

## Next Level Session 5 – Summary

In this session we will discuss differentiating different components, and then putting them back together to form something on a higher level. And we will get very deep and specific about your next steps for your personal transformation and evolution.

Flow is a great book, it talks about the flow state which is a balance of skill and challenge. When the challenge is too hard we can get overwhelmed or frustrated, when the challenge is too low we get bored. So we want to aim for a flow state in every area of our lives, physical, emotional, and mental. We want a flow state in our environment and work, in our relationships, and when we are creating new ideas and concepts and models.

Acclimatization is an important concept in transformation. When a mountaineer climbs a high mountain, like Mt. Everest or K2, she needs to spend time at high altitude and give her body a chance to acclimatize to the altitude so she can make more red blood cells and extract enough oxygen from the thin air. Essentially, she needs to allow her body time to adjust to the challenge of altitude.

- As you go through the transformation process, as you learn and implement new things, give yourself a chance to acclimatize to new situations, environments, and challenges you don't want overwhelm yourself. If a mountaineer climbs too fast too high without taking time to acclimatize, she can develop High Altitude Cerebral Edema, a very serious condition where the brain swells and blood vessels burst. The climber can become dizzy and hallucinate and then have an accident on the mountain. It can even cause permanent brain damage. and Similarly, if you try to move too fast too quickly, you can make mistakes and get discouraged. So take the time to build sturdy stairs on your transformational journey, and expect and prepare yourself to have challenges and setbacks. That way, when they happen, you aren't discouraged and you don't get frustrated.
- As a point of reference, really smart and successful marketers fail 80% of the time. If they test 5 ads, 4 of the ads won't work. And really good marketers know this and so when an ad doesn't work they don't get upset or frustrated. They accept "failure" as part of the process of reaching success.

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- Similarly, you are going to have unexpected and unforeseen challenges in your life, with your physical health, your relationships and your business. Knowing unexpected challenges are coming prepares you to handle them with grace and confidence when they do occur.

## Self-Esteem

Believing you deserve happiness

Believing you are competent

Trusting your future self to handle challenges in the future

Trusting your past self to have prepared you well for your present challenges

- Parts Conflict: In the Pixar movie Inside Out, the main character has 5 parts of herself, 5 different emotions, that are often in conflict with each other. We are similar, we have different parts that are often in conflict with each other. And sometimes one part is in control and sometimes another part is in control. But what we need to do is we need to recognize when we have a parts conflict that we need to integrate those different parts. And as we've learned, transformation and transcendence happen not on the same level, but at a higher level. So if we're going to integrate parts, we need to integrate them on a higher level. So let's do a parts integration exercise right now.

## Exercise

- 1) Where is a an area in your life where you feel conflicted internally? Where one part of you wants to do one thing, one part of you wants to do a different thing. Where's a part of your life where you feel internally conflicted?
- 2 ) Next, imagine that those two parts are in your hands. With your eyes closed imagine what those two different parts look like. Do they have a persona? A face? A body? Is it all dressed up? Describe those two different parts.

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- 3) Now look at the first part and ask that part, "What is the positive intention that you have for me?" "What's the positive intention? Even though you feel like a part of me that's conflicted, I know you have a positive intention. What is your positive intention for me? What are you standing for?"
- 4) Ask the other part in your other hand, "What is your positive intention for me? What is your positive intention?"
- Note: You will find that each of them has a different positive intention. One might be thinking long term and the other's thinking short term. One might be thinking safety and comfort and the other is thinking growth. But each one has a positive intention. When you find out what those positive intentions are, you better understand yourself and can better integrate those parts.
- The Power of Emergents: Some of humanity's greatest achievements are emergents, they're transcendents, they're operating on a higher level. If you look at things like creativity and innovation, creativity and innovation are the result of taking several different skills and abilities and putting them all together and doing magic. Leadership, the power of being a visionary, this is a very high transcendent power. To be a visionary and to be a leader, you need to have several different competencies, you need to have different experiences, you need to understand how reality works.
- As you use the tools and models you've learned in this program, you're going to notice that your identity transforms. You're going to notice that your identity goes from one level to the next to the next. And what's amazing about this is that as it does, it can embrace the other identities that you've had before and it can bring them along with it. You can have this kind of nested identity.
- As you move forward in your personal evolution and continue to transform, a very powerful thing you can do is give yourself a name at the new higher level. For example, if you are starting your own business you can say, "I am an entrepreneur," and give yourself the name/title entrepreneur. Also, you can give yourself a symbol for the new you at the new level. It can be an animal or a symbol you design.

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## 7 Steps to Accelerate Your Transformation:

- 1) Teach what you learn. As soon as you learn something, teach it to someone else.
- 2) Coach what you learn. And so teaching is one level, just explaining it. Another level is to coach other people as they're taking that on in their lives. When you coach another person, you support them in their transition or their transformation. And you get to observe another person and you get to see it in a new way.
- 3) Live it. This is the biggest one you can do. Whatever you learn, live it. Become a conscious role model for the transition or transformation.
- 4) Consciously choose to be a role model for people in your life. You are already a great influence on the people around you. So live as a great intentional role model. Gandhi said, "Be the change you want to see in the world." And that means to do it consciously, to be a conscious role model.
- 5) Create and build mental models. You can build models of what you're learning of the transitions, the transformations, the skills, the competencies. You can build models and teach them to others and put them in courses. . This is another way to really go to a higher level and go meta to what you're learning, by creating and building mental models.
- 6) Imagine your next level. It is always going to be a surprise in some way, it never goes exactly as you expect. Be prepared for that and enjoy the surprise.
- 7) Put yourself in a resourceful state. Put yourself in a peak physical state, a peak emotional state, and a peak mental state. In that highly resourced state you can solve problems, share ideas, create models, and imagine a better future for yourself.

HOPE: Your Highest Opportunity for Personal Evolution. HOPE is a great concept to keep handy. When you are making a decision or you feel stuck, you can ask, what is my HOPE in this situation? What is my Highest Opportunity for Personal Evolution?

Bonus points for applying some of the other models and frameworks from this course. For example, "What is my HOPE in this current challenge for my physical health? For my emotional health? For my beliefs and ideas?"