

MODULE 8:

Self-Mastery



REthink**U**

Change the way you think.
Get the results you want.



REthinkU Workbook

Published by Results from Thinking, LLC.
Pittsburgh, Pennsylvania 16127 U.S.A.

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Self-Mastery

SELF-MASTERY = ENERGETIC DETERMINATION.

Don't you want your chance, your right to succeed?

Webster identifies the following synonyms for Self-Mastery:

– Self-command, Self-containment, Self-control, Self-discipline, Self-government

DECIDE WHAT KIND OF LIFE YOU REALLY WANT... AND THEN SAY NO TO EVERYTHING THAT ISN'T THAT

Self-mastery is central to the teachings of this program. Each step is by design to cause self-mastery. Remember, live with an Internal Locus of Control - everything is your fault in your life - now go fix it! Empower yourself and avoid being a victim. If something is not right in your life, deal with it now! Take charge and take action! Self-Mastery in action!

Don't you want your chance, your right to succeed? If so, then you deserve your right, your chance to fail. No shame in this. Bet on yourself. Believe in yourself. Give it your all and thrive!

The goal, the ultimate goal for each of us, the thing you are striving to achieve, is simply this:

I must take control of my own brain, AND, I must direct my own brain to ends of my own choosing!

I must! I will! I promise! I am! Right now! Repeat this phrase again and again until you CONVINCE YOURSELF you can do this!

To be clear, the ends of your own choosing is your Daily Disciplines! Your intentions! Your to-do and your not to-do lists. Day by day, week by week, month by month, six months minimum, a lifetime! Intentional living is the key!

"I ask not for more riches, but more wisdom, with which to accept and use wisely the riches already in my possession, in the form of the power to control and direct my own brain to ends of my own choosing."

Self-mastery is the power to control one's actions, impulses, or emotions. Synonymous with self-control, self-discipline, self-possession, and willpower.

Do you see the trend? You need to control you!

We have two factors to contend with:

**THE FIRST AND GREATEST VICTORY IS TO CONQUER
YOURSELF;
TO BE CONQUERED BY YOURSELF IS OF ALL THINGS
THE MOST SHAMEFUL AND VILE.
~ PLATO**

The first is the person you are. Your personality creates your personal reality. How you are living now. This 'self' is comfortable. This 'self' is fine and does not desire change - it never does!

In order to have a different life, a different outcome, you need to become a different person. A new personality that generates the personal reality you desire - The Good Life!

Plato's quote says it all. You're in a constant battle - who's going to win?

The answer is to just do the Discipline Journaling, daily! This consistent action will generate the desired changes in your life faster and with stronger results than any other process. Break the habit of being you and create the habit of becoming the person you want to be!

You must take the time to think things all the way through to the desired outcomes, then work backward to determine if your current thoughts and actions will get you to where you want to be.

Remember this!

My successful habits lead me to my success.
The Good Life!

My unsuccessful habits lead me to my failure.
The Bad Life!

"The trouble is, you think you have time"

Tick! Tick! Tick!

You do not have time. Your journey can begin today, right now, because your new desired life is only one decision away from reality. You need to believe you can, you need to convince yourself you will, you need to take action and persist until you achieve your worthy goals!

I am working on a better me.
A new and improved better me.
Better today than yesterday.
Better tomorrow than today.

I am always learning!
I am always growing!
I am always bringing good things into my world!
I am! Always, always always!!!

I feel healthy!
I feel happy!
I feel terrific!
Thank you! Thank you! Thank you!

Use the affirmations above as a means of retuning your brain. Reprogramming your mind, your thoughts, your focus in an intentional direction that will lead you to your Good Life. Your desired life.

You are already telling yourself certain things. It's a destructive pattern of negativity that goes unnoticed - it's habit and mostly undetected (subconscious). We all have way too much of this negative self-talk. We are programmed this way, almost as a right of passage. But this practice is faulty. It's broken, and it strips us of our full potential.

NEVER, NEVER, NEVER, GIVE UP.

