

7 Actions to a New and Happier You!!

By John David Brewer



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Introduction

Rocky Balboa put it simply: “No one hits harder than life.”

The Key

Taking the hits and keep getting back up and moving forward



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Is This Information for You?



Answer these
questions



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Are you going through a mid-life crisis?



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Are you feeling
stuck in place and
thinking that life
has no meaning?



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Have you
experienced any
setbacks or trauma
that makes you
think that life is
over?



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STRUGGLING WITH YOUR GOALS OR NOT SURE IF THEY ARE THE RIGHT ONES?



A person with dark skin and curly hair is shown from the chest up, sitting and leaning back against a grey cushion. Their hands are clasped together over their face, with their fingers interlaced. They are wearing a light blue button-down shirt with a small, dark pattern. The lighting is warm and soft, coming from the side, creating a contemplative or distressed mood. The background is out of focus, showing more of the same grey cushions.

Do you feel stressed and
hemmed in by fears,
worries and anxieties or
have stopped finding life
enjoyable?



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Need a Change?

Do you find yourself thinking that you are at a wrong place in your career or a relationship and need to make a major change?



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**Did You Answer
“YES” to Any of
those Questions?**



**If You Did,
Then This Training
Is For You**



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7 Powerful Actions

Let's jump right in with the 7 super actions for a newer and happier you

Some of them may raise your skepticism but when you see how they all come together to empower you, you'll be eager to start implementing them right away!



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



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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
Role Model

Analyze Your
Role Model

Choose ONE
Role Model



How to Create Your Alter Ego

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Borrow,
Don't Mimic



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Borrow,
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Visualize
Yourself as Your
Role Model



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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



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What type of
people would they
surround
themselves with?



Creating Your Alter Ego

How would they
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Analyze Your
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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

Choose ONE
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



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Creating Your Alter Ego

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

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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

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

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



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Creating Your Alter Ego

Spend a week
visualizing yourself
as your alter ego
every day

Visualize
Yourself as Your
Role Model



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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

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

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

Visualize
Yourself as Your
Role Model



Start stepping into your
alter ego today!!!



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Action Two

Become a Minimalist

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It does not mean that you get rid of everything and live off the land only!



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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: 'Less is More!'



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adopting the motto: 'Less is More!'

Before explaining how it works, let's first consider the benefits of minimalist living as proven by a wealth of research



Benefits

- It brings freedom



Benefits

- It brings freedom
- It brings clarity



Benefits

- It brings freedom
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- You save time, money, and energy





Benefits

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- You enjoy a clutter-free home



Benefits



- It brings freedom
- It brings clarity
- You save time, money, and energy
- You enjoy a clutter-free home
- You have less stress



How to Go Minimalist

Do 1 Room at a Time



How to Go Minimalist

Do 1 Room at a Time

Empty the Room and Sort as You Go



How to Go Minimalist

Do 1 Room at a Time

Empty the Room and Sort as You Go
Organize, Store, Donate, Sell



How to Go Minimalist

Do 1 Room at a Time

Empty the Room and Sort as You Go

Organize, Store, Donate, Sell

Thoroughly Clean the Room



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Determine the Purpose of the Room



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Determine the Purpose of the Room

Place only the Items that Fulfill that Purpose



How to Go Minimalist

Do 1 Room at a Time

Empty the Room and Sort as You Go

Organize, Store, Donate, Sell

Thoroughly Clean the Room

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Place only the Items that Fulfill that Purpose

Maintain Clutter-Free (15 min nightly action)



How to Go Minimalist

Do 1 Room at a Time

Empty the Room and Sort as You Go

Organize, Store, Donate, Sell

Thoroughly Clean the Room

Determine the Purpose of the Room

Place only the Items that Fulfill that Purpose

Maintain Clutter-Free (15 min nightly action)

Repeat for Every Room, the Garage and Car



Minimalism can become an ideal
lifestyle choice for the new you



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Action Three

Get a New Look

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Seeking a newer and happier you will require changes on the inside AND the outside.



