



Helping You Make the Right Turn

Genius Action Step # 2 – Pre-Evolution B

Name:

Exercise B – You Get What You Accept

When you truly grasp the concept of “you get what you accept” you realize that whatever your condition in life, you alone are ultimately responsible for it (at least how you respond to it). And this realization should move your world because it means that you just put yourself in the drivers seat.

If there is something in your life that is not where you would like it to be, and if this is more than a very temporary thing, than you are accepting less than you would ideally like - less than you deserve. If you wish you were 20 pounds lighter, and have continued to wish this for a long time, than you have accepted the fact that you are not as fit as you wish to be. No one else has forced you to weight more than you want. If you work harder than you would like to, you have accepted this. No one else has made you. If you are dissatisfied with where you are financially, physically, emotionally or spiritually, who is ultimately responsible for that – you.

We all make “settling statements” to ourselves, or say to ourselves statements about what we are accepting that we would rather not be. Some key words to look for when identifying areas where you are settling, or accepting less than you want are words like: dream, wish, desire, want or hope. “I dream of...”, or “wish I could...”, or “want to be...”, or “hope to...”, are all statements that are good indicators that you are accepting less than you desire and deserve.

Where are you “getting what you accept”? In the space below, write down settling statements you have made about what you “wish” you could have in your professional life, or “dream” of being able to do professionally – or any other “settling statements” you have made to yourself.

In my professional life I wish I:

Examples of something I accept professionally (settling statements): *"looked forward to going to work every Monday.", "I was making a lot more money.", "was more satisfied with my results.", "had a different job or better manager."*

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In the space below repeat the same process you just completed for your professional live, but write “settling statements” that you make about your personal life.

In my personal life I wish I:

Examples of something I accept personally (settling statements): *"weighed 20 pounds less.", "could spend more time with my family.", "had more financial security.", "had a better relationship with..."*

Take careful note of your answers to this activity because in future activities you will learn how to create a more authentic life that will see you stop accepting that you can't have these things.

5th Level Coach.

Once you have completed this exercise please return to your book where you will build on this information. If you are taking part in the 5th Level Coaching program, make sure and share this work with your 5th Level Coach.

Your Name: