



Module 6

Living in the world...



This is not just theory!

- What could your life be like?
- How would you need to live for your life to be like that?
- Your life is determined by your rituals...



What are your rituals?

- What do you habitually do in your day?
- What do you spend the most time doing?
- You probably have less quality focus in a day than you realise
- Life is not just about working hard, it is about working SMART...



Working SMART 1!

- Truly understanding your patterns, and not being enslaved by them
- If your tendency is towards false will and pushing harder, you will be tending to do that...
- If your tendency is towards believing you don't have what it takes, you will be tending to do that...

BE CONSCIOUS OF YOUR PROGRAMMES AND WORK WITH THEM!



Working SMART 2

- Specific, simple, sustainable
- Measurable, meaningful, momentum
- Achievable
- Realistic, responsible
- Timed, towards



Examples

- I will get up at xxx and meditate for xxx mins 5 mornings a week, until xxx
- I will spend xxx a week focusing on the material from CT until xxx



Health...

- You have to be focused and committed – but this is about working SMART not harder
- You need to have access to ongoing coaching and guidance
- You need to be in a healing state – meditation is one of the best tools to support this



Relationships

- Relationship with yourself – know yourself, own your stuff, and be working with it
- Intimacy is in-to-me-see – you have to be willing to be vulnerable and love with an open heart
- You also have to be intelligent about who you do this with



Career 1

- 3 kinds of career:
 1. Pays the bills
 2. Pays the bills and you enjoy it
 3. Is your life purpose

Type 3 is a true gift, and rarely the romantic idea that many people seem to think



Career 2

- Give 100% and be impeccable
- Think outside the box
- Being realistic and get real, most self-employed people and small business fail – this doesn't mean people shouldn't do it, it means they should face the facts and understand what it takes to to succeed
- Remember, it takes 10,000 hours...!



Recap of CT

1. Understand where you are
2. Distance from the mind
3. Understanding the prison of beliefs
4. Freedom from the inner critic
5. The power to be ourselves
6. Living in the world



Feedback Questions

- How has Conscious Transformation been for you?
- What general questions do you have?
- What questions do you have about this module?