



7 Actions to a New and Happier You!!

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**Foundational
Journey
Institute**

1

Create an Alter Ego!

Create a mental image of your future self. Identify what qualities and behaviors that you want to adopt, then begin embracing those characteristics. Here are some steps on how to do that:

#1 – Find a Role Model

Create Your Alter Ego by drawing upon those you admire or who inspire you.

Who are these people in YOUR life?

#2 – Analyze Your Role Model

What qualities does these people have that you admire?

List the qualities in order of importance

#3 – Stick to One Role Model

Choose someone you resonate the most with and then emulate them.

#4 – Borrow, don't Mimic

Cloning is for science...not you.

Develop the Better You from the qualities of your role model. ***Don't Become Your Role Model*** aka become their clone!

#5 – Visualize Your New Self

Spend at least 5 minutes every day mentally visualizing your new self.

How **would YOU** act and think in given situations?

#6 – ACT IT!!!

Begin acting, aka practicing, your alter ego.

Choose one quality and then begin implementing it into your life today.



2 Become a Minimalist

Minimalist living is not about depriving yourself of comfort and living a spartan life. Minimalist living is about finding what it is that makes you happy and removing the rest from your life.

Start with one room in your home and follow these steps:

Step #1 – Declutter Thoroughly – Remove any not used in the last 6 months.

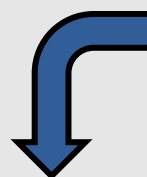
Step #2 – Sort the remaining clutter into groups: store, donate or sell

Step #3 – Get rid of duplicate items that are not going to be used.

Step #4 – Review what has been done and decide if more needs to be removed?

Step #5 – Thoroughly clean the room and then give a home to each item or designated spot.

Step #6 – Now maintain it clutter free and organized.



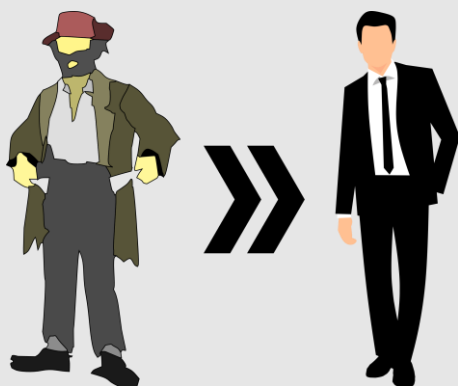
Minimalism is not about deprivation or frugality but about enriching your life. It's about finding amazing peace of mind and freedom by adopting the motto that 'less is more.'

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3 Get a New Look

Seeking a newer and happier you will require changes on the inside AND the outside. When we look good, we generally feel good. Changing your look does not have to be drastic (i.e. plastic surgery and such).

Here are a few simple suggestions:



- ☐ Get a new hairstyle or change your hair color.
- ☐ Change your fashion style. (This one could require time due to financial restraints)
- ☐ Experiment with Makeup and Jewelry.
- ☐ Get Fit. Our physical health affects our happiness.
- ☐ Dress for Success. Not necessarily a new wardrobe but your grooming matters

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4 Review and Re-Align Your Goals

Often the desire to start anew comes from the thought that our dreams and goals have been lost or are unattainable. This is not always true. Review your dreams and desires. Then set your plans around them. Set your goals as the milestones to achieve your dreams and desires.

Dreams >>> Plans >>> Goals

Ask yourself these questions:

- ☐ Are your goals and dreams the same?
- ☐ Why and How have you been derailed? What needs to happen to fix this?
- ☐ Are your goals no longer realistic or available? If so, why?
- ☐ Do you need to modify the goals? If so, how? Smaller goals? Extend the timeframe?
- ☐ What are your new goals and what do you need to do to achieve them?

Reflect on each of these questions and list your answers or steps you need to take under each one. Create a plan to complete those steps in writing.

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5 Self-Reflect in Solitude

Solitude is not something to be afraid of...quite the opposite really. Through solitude, you can block out all the normally daily intrusions and reflect on what you really want in life. It allows you to think more calmly and clearly. Solitude, combined with self-reflection, becomes a powerful empowerment tool in your tool belt as you seek to become happier and more alive.

Here are some important questions to use as a baseline:



- ☐ Why am I seeking to start anew?
- ☐ What three major changes must I make to start anew?
- ☐ How have my past mistakes made me stronger and wiser?
- ☐ What habits do I need to adopt in order to change?
- ☐ What habits do I need to overcome in order to change?
- ☐ What are my biggest obstacles right now?
- ☐ Am I committed to changing and persevering when things get tough?

Self-Reflection is meant to be a positive experience. Release any negative thoughts and feelings. Contemplate your life honestly and objectively.

Make this a regular part of your daily schedule.

