



HAVASS
Academy & Coaching

DAY 15

Congratulations on successfully completing two full weeks!

There's a week waiting for you to explore further and have just as much fun exploring.

Because this week is a week of play!

"Fake it 'til you make it."

Have you ever heard of that? Fake it 'til you make it!

This week, play the person you want to be. Sounds like fun, right? If you say, "But why am I doing this?" let me explain right now. If you want something to happen, all you have to do is "BE" the person who owns the thing. I will try to explain with a very short example without further confusion. Think of anything you want to happen.

Now close your eyes and imagine that this something is happening.

Whatever it is, what kind of you do you see when it happens? What is your emotional state, how do you feel, what is going through your mind, how do you look, how do you speak? What kind of person have you become?



Here is the secret! The more distant this person you just imagined is, the more distant you are from your dream. You have to BE first. So this week we're going to work on being. But there is one point you need to watch out for. I'm warning you right now. As you go about your daily tasks, you may not be very confident in the role you are in at first. Your critical voice may try to convince you that you are doing nonsense. If you can see the critical voice play beforehand, you're one step ahead of it. So keep playing, even if it seems silly. Remember; either he will convince you or you will convince him.

When you're ready, we'll begin the first mission of the week!

Today it's time to write your ideal Confident Side with all the details on the worksheet! If you were a confident person, WHO WOULD YOU BE? What kind of person would you be? I advise you to work carefully because you will need this list all week.

See you tomorrow!



Tasks

- Draw your ideal side on the worksheet.
- Listen to your affirmation before you go to sleep at night.



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