

Fundamental Shift Patterning Process

Pattern Your New Identity...

Now we are going to saturate your brain with new empowering choices, beliefs and your new identity. Below you will find the 6 step "Patterning Process."

The rules:

- Saturate your brain to condition these new choices
- "Bookend" your day, morning and night with this process for 7 consecutive days
- Emotionally connect with these new choices, and your new identity so it normalizes the choices for your subconscious mind
- Enjoy yourself

List your new choices (from last exercise):

- 1) My new choice is _____
- 2) My new choice is _____
- 3) My new choice is _____
- 4) My new choice is _____
- 5) My new choice is _____
- 6) My new choice is _____
- 7) My new choice is _____
- 8) My new choice is _____
- 9) My new choice is _____
- 10) My new choice is _____
- 11) My new choice is _____
- 12) My new choice is _____
- 13) My new choice is _____
- 14) My new choice is _____
- 15) My new choice is _____

My new "identity level" choice is _____

Retrain Your Brain

Step 1) Put your hand on your heart and just connect with the heat/feeling of it

(presence yourself)

Step 2) Declare a line of your NEW CHOICES out loud:

"My New Choice is that _____."

Step 3) Remember different times in your past when the meaning of the new statement was true in some way. Stack positive memories of you having this be true for you.

Step 4) Now think about the present and the future. Imagine times now and in the future where this is massively true for you. Really get creative and stack new positive ideas one after the other.

Step 5) Once you are really imagining, connect as deeply as you can with the emotional feeling of that changed reality. Is it exciting? Does it create gratitude? Where do you feel it in your body? Can you make it even "louder" and feel it more? However you can, connect emotionally in your body with the feelings as they come up.

Step 6) Repeat for each new choice in your list above, especially the identity statement at the end. Wrap up as many of the aspects of these new choices into that identity anchor.

Note: You can do this process for as long, or as short a time as you want. If you can't do all of it (like say things out loud, or put your hand on your heart) it's still better to do something. But play full out for this short sprint. The benefits are more than worth it.