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6 Manage Your Finances

Financial fears and worries are the #1 stumbling block for most people. Not only can it hold you back, but it can also cripple you if you allow it. Create financial stability by following these simple steps:

- ☐ **Get Out of Debt** – *This is PRIORITY #1!!*
- ☐ **Create a Budget** – *This removes the emotional component*
- ☐ **Curb Your Spending** – *Emotional spending is toxic!!*
- ☐ **Go Minimalist** – *You don't need everything right now!*
- ☐ **Create an Emergency Fund** – *Preparedness helps the mind*
- ☐ **Start Saving** – *Pay Yourself First!!! \$10/mo. or 10%/mo.*
- ☐ **Invest Wisely** – *Unplanned extra \$\$ goes here*
- ☐ **Get Financial Advice** – *Relying on your own knowledge is what got you where you are*

Your journey to change will be much simpler and smoother when you are not constantly worrying about your finances.

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7 Have a Strong Support Group

Trying to do it on your own is the #1 way to fail in your journey of change. Have a support network around you will provide a buffer against your own mental battles.



These are the kind of people you want in your support network:

Have

- ☐ **Trusted Family Members Who Cheer You On**
- ☐ **People Who Love & Respect You for Being You**
- ☐ **Mentors**
- ☐ **People Who Inspire You**
- ☐ **Optimistic and Hopeful People**

Avoid

- ☐ **Bitter Cynics**
- ☐ **Chronic 'Victims'**
- ☐ **Generally Negative People**
- ☐ **Anyone That Will Not Support You**

These could even be family members.

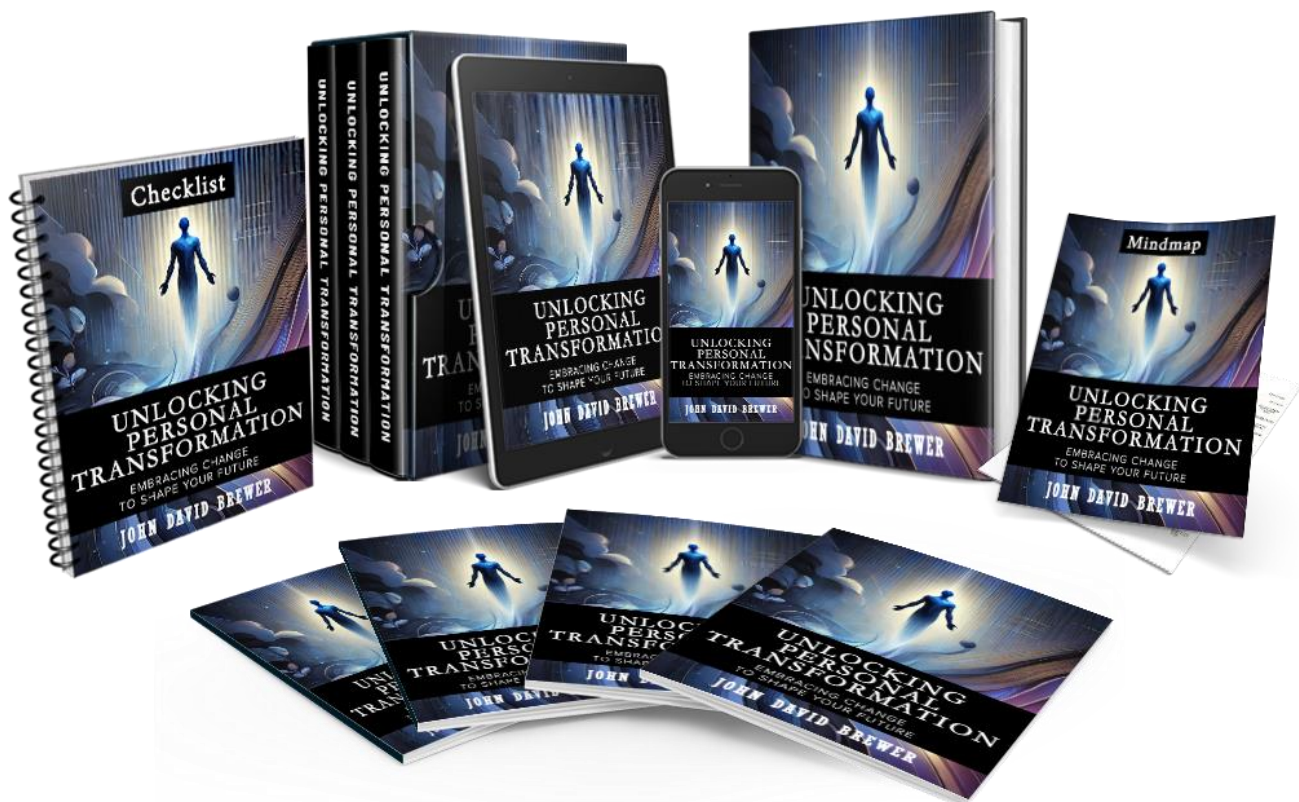
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How Fast Can I Expect to See a Difference?

Gradual changes can be seen within a week...Dramatic changes within 60 days. This is when your new mindset will become automatic

Patience is your #1 ally. It took you, however years old you are, to get into the situation you are in...change will take some time and effort.

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