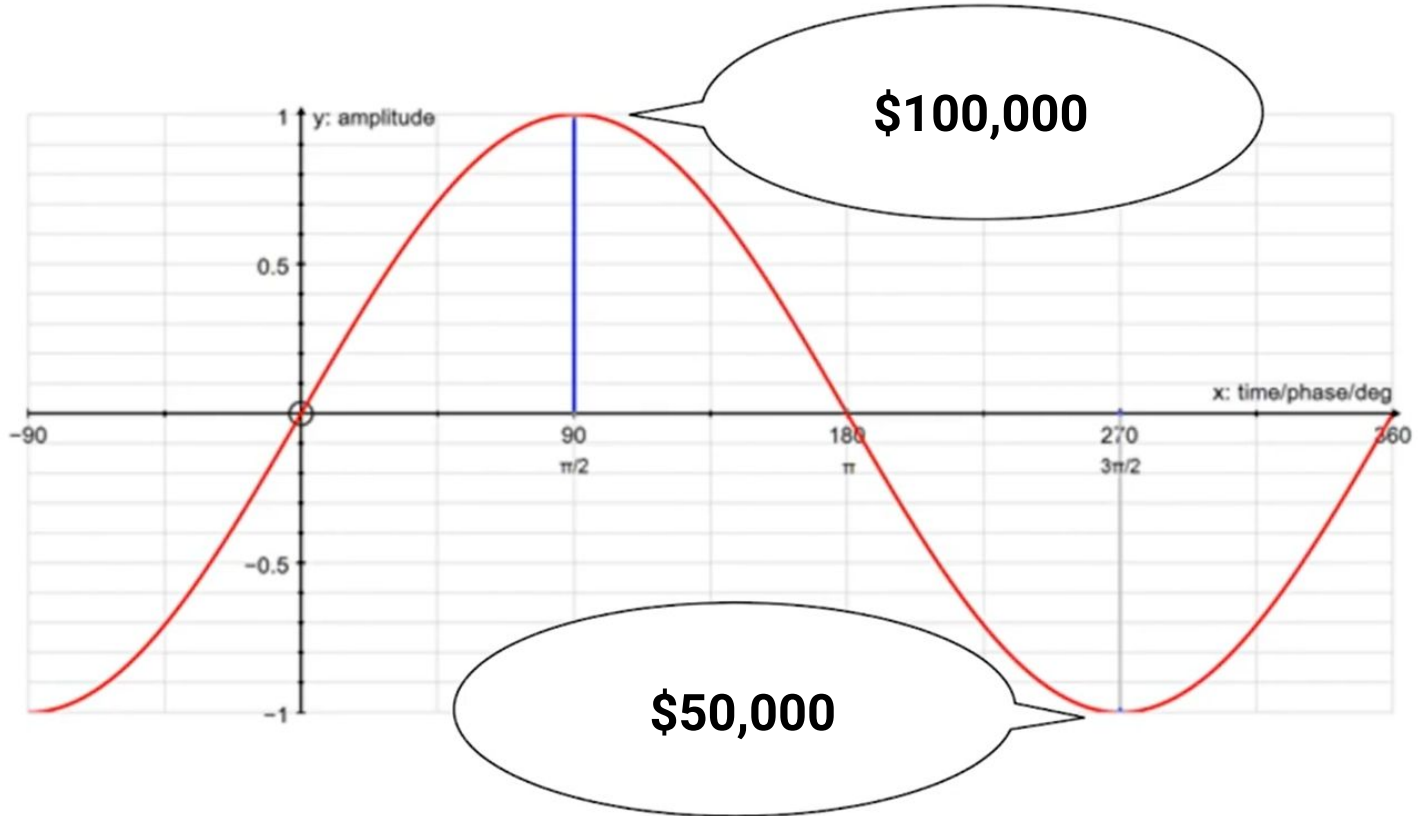
It's not because you can't increase the money in your bank account.

You've done it many, many times before.

But when you reach your upper limit, that makes you feel good by your standards.



Money



How Do You Escape This Hamster Wheel?

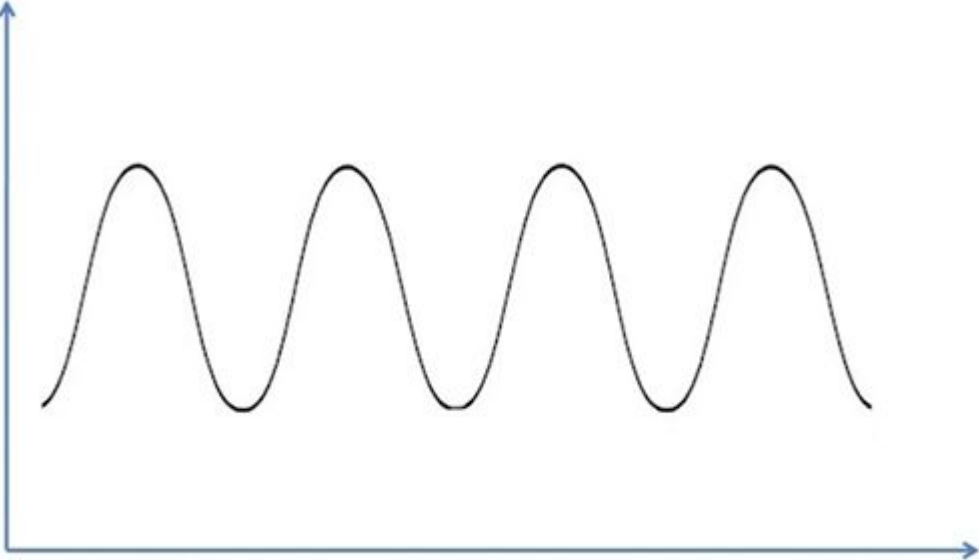


How Do You Escape This Hamster Wheel?

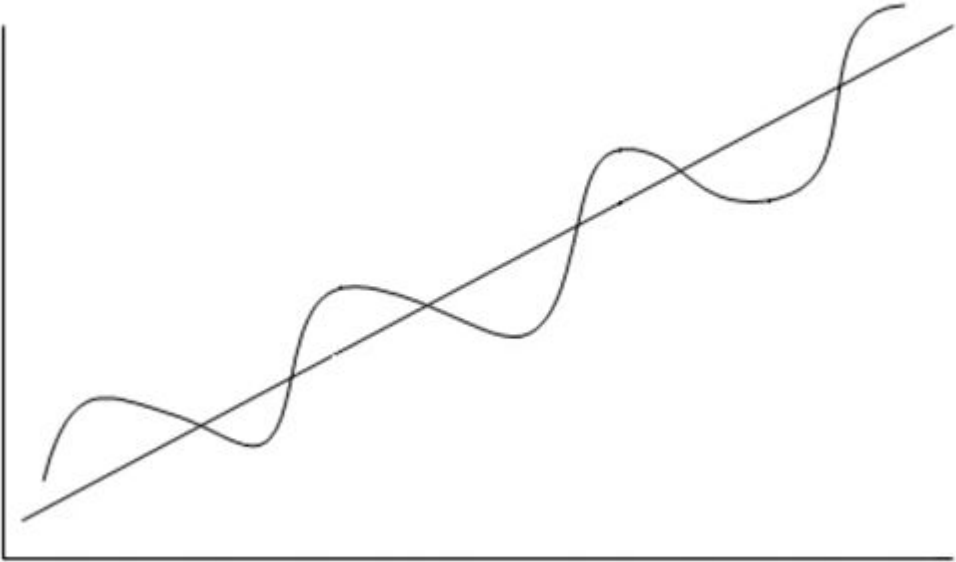
Remove the static self for the becoming self