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When we look good, we generally feel good.
Your Physical Environment affects your Mental and Emotional Environment



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Seeking a newer and happier you will require changes on the inside AND the outside.

When we look good, we generally feel good.
Your Physical Environment affects your Mental and Emotional Environment

Changing your look does not have to be drastic
(i.e. plastic surgery and such).





What Is A New Look?

- Get a New Hairstyle or Change your Hair Color



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What Is A New Look?

- Get a New Hairstyle or Change your Hair Color
- Experiment with Makeup and Jewelry





What Is A New Look?

- Get a New Hairstyle or Change your Hair Color
- Experiment with Makeup and Jewelry
- Get fit





What Is A New Look?

- Get a New Hairstyle or Change your Hair Color
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- Get fit
- Change your Fashion Style
(Style of Clothes or maybe color scheme)





What Is A New Look?

- Get a New Hairstyle or Change your Hair Color
- Experiment with Makeup and Jewelry
- Get fit
- Change your Fashion Style
(Style of Clothes or maybe color scheme)
- Dress for Success





Action 3 - Get a New Look - The Bottom Line -

A new look to match your new and improved personality can be a great final touch to your transformation



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Action Four

Review and Realign Your Goals

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Are your goals and
dreams still the
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Are your goals and dreams still the same?

Why and how have you been derailed?

Have you discovered that your goals are no longer realistic or achievable?

Do you need to modify your current goals?

What are your new goals and what do you need to do to achieve them?



Steps to Review and Realign Your Goals



Steps to Review and Realign Your Goals

Get a Notepad



Steps to Review and Realign Your Goals

Get a Notepad

List Out All Your Goals and Dreams



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On a Fresh Page, Put the Goal Name #1 at the Top



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Describe the What and Why of the Goal



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Describe the What and Why of the Goal

List Out the Skills & Resources Needed



Steps to Review and Realign Your Goals

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On a Fresh Page, Put the Goal Name #1 at the Top

Describe the What and Why of the Goal

List Out the Skills & Resources Needed

Create a Step-by-Step Plan to Achieve the Goal



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Steps to Review and Realign Your Goals

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List Out All Your Goals and Dreams

On a Fresh Page, Put the Goal Name #1 at the Top

Describe the What and Why of the Goal

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Create a Step-by-Step Plan to Achieve the Goal

Review the SMART method for the Goal



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List Out All Your Goals and Dreams

On a Fresh Page, Put the Goal Name #1 at the Top

Describe the What and Why of the Goal

List Out the Skills & Resources Needed

Create a Step-by-Step Plan to Achieve the Goal

Review the SMART method for the Goal

Act Daily and Review Weekly





Action 4 - Review and Realign Your Goals - The Bottom Line -

With your goals clearly defined and laid out in writing, you'll have no trouble keeping them top of mind – and staying on top of them!



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Action Five

Self-Reflect in Solitude

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to be afraid of...quite the
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It allows you to think more calmly and clearly.



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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.



Questions



Questions

Why Am I Seeking to Start Anew?



Questions

Why Am I Seeking to Start Anew?

What Three Major Changes
Must I Make to Start Anew?



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Questions

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?



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Questions

Why Am I Seeking to Start Anew?

What Three Major Changes
Must I Make to Start Anew?

How Have My Past Mistakes Made
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What Habits Do I Need to
Overcome in Order to Change?



Questions

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What are My Biggest Obstacles Right Now?



Questions

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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
Overcome in Order to Change?

What are My Biggest Obstacles Right Now?

Am I Committed to Changing and Persevering
When Things Get Tough?





Action 5 - Self-Reflect in Solitude - The Bottom Line -



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Action 5 - Self-Reflect in Solitude

- The Bottom Line -

Solitude and Self-reflection are a powerful combination to make the most of when you're on the journey to change



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Action 5 - Self-Reflect in Solitude

- The Bottom Line -

Solitude and Self-reflection are a powerful combination to make the most of when you're on the journey to change

Make It a Regular Part
of Your Daily Routine



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Action Six

Manage Your Finances



Action Six

Manage Your Finances

Financial fears and worries are one of the biggest factors that impact our happiness and sense of security

This powerful step involves creating a measure of financial security that will quell your anxieties and allow you to focus better on your goals

Use the following steps to start managing your finances and creating some great lifelong habits



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Money is NOT Everything,
But It Ranks Right Up There with Air!

Action 6 – Manage Your Finances

Get Out of Debt

Live By a Budget
Die By a Budget

Track and Trim
Your Spending

Go Minimalist

Create an
Emergency Fund

Start Saving

Invest Wisely

Get Financial
Advice



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Action 6 – Manage Your Finances

Get Out of Debt

Identify All of Your Debts and then
Create a Plan to Get Them Paid Off as
Quickly as Possible

Learn to use the Debt Snowball Method
to do this



Action 6 – Manage Your Finances

Live by a Budget
Die by a Budget

It may sound creepy, but the truth is that we make more financial decisions with our emotions than we should.

By creating a budget, you take the emotion out of the decision.



Action 6 – Manage Your Finances

Track and Trim
Your Spending

Identify where all of your money is going. This helps you with your budgeting efforts and identify where you are throwing your money away.

Once you know where the money is going, then you can start redirecting it.



Action 6 – Manage Your Finances

Go Minimalist

You Don't Need Everything Right Now!

If You Can Do Without It, Then Get Rid of It to Provide More Money to Decrease Expenses and Increase Investments



Action 6 – Manage Your Finances

Create an
Emergency Fund

Preparedness Helps the Mind!

Even If It is a Small Amount, the
Fact that You Have the \$\$\$ There
Relieves the Stress When
Something Unexpected Happens



Action 6 – Manage Your Finances

Start Saving

Instead of paying your bills first,
pay yourself first.

As little as \$10/mo. upto
10% of your Gross Income



Action 6 – Manage Your Finances

Invest Wisely

Every penny and dollar that you can direct into this category, the better.



Action 6 – Manage Your Finances

Get Financial
Advice

You Don't Know What You Don't Know

Relying on your own knowledge is what
got you where you are now



Action 6 – Manage Your Finances

Get Out of Debt

Live By a Budget
Die By a Budget

Track and Trim
Your Spending

Go Minimalist

Create an
Emergency Fund

Start Saving

Invest Wisely

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Advice



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Action Six - Manage Your Finances

Bottom Line

By Knowing What Your Money Is Coming and
Going, You Become the Master of It, Instead of It
Becoming Your Master.



Action Six - Manage Your Finances

Bottom Line

Your Journey to Change Will Be Much Simpler
and Smoother When You are not Constantly
Worrying about Your Finances.





Action Seven **Have a Strong Support Group**



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Action Seven

Have a Support Group – Have These!!



Action Seven

Have a Support Group – Have These!!

Trusted
Family
Members



Action Seven

Have a Support Group – Have These!!

Trusted
Family
Members

Those Who
Love & Respect
You



Action Seven

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Mentors



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People Who
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Those Who
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Mentors

People Who
Inspire You

Optimistic and
Hopeful People



Action Seven

Have a Support Group – Avoid These!!



Action Seven

Have a Support Group – Avoid These!!

Bitter
Cynics



Action Seven

Have a Support Group – Avoid These!!

Bitter
Cynics

Chronic
“Victims”



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Anyone That
Will Not
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“Victims”

Negative
Nelly’s

Anyone That
Will Not
Support You

These All Could
Describe Family
Members



Setting Proper Expectations



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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!



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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



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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!!!