Quirky as it may sound, affirmations are one valid way to help you break the cycle of you being you, the old you, and tuning in to the desired you. The person you are striving to be!

Ask yourself this question - What is your acceptable ratio of successful habits to unsuccessful habits?

Is this your answer?

- 100% Successful
- 0% Unsuccessful

**SUCCESS IS NOTHING MORE THAN A FEW SIMPLE
DISCIPLINES, PRACTICED EVERY DAY
JIM ROHN**

If you end up with a 90/10 for the day, that's excellent. A- Great!

If you end up with a 80/20 for the day, that's good enough! B. Good job!

Progression. This will be the catalyst for your ultimate success more than perfection – **BUT YOU START YOUR DAY WITH INTENTIONS OF 100%.** Make sense?

Self-Mastery is the break-point between those who soar and those who dream of soaring. This is the elusive element sprinkled throughout Dr Hill's book, Think and Grow Rich.

START YOUR DAY WITH INTENTIONS OF 100%

The piece of the puzzle that he asks you to discover. The one thing that we have ultimate control over, yet many don't have it under control. Circumstances, people, or difficulties hit and strip us of hanging on to this invaluable resource that is ours and ours alone.

If you understand this principle - Self-Mastery - and make the decision that you will never allow it to run uncontrolled, to the best of your ability, your life will shift in a dramatic way forever!

The following is a great article about daily journal writing and the power it provides. This is a unique and in-depth perspective to the power of journaling. The process presented in this program relies heavily on the importance of Discipline Journaling and how this on keystone habit can make or break your overall success. Benjamin Hardy provides solid evidence to the benefits of journaling. Between the importance of learning Self-Mastery as describe in this module, as well as understanding the critical importance of Discipline Journaling, you ability to grasp, understand, and strive for perfection on each will be your 'secret' to your success! Guaranteed.

**“28 Ways Keeping a Daily (Discipline) Journal Could Change Your Life.
By Benjamin P. Hardy - success.com
October 21, 2016**

“The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it. —J.M. Barrie

You know exactly what you want in life. But you can't seem to get there. You have all these resolves:

I'm going to get healthy.

I'm going to write that book.

I'm going to be more present with my loved ones.

I'm going to start that business.

I'm going to learn another language.

I'm going to be more patient and happy.

I'm going to get out of debt.

I'm going to be more organized.

I'm going to be a better friend.

I'm going to overcome bad habits.

But the problem is sticking to these goals is really hard. And it gets harder every day. Some days, it seems more realistic to just give up entirely. The whole taking one step forward and one or two steps backward pattern is getting old.

For a long time, you've been telling yourself, Today is the day!—only to fall into old ways before the day, or if you're lucky, the week, is spent.

When there's a gap between who you are and who you intend to be, you are incongruent and unhappy. You're torn, mentally exhausted and regretful. You always slightly feel like a fraud to yourself, and probably to those around you.

“Happiness is when what you think, what you say and what you do are in harmony.” —Gandhi

If you try to tackle everything wrong in your life, you'll quickly burn out and quit. It's happened many times before. Life is busy. You don't have time to simultaneously focus on a thousand different areas of your life. That's exhausting and, frankly, not helpful.

More effective than microscopically analyzing your sabotaging behaviors is nailing down a “keystone” habit, which tightly locks all your other habits in place. Without the keystone, everything falls apart.

In his book, *The Power of Habit*, Charles Duhigg describes keystone habits as “small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives.”

A person might start exercising once per week, and unknowingly begins eating better and being more productive at work. She begins smoking less and showing more patience with colleagues and loved ones. She uses her credit card less, feels less stressed and has increased motivation toward her goals. The ingrained patterns in her brain reform, and eventually, she becomes an entirely different person. All because she started exercising once per week.

You acquire one of these habits and everything in your life can change. Keystone habits spark a chain reaction of other good habits and can rapidly alter every aspect of your life.

Journaling daily is the most potent and powerful keystone habit you can acquire. When done correctly, you will show up better in every area of your life. Every area! Without question, journaling has by far been the No. 1 factor to everything I've done well in my life.