Static Self

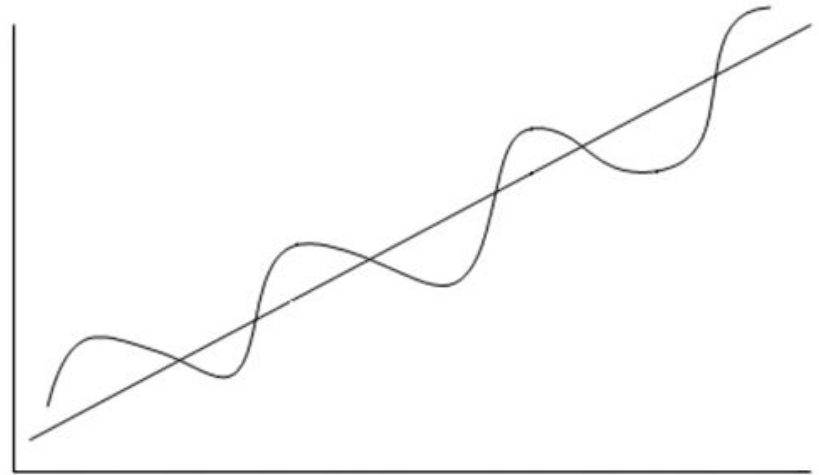


Becoming Self

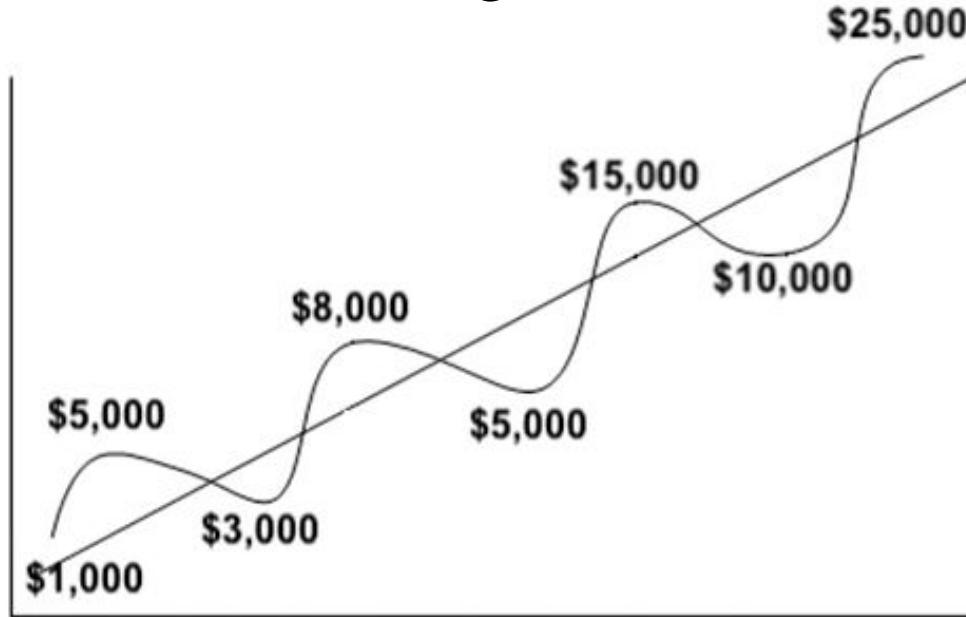


Becoming Self

- Always actively seeking change & focused on becoming who you want to be. Write it down.
- Always raising standards
- Doesn't feel bad about "losing yourself"
- Embraces the fact that you can be whoever you want to be and achieve whatever you want to achieve
- Understands that "the self" is just an illusion based on the past



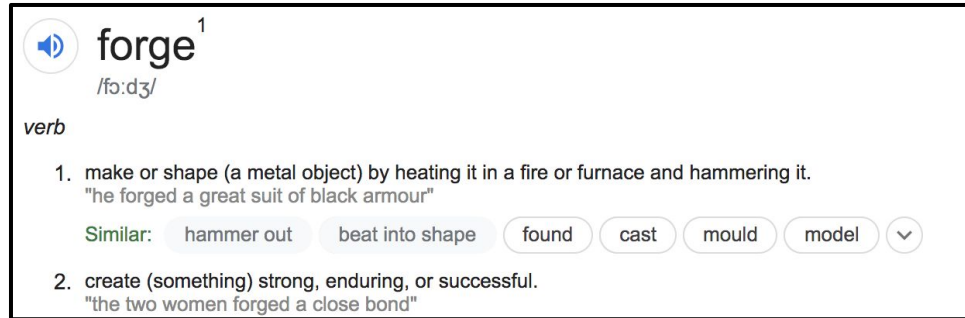
Money For The Becoming Self






FORGING A NEW IDENTITY

Forging A New Identity



 **forge**¹
/fɔːdʒ/
verb

1. make or shape (a metal object) by heating it in a fire or furnace and hammering it.
"he forged a great suit of black armour"

Similar: hammer out beat into shape found cast mould model ▾

2. create (something) strong, enduring, or successful.
"the two women forged a close bond"

To create serious transformational change in your life, you have to endure pressure and discomfort.

Embrace the fear, the discomfort, the resistance and the push back that you will feel from yourself and others. You have to do things that feel weird and out of character.

When you shy away from fear and discomfort, you stay the same. That's why some people never change.



How Do You Change?



You just have to do the thing you know you have to do, no matter how bad, scary or uncomfortable it feels.

