



CREATE Program

Step 5 – Up Level Your Normal

Now that you've set a clear intention and have been mentally rehearsing the event taking place, it's time to look beyond this and 'up level your normal' on a daily basis.

Sometimes we feel that something is outside our reach, however consider this ... if everything you aspire to was your new 'benchmark', your 'new level of normal' then you'd already have it right now!

Everything you have in your life, physically, emotionally and spiritually, right now, is just your current 'standards' of reality. They are things that you deemed you are worthy of receiving. They are your 'normal'.

What if you imagined and believed that there was a new 'normal' the next level that was just waiting for you, how would you feel?

If you think something is 'out of reach' then look at someone who is already living that life you admire. To them their life is 'normal', so put yourself in their shoes, what are they thinking, feeling and believing for that life to be 'normal' and true for them.

Get to a point where you 'expect that life as your new normal'.

1. What person do you need to become, who takes the daily-aligned action to achieve your outcome? Have the daily discipline to embody it. I.e. What would you focus on? What are your beliefs and thoughts? What actions are you taking?

2. What would you do today if you were completely limitless?

Take a leap of faith, today do something massive that's aligned to the person you want to become who's already achieved the results you want.

5. Write it down below and action it. Remember to 'feel the fear and do it anyway', as your dreams and visions are worth it. If you don't commit to it NOW, then when will you.

6. Did you feel any emotional resistance/block around the last question? It's good to acknowledge the resistance and identify what specific action you need to take to clear the block.

Write or say out loud "I acknowledge you(insert the emotional resistance/block) for wanting to keep me safe and it's over. I'm moving past you and taking action as you no longer serve my vision and I.

What action are you taking to clear this block.

Whatever energetic emotions you feel throughout the day, you will attract more of it. So become aware of your energy levels throughout the day. To maintain your 'high energy vibration' that you create with, throughout the day, a great idea is to set your alarm to go off at certain times of the day so you can 'schedule' your creation time.

6. Go through the checklist below and write the times you will commit to your 'creation time'

- Set your alarm for certain times of the day
- Mentally rehearse your intention
- Remember the 'heightened emotion' of love, gratitude, joy, peace, inspiration, wholeness, trust etc
- Increase this feeling double it, triple it etc
- Aim to be in this 'heightened' emotional state, and feel it throughout your body, for min of 30 seconds – 5 mins
- In time this feeling will be your new 'normal' level
- Remember to have fun with it