The problem is, most people have tried and failed at journaling several times. It's something you know you should do, but can never seem to pin down.

After you read this post, you'll never want to miss another day of journaling again.

Here's why.

So what is The Bad Life? What does the 1. Journaling optimizes your creative potential: The 10-minute routine.

"Never go to sleep without a request to your subconscious." —Thomas Edison

10 minutes before going to sleep:
It's common practice for many of the world's most successful people to intentionally direct the workings of their subconscious mind while they're sleeping. How? Take a few moments before you go to bed to meditate on and write down the things you're trying to accomplish. Ask yourself loads of questions related to that thing. In Edison's words, make some "requests." Write those questions and thoughts down on paper. The more specific the questions, the clearer your answers will be. While you're sleeping, your subconscious mind will get to work on those things.

10 minutes after waking up:
Research confirms the brain, specifically the prefrontal cortex, is most active and readily creative immediately following sleep. Your subconscious mind has been loosely mind-wandering while you slept, making contextual and temporal connections. Creativity, after all, is making connections between different parts of the brain.

In a recent interview with Tim Ferris, Josh Waitzkin, former chess prodigy and tai chi world champion, explains his morning routine to tap into the subconscious breakthroughs and connections experienced while he was sleeping.

Unlike 80 percent of people between the ages of 18 and 44 who check their smartphones within 15 minutes of waking up, Waitzkin goes to a quiet place, does some meditation and grabs his journal.

In his journal, he thought-dumps for several minutes. Thus, rather than focusing on input like most people who check their notifications, Waitzkin's focus is on output. This is how he taps into his higher realms of clarity, learning and creativity—what he calls, "crystallized intelligence."

If you're not an experienced journal writer, the idea of thought-dumping might be hard to implement. In my experience, it's good to loosely direct your thought-dumping toward your goals. Consider the requests you made of your subconscious just before going to bed. You asked yourself loads of questions. You thought about and wrote down the things you're trying to accomplish.

Now first thing in the morning, when your creative brain is most attuned after its subconscious workout, start writing down whatever comes to mind about those things.

I often get ideas for articles I'm going to write while doing these thought-dumps. I get ideas about how I can be a better husband and father to my three foster children. I get clarity about the goals I believe I should be pursuing. I get insight about people I need to connect with, or how I can improve my current relationships. To be sure, you'll need to practice this skill. It might take several attempts before you become proficient. But with consistency, you can become fluent and automatic at achieving creative and intuitive bursts.

2. Journaling accelerates your ability to manifest your goals. As part of your morning creative burst, use your journal to review and hone your daily to-do list. Review and hone your life vision and big-picture goals. As you read and rewrite your goals daily, they'll become forged into your subconscious mind. Eventually, your dreams and vision will consume your inner world and quickly become your physical reality.

3. Journaling creates a springboard for

daily recovery. People struggle drastically to detach from work. More now than ever, we fail to live presently. Our loved ones are lucky to experience a small percentage of our attention while they're with us. But utilizing your journal can curb this mismanagement. At the end of your workday, reopen your journal and review your to-do list from that day. If your morning journal session was excellent, you'll have likely gotten everything done you intended to do. Private victories always precede public victories.

Journal sessions are your post-work reflection time. Account to yourself what you got done that day and what needs to be moved to tomorrow. Write the things you learned and experienced.

Lastly, direct your subconscious by writing about things you want to focus on tomorrow. As you put work behind you for the evening, your subconscious will be preparing a feast for you to consume during your next morning's creative and planning session. This end-of-day journal session doesn't need to be as long as the morning session. Greg McKeown, author of *Essentialism*, recommends writing far less than you want to—only a few sentences or paragraphs at most. This will help you avoid burnout. A primary objective of this session is to mentally turn off work mode. Just as in physical training, you need to rest and recover between workdays to get stronger.

Use this session to completely unplug and detach from work. This is your time to recover and be present with your loved ones—because there is more to life than work. The higher quality your recovery, the more potent and powerful your creative sessions will be.

