



SKILLS OF THE FUTURE!

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SELF MASTERY

- “True self mastery is not resisting your resistance.”
- ~ Rob James

SKILLS OF THE FUTURE

- Awareness
- Attention
- Beliefs
- Identities
- Intention

AWARENESS

- Is the most fundamental and effortless state of being and is key to self mastery.
- Being self aware is learning to quiet the mind and direct it deliberately.
- Direct experience: Present Moment Awareness.
- How do you feel? How would practicing this skill benefit you in your everyday life?

ATTENTION

- Attention is Awareness directed.
- Where is your attention now?
- The more attention we have fixed on something the more “real” it will become in our life.
 - Attention creates our reality.
- If you make something emotionally important enough it will consume your attention. This is the cause of addictions and obsessions. Wouldn't it be nice to choose what your attention and obsessions are on?

ATTENTION

- Learning to deliberately direct your attention on what you prefer, and withdraw attention from what you do not prefer, is another key to self mastery.

BELIEFS

- Our life is a direct reflection of what we believe.
- Beliefs filter and create/attract the experiences we have in our life. Whatever we believe will absolutely be our truth.
- Beliefs are empowering or limiting and are experienced in our body/mind.

BELIEFS

- Beliefs that are misaligned with your ideals and vision will cause one to be stuck and create struggle, stress and confusion.
- Learning to identify and release beliefs and sabotage patterns from your physiology will enable stress and misalignment to be released. Then, you choose what you want to believe!

IDENTITIES

- Ever wondered why people behave differently with different people? We all have identities.
- The challenge we have is that most of us get “stuck on automatic” in certain reactive identities that don’t serve us.
- Learning to create and manage the identities that empower you will lead you to greater self mastery.

INTENTIONS

- All of your experiences are being created by your intentions whether you realize it or not.
- The more you are aware of this the more you can create your intentions and future deliberately.
- Learn what an intention really is and how to direct it to create your ideal reality.

True Success = Well Being + Effectiveness!

NEXT STEPS

- In the Self Mastery Workshop and one on one personal training, we guide you through 13 experiential techniques so you have a strategy to discover yourself and master your life.
- If you would like to learn more about The Self Discovery Life Mastery Process, we offer a complementary Life Perspective.

LINKS

- www.SDLifeMastery.com
- YouTube: Self Discovery Life Mastery