

EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are looking to find
their true identity and by doing so
finding God's true identity.*

YOU HAVE THE POWER TO CHOOSE

THE 100FOLD JOURNEY





**WE
HAVE
THE
MIND
OF
CHRIST**

I Corinthians 2:16

The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF
MY LIFE**

ALL MY NEEDS ARE CONSTANTLY MET

**I AM ALWAYS IN THE RIGHT PLACE, AT THE
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF
THOSE AROUND ME**

EVERYTHING MY HAND TOUCHES, PROSPERS

I HAVE AN ATTITUDE OF GRATITUDE

**CIRCUMSTANCES DON'T MATTER, ONLY STATE
OF BEING MATTERS**

I HAVE UNLIMITED POSSIBILITIES & RESOURCES

I WILL BE GOD TO SOMEONE, TODAY

**LIFE IS A MIRROR, WHICH REFLECTS BACK,
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

Meditation

Share from
last week



SEE



HEAR

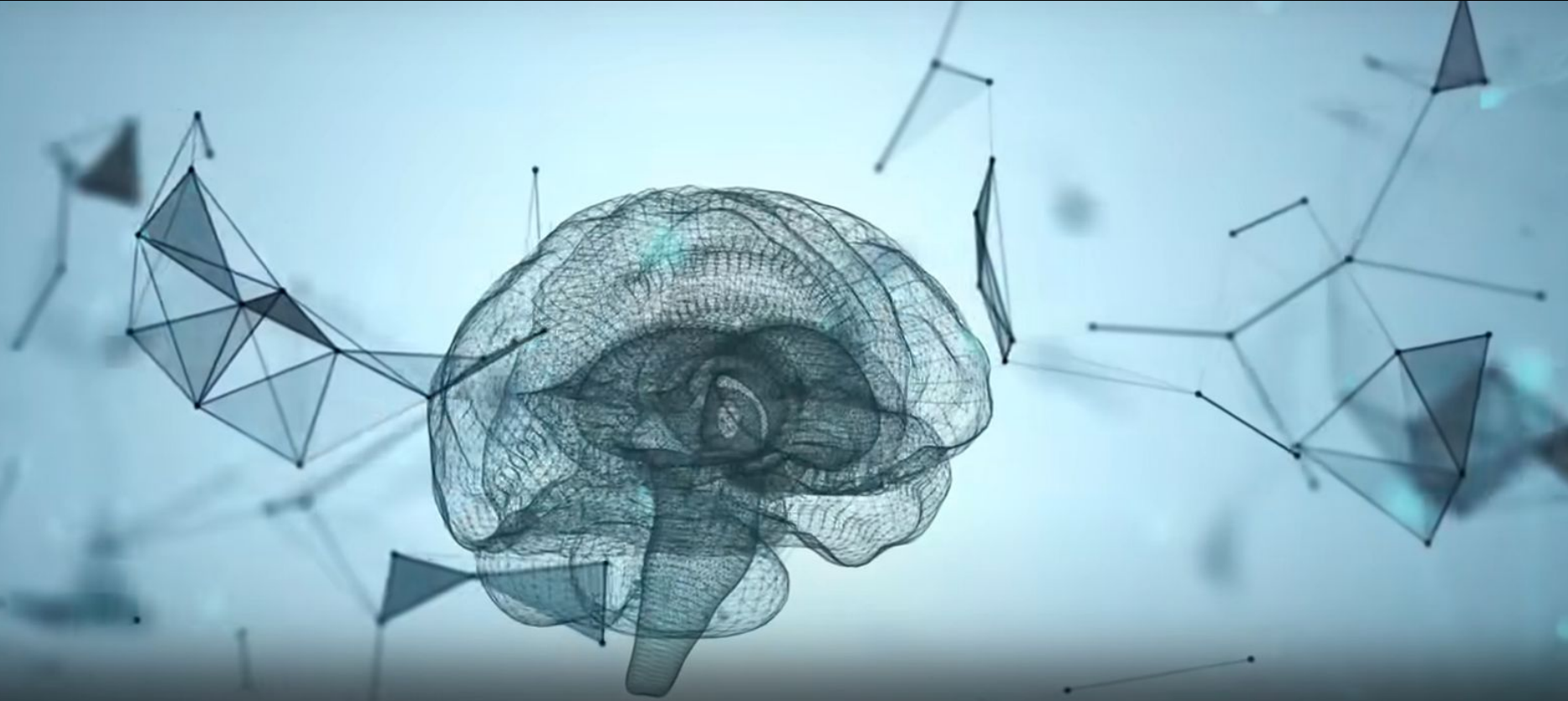


EXPERIENCE

HOW?