4. Journaling generates clarity and congruence.

This keystone habit has so much power. By journaling in the morning and evening, you'll quickly see what is incongruent in your life.

You'll clearly see what needs to be removed and what should be included in your life. Journaling is a beautiful and powerful facilitator of self-discovery. My own journaling is how I've come to form my sense of identity and path in life. Not only will you have more clarity about your path in life, but journaling improves your ability to make small and large decisions along the way.

On the pages of your journal will be the future world you are creating for yourself. You are the author of your life's story. You deserve to be happy. You have the power to create whatever life you want. As the designer of your world, get as detailed as you desire.

5. Journaling clears your emotions. Several research studies found that writing in your journal reduces stress. These benefits include:

This program is all about choosing joy and living *The Good Life*, not living apathetically and experiencing the turmoil of poor decisions down the road.

The above statement is important. "Better today than yesterday. Better tomorrow than today."

- Reducing scatter in your life
- Increased focus
- Greater stability
- Deeper level of learning, order, action and release
- Holding thoughts still so they can be changed and integrated
- Releasing pent-up thoughts and emotions
- Empowerment
- Bridging inner thinking with outer events
- Detaching and letting go of the past
- Allowing you to re-experience the past with today's adult mind

When you are in an intensely emotional mood, journaling can help you more fully experience and understand those emotions.

After you've vented on the pages of your journal, you'll quickly find a release. Objectivity will return and you'll be able to move forward. Without a journal, intense emotional experiences can be crippling for hours, days and even years. But an honest and inspired journal session can be the best form of therapy—quickly returning you better and smarter than you were before.

6. Journaling ingrains your learning.

Humans are bad at retaining information. We forget most of what we read and hear. However, when you write down the things you've learned, you retain them far better. Even if you never reread what you've written, the simple act of writing something down increases brain development and memory.

Neurologically, when you listen to something, a different part of your brain is engaged than when you write it down. Memory recorded by listening does not discriminate important from unimportant information. Writing creates spatial regions between important and unimportant pieces of information, which allows your memory to target and ingrain the important stuff you want to remember.



Furthermore, the act of writing allows your subconscious mind to work out problems in unique ways, intensifying the learning process. You'll be able to work out problems and get insight while you ponder and write about the things you're learning.

7. Journaling increases your gratitude.

Even if you start a journal session in a bad mood, the insight writing brings has a subtle way of shifting your mind toward gratitude. When you start writing what you're grateful for, new chambers of thought open in the palace of your mind. You'll often need to put your pen down and take a few breaths. You'll be captivated not only by the amazing things in your life, but by the awe and brilliance of life in general.

As part of your morning and post-work journaling sessions, be sure to include some gratitude in your writing. It will change your life orientation from scarcity to abundance. The world will increasingly "become your oyster."

Gratitude journaling is a scientifically proven way to overcome several psychological challenges. The benefits are seemingly endless. Here are just a few:

- Gratitude makes you happier.
- Gratitude makes other people like you.
- Gratitude makes you healthier.
- Gratitude boosts your career.
- Gratitude strengthens your emotions.
- Gratitude develops your personality.
- Gratitude makes you more optimistic.
- Gratitude reduces materialism.
- Gratitude increases spirituality.
- Gratitude makes you less self-centered.
- Gratitude increases your self-esteem.
- Gratitude improves your sleep.
- Gratitude keeps you away from the doctor by strengthening physiological functioning.
- Gratitude lets you live longer.
- Gratitude increases your energy levels.
- Gratitude makes you more likely to exercise.
- Gratitude helps you bounce back from challenges.
- Gratitude makes you feel good.
- Gratitude makes your memories happier (think of Pixar's *Inside Out*).
- Gratitude reduces feelings of envy.
- Gratitude helps you relax.
- Gratitude makes you friendlier.
- Gratitude helps your marriage.
- Gratitude makes you look good.
- Gratitude deepens your friendships.
- Gratitude makes you a more effective manager.
- Gratitude helps you network.
- Gratitude increases your goal achievement.
- Gratitude improves your decision making.
- Gratitude increases your productivity.

