

7 Actions to a New and Happier You!!

By John David Brewer



Foundational Journey Institute

Action One

Create an Alter Ego

Action 1 - Create an Alter Ego

Creating an alter ego not only helps you identify the qualities and behaviors that you want to adopt but makes them more tangible



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Creating an alter ego not only helps you identify the qualities and behaviors that you want to adopt but makes them more tangible

"Alter ego" literally means your other 'I' in the sense of a trusted twin or friend that you can rely on

The goal of creating an alter ego is to gradually ease out of your present self and into your new self, which already exists within you



How to Create Your Alter Ego

How to Create Your Alter Ego

Find a
Role Model



How to Create Your Alter Ego

Find a
Role Model

Analyze Your
Role Model



How to Create Your Alter Ego

Find a
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Choose ONE
Role Model



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Borrow,
Don't Mimic



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Visualize
Yourself as Your
Role Model



Creating Your Alter Ego

Find a
Role Model



Creating Your Alter Ego

Find a
Role Model

Create your alter ego by drawing on a role model that you admire or someone who inspires you



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You can also draw on childhood idols such as a special teacher or an older sibling



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You can also draw on childhood idols such as a special teacher or an older sibling

James Bond minus the superhuman stunts and shootouts can be a good alter ego if you aspire to be calm, collected, and purposeful



Creating Your Alter Ego

Analyze Your
Role Model



Creating Your Alter Ego

How would they
behave in a crisis
or emergency?

Analyze Your
Role Model



Creating Your Alter Ego

How would they behave in a crisis or emergency?

Analyze Your Role Model

What type of people would they surround themselves with?



Creating Your Alter Ego

How would they behave in a crisis or emergency?

Analyze Your Role Model

What type of people would they surround themselves with?

What would their habits be?



Creating Your Alter Ego

How would they behave in a crisis or emergency?

Analyze Your Role Model

What type of people would they surround themselves with?

What would their habits be?

How would they structure their day?



Creating Your Alter Ego

How would they behave in a crisis or emergency?

Analyze Your Role Model

What type of people would they surround themselves with?

What would their habits be?

How would they structure their day?

How would they deal with difficult people?



Creating Your Alter Ego

Choose ONE
Role Model



Creating Your Alter Ego

Don't confuse yourself by picking more than one role model or combining traits from different people

Choose ONE
Role Model



Creating Your Alter Ego

Don't confuse yourself by picking more than one role model or combining traits from different people

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Role Model

It might be hard to make a choice but make sure you pick just one person whose qualities resonate the most with you

Creating Your Alter Ego

Borrow,
Don't Mimic



Creating Your Alter Ego

You don't become a copy of your chosen role model or mimic their dress, speech, or gestures

Borrow,
Don't Mimic



Creating Your Alter Ego

You don't become a copy of your chosen role model or mimic their dress, speech, or gestures

The goal isn't to become a clone of someone else but to develop your own unique alter ego

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Don't Mimic



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Borrow,
Don't Mimic

You identify the qualities that you want to adopt as part of your future self – which is a better version of the current you and not somebody else



Creating Your Alter Ego

Visualize
Yourself as Your
Role Model



Creating Your Alter Ego

Spend a week
visualizing yourself
as your alter ego
every day

Visualize
Yourself as Your
Role Model



Creating Your Alter Ego

Spend a week
visualizing yourself
as your alter ego
every day

Visualize the
different scenarios
that you encounter
on a normal basis
and how your alter
ego would act

Visualize
Yourself as Your
Role Model



Creating Your Alter Ego

Spend a week
visualizing yourself
as your alter ego
every day

Focus on how you
would bring all your
new qualities to
everything that you
do

Visualize the
different scenarios
that you encounter
on a normal basis
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ego would act

Visualize
Yourself as Your
Role Model



Start stepping into your
alter ego today!!!



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Setting Proper Expectations



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Choose one of these actions and implement it today, or tomorrow if you are reading this late at night. Just taking action is an action in and of itself!



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Small, gradual changes, can be seen within a week...Dramatic changes within 60 days. The mindset of a new you will have become automatic.



Setting Proper Expectations



Choose one of these actions and implement it today, or tomorrow if you are reading this late at night. Just taking action is an action in and of itself!



Small, gradual changes, can be seen within a week...Dramatic changes within 60 days. The mindset of a new you will have become automatic.



Patience is your #1 ally. Consistency is your #2 ally. It took you (the # of however years old you are) to get into the situation you are in;

CHANGE TAKES TIME AND EFFORT!!!



**Do You Want to Unlock Your
Personal Transformation to the
Next Level?**



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Go to
[FoundationalJourneyInstitute.com/Unlocking-](https://FoundationalJourneyInstitute.com/Unlocking-Personal-Transformation)
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