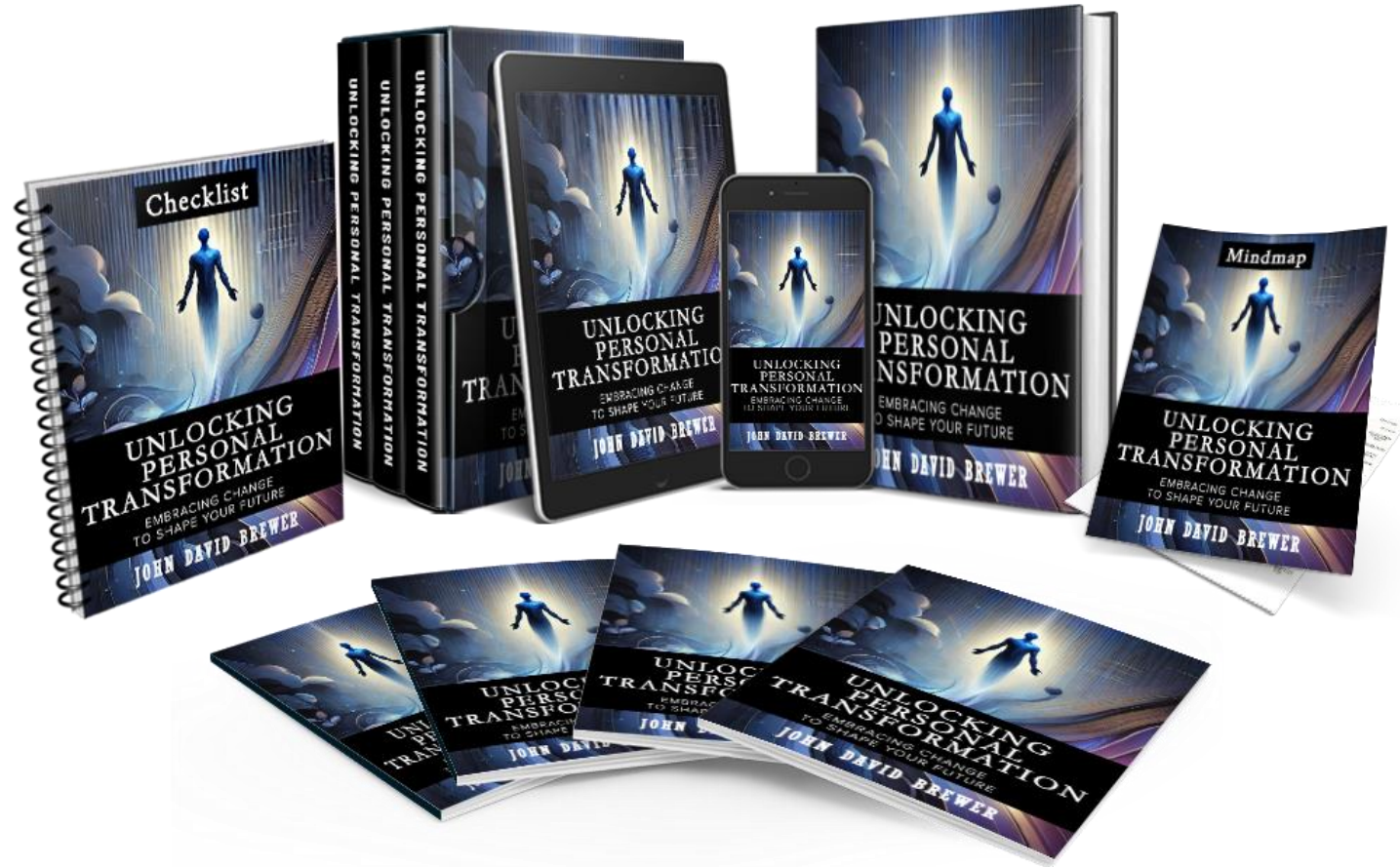


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**Do You Want to Unlock Your
Personal Transformation to the
Next Level?**



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