8. Journaling unfolds the writer in you. I became a writer through journaling. While I was on a mission-trip, I wrote in my journal for one to two hours per day. I got lost in flow and fell in love with the writing process. If you want to become a writer one day, start by journaling. Journaling can help you:

- Develop strong writing habits.
- Help you discover your voice.
- Clear your mind and crystallizes your ideas.
- Get closer to the 10,000 hours Malcom Gladwell says are required to become world-class at what you do.
- Produce gems you could use in your other writing.

9. Journaling records your life history.

I started journaling in 2008 after reading an article about the importance of journal writing. In the article, the author described how much journaling had changed her life. She said after all these years, she now has 38 recorded volumes of personal and family history.

After finishing that article, I have never stopped writing in my journal. In my family room on a bookshelf are 20-plus journals filled with my thoughts and experiences. I'm certain they will be cherished by my ancestors as I've cherished the writing of my loved ones who have passed on.

Other benefits of journaling include...

10. Journaling heals relationships.
11. Journaling heals the past.
12. Journaling dignifies all events.
13. Journaling is honest, trusting, nonjudgmental.
14. Journaling strengthens your sense of yourself.
15. Journaling balances and harmonizes.
16. Journaling recalls and reconstructs past events.
17. Journaling acts as your own counselor.
18. Journaling integrates peaks and valleys in life.
19. Journaling soothes troubled memories.
20. Journaling helps you see yourself as

a larger, important, whole and connected being.

21. Journaling reveals and tracks patterns and cycles.
22. Journaling improves self-trust.
23. Journaling directs intention and discernment.
24. Journaling improves sensitivity.
25. Journaling interprets your symbols and dreams.
26. Journaling offers new perspectives.
27. Journaling brings things together.
28. Journaling shows relationships and wholeness instead of separation.

Strategies to Enhance the Experience:

- Pray for inspiration before you begin.
- If prayer is not your thing, meditate for 5 to 10 minutes to heighten your mental state.
- Listen to music (I listen to either classical or dub-step depending on the output I'm trying to get).
- Write about the people in your life. You'll get breakthroughs about how to improve those relationships.
- Write with confidence and power; use this to strengthen your resolves.
- Write Today is going to be the best day of my life. Read that over and over until you begin to believe it.
- If you can't think of what to write, try writing about minute details of your day or recent history or start with gratitude.
- There are no rules.
- Figure out the system that works for you; it takes time.

I dare say that journaling is one of the most important things to do in your life. If done effectively, it will change everything in your life for the better.

You'll become the person you want to be.

You'll design the life you want to live.

Your relationships will be healthier and happier.

You'll be more productive and powerful.

Ready?

WRITING EXERCISE

On the next several pages are a series of questions that I would like for you to review. Some are going to resonate with you more than others. Think about, or better yet, write down your thoughts to those that strike you the most.

The goal is to help you figure out you! Why are you resisting the desired change? Why are you struggling to figure out what that change looks like? What's holding you back? What are your strengths that you can capitalize on? What's your passion? Give yourself some quiet time to review these and give yourself some honest, soul searching to see how you can grow from this exercise.

- In what way your new learning may be applied to other areas of your life?
- What are you thinking that you may not want to say out loud?
- Who are you without using labels, roles or job descriptions?
- Imagine you're 90 years old, sitting in a rocking chair, content, healthy and happy. What advice would you give your younger self?
- If you could travel in time and see yourself in 3, 5, 10 years, what would you see?
- If you were to imagine yourself at the top of the mountain looking down at the landscape of your life, what might you see that you are not seeing now?
- What meaning do you want to bring to this?
- If you were to pick your brain, what amazing ideas might pop right out?
- If you were to pretend to be him/her (If you were in his/her shoes), what would you say / think?
- If a magical fairy were to grant you 3 character attributes, what would they be?
- What are you going to do with this awareness?
- As I hear this new awareness, I wonder what other awareness can open up?
- If you had a Genie to grant you 3 wishes, what would they be?
- If you had a magical carpet, what would you do with it?
- If you could be a fly on the wall, what do you think you'd see and hear?
- If you were to imagine yourself walking down the road and meeting your older self/spirit guide/guardian angel, what he/she say to you?
- If you were to look at this issue as solving an interesting puzzle, how might you start moving these pieces so that they could fit together?
- If you could start from scratch, what would your life look like?
- If you were directing a movie, what would happen in this next scene?
- What legacy do you want to leave?
- What is meaningful to you about your life/work/career/relationship?
- When you think about your response to this event, what comes up for you?
- If you were a movie director and this was a scene in your movie, how would you replay it?
- Might your mood /attitude be coloring your perception?
- What can you do to accept yourself at this intersection of not knowing?