Visualization / Manifesting / Seeing Signs / Why we are doing a Vision Board



IT'S CALLED THE "RETICULAR ACTIVATING SYSTEM".

A woman with blonde hair and glasses is speaking on a stage. She is holding a small black device in her right hand and pointing upwards with her index finger. The background is dark blue with a large yellow arrow pointing downwards on the left side.

"IT TAKES 30 SECONDS"
THE NO. 1 HABIT OF BILLIONAIRES

Reticular Activating System

- Job of R.A.S.
 - A Filter System
 - Filters out the unnecessary from the necessary as it comes in through the 5 physical senses
 - Constantly looking for evidence of your program all day long
 - This is because YOU are telling it what to look for
 - Why?
 - Sensory overload / Protects your Brain / Don't need it all
 - Every day we have *34Gb (34 billion bytes) of information through our 5 senses, simply too much to handle and manage, so we need a filter
 - R.A.S. is a learned mechanism that can be programmed & re-programmed
 - You are the CEO of your thoughts - You get to decide what program you want to run
 - You get to decide how you Think - Act - Feel
 - Money, Health, Work, Friends, Spouse, Kids, Freetime
 - You also get to decide what you allow in through your 5 physical senses
 - How it works
 - Filters through all 34Gb of inputs and only allows what you programmed to come through
 - Talking with someone - word pops out
 - Reading something - article appears on the very thing you were looking for
 - In a crowd or meeting - you just happen to overhear
 - Talking to someone directly - confirms exactly what you were thinking
 - Example: comedian - always looking for something funny in every situation
 - FACT
 - These answers were always there, you just did not notice them before because of the program

Reticular Activating System

- How to use it / program it / take advantage of it / rewire your brain / renew your mind
 - Be the CEO you were created to be - Create your program - Create S.M.A.R.T.E.R. Goals
 - S - Specific
 - M - Measurable
 - A - Attainable
 - R - Realistic
 - T - Time Bound
 - E - Exciting
 - R - Risky
 - Write these goals down - be very clear
 - Create a Vision board
 - R.A.S. loves pictures and visualization - it crystalizes exactly what you want it to filter out and look for
 - R.A.S. does not know the difference between actual vs dream
 - Ask questions to help lock the goals in
 - How did it feel when you got this
 - How will you know when you achieve this
 - What will achieving this do for you, what's the result you desire, what does that look like
 - How will you think, act and feel when you achieve this
 - Repetition - reprogramming your brain - builds confidence (10 Truths)
 - Keep these goals on the top of your mind / make it "important" to you
 - Energy flows where your Attention goes
 - Talk to others about it
 - Follow the breadcrumb trail - the path will light up for you - comes by way of rest
 - Gratitude for already achieving your goals
 - Feel the feeling of having it now
 - Waiting to feel grateful will run the program of waiting
 - Too hard will run the program of it's too hard



IT'S ABOUT CONSISTENCY.

CONSISTENCY - Simon Sinek
www.youtube.com/c/willloxd
Motivational Speech

<https://www.youtube.com/shorts/PhcBJI-FCco>

What do you want for your life?

Current Mindset & Casting a Vision for your Future:

#1 Describe what your current mindset is for the categories below. Mindset is what you currently believe, think and feel about that category. If you want to know what you believe, look at your current life experience. Because: “Life is a mirror which reflects back what you truly believe and think”.

#2 Ask yourself, “Am I satisfied with my current life experience?” If you feel you want a change, using your imagination, describe what you would like to see instead. What change(s) would you need to make for that to be a reality today. What change(s) would you need to make in what you believe, think and feel. Using your imagination, what would living life to the fullest now look like?

Record your answers below. We will discuss this at our next group meeting.

What do you want for your life?

Am I satisfied with my current life experience?

What if true transformation is possible? Do you want to find out how to get there?

Money

Health

Work / Job

Friends

Spouse / Significant Other

Kids / Grandkids

Freetime

Being a Co-Creator - we get to chose the WHAT - God chooses the HOW & WHEN

Tools for you - and coming alongside you:

21 Days of Gratitude & 21 Days of Identity

Count your blessing 10 every day

YouTube Video for each Day

Online Book OR .PDF

Memorize The 10 Truths

Share each week what you observed by writing them down / experience them
raise your knowing

Create a Vision Board

Financial, Business, Fun Time, Health, Relationships, Personal, Legacy

Create your Life Purpose Statement

What is the underlying current of your life that drives you

Meditate Daily - 3-5 mins

Sit quietly and breath in and out. Quiet your mind enough so you can listen

Send encouraging group texts