- What can you do to embrace the not knowing and allow yourself to wait until sprouts appear?
- What is your darkness?
- What is on the flipside of your darkness?
- What is your light?
- What is on the flipside of your light?
- What do you want to be remembered by?
- What would you like to hear people say at your funeral?
- What would you do if money were not an issue?
- If you were to imagine you're fully confident in your abilities, what would you do?
- What do you need in order to feel confident?
- In what way are your goals in sync with what's important to you?
- In what way are your goals in sync with your values?
- In what way does this connect to the totality of who you really are?
- In what way achieving your goal will affect other areas of your life? What might change? (After getting a response: What are your thoughts about that?)
- Who will you have to be to achieve this goal?
- What might be some insights above and beyond this issue?
- In what way might you benefit from these insights in other areas of your life?
- In what ways may this awareness be connected to your objective?
- You have lost, and what have you gained?
- If every problem has the seeds for its own resolution, what might be the possible solution here?
- If every ending is also a beginning, what opportunity might you see here?
- What can you take, learn and grow from experiencing this?
- What positive aspect does this have – no matter how small?
- If you were to identify a flowing or fighting/resisting energy with this situation, what would you see or feel?
- In what ways may this awareness be useful now?
- What other, more positive perspectives might you consider?
- If you were at your best, what would you do right now?
- What would you do if you were an expert in "X" (area of goal/problem)?
- What would you advise your best friend to do if they were in this situation?
- What would your best friend (or someone you look up to) advise you to do?
- I wonder, do you have a role model? What would he/she do in this case?
- If you don't even try, what might you be missing out on?
- If you never allow yourself to give it a try, what will you be telling yourself for the rest of your life? How will it make you feel?
- What are some ways for you to have more control over achieving your goal?
- How does what others think or feel affect how *you* feel about your goal?
- What do you feel in your body as you say this?
- What are your instincts about it?
- If you were at your best, what would you do?
- What is an impossible option?
- What would you tell your son/daughter to do?

- What's stopping you from doing it?
 - What's your favorite way of sabotaging yourself?
 - What's underneath that is not being said?
 - What is your way of acknowledging yourself and taking credit?
 - What are you learning about yourself now?
-
- What makes your heart sing?
 - What will it take for you to be even more successful?
 - What might make your personal life better?
 - What might improve your career/business?
 - What are some changes you'd like to make in your life and/or behavior, assuming you had enough support to do it right?
 - What does "being successful" mean to you?
 - What or who inspires you?
 - If you could snap your fingers and make so, what would your life/career look like?
 - What are you tolerating/putting up with?
 - What's missing in your life right now?
 - What's one change you could make that would give you more peace?
 - What's your dream for this lifetime?
 - What do you secretly yearn for?
 - What's your bucket list?
 - What could we work on that would make the biggest difference in your life?
 - What do you want more of?
 - What do you want less of?
 - What would a homerun look like?
 - When you think about your goal, what do you feel?
 - What are your thoughts about it?
 - What did you tell yourself when it happened?
 - What might be some of the assumptions here that need to be tested?
 - What would you like to see happen?
 - What might it look like?
 - What about that is important to you?
 - What are you learning from the situation?
 - If you knew you couldn't fail, what would you do?
 - What would you do if you had as much time as you needed?



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