

PERSONAL *TRANSFORMATION* MASTERY



- Master your brain
- Overcome fear
- Build confidence
- Get motivated

- Know your life purpose
- Develop a healthier you
- Build good habits
- Get focused

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CHECKLIST

You've read the reports and now you're ready to set about applying that information and actually making changes in your life and in yourself.

In order to actually see results, you need the practice, not just the theory! This checklist will walk you through each step along the way...

Finding Meaning

Meaning comes from many different things, including:

- ☐ Knowing your purpose and having a set goal
 - This helps us to know what's important in our lives, it makes us more passionate and driven and it makes us more inspiring to others
- ☐ Growth and challenge
 - We are constantly either moving forward or moving backward. It is up to you which you choose but if you stay still, you are choosing the latter by default. Get out of your comfort zone!

Meaning comes from 'self-actualization'.

Meaning does *not* come from:

- ☐ Other people
 - While others are important to share our stories and experiences with, we cannot rely on anyone else for our sense of purpose
 - It is important not to focus all your attention on making other people happy: this is a sure-fire way to become distracted and torn in multiple directions.
 - We need to let go of our view of what our life should be like or who we should be, if we want to improve our lives and transform ourselves.
- ☐ Basic urges
 - A hedonistic lifestyle might make you fulfilled in the short term but it is hollow in the long-term. You need to create, achieve and challenge.

Keep Growing

Growth is key to self-transformation, to feeling content and to being confident. Here are some ways to keep growing:

☐ Travel

- Traveling allows us to broaden our horizons and our experiences. This is crucial for making us more well-rounded, tolerant and wide individuals.

☐ Learn new things

- Learning keeps the brain plastic. This encourages the production of crucial hormones and neurotransmitters that enhance our focus, our alertness and even our happiness. Such as BDNF!
- Eventually, a roster of skills makes you a 'polymath'

☐ Exercise

- Exercising is incredibly important if you want to be your best you. Not only does this keep the body growing and adaptable, it also boosts your intelligence.
- More benefits of exercise:
 - Improves the mood
 - Strengthens your body
 - Makes you more attractive
 - Increases confidence
 - Increases attractiveness

Become More Mindful

Constantly reacting to things makes you 'reactive' rather than 'proactive'.

The most truly accomplished individuals are calm and in control of their emotions.

This comes from mindfulness.

- ☐ Meditation will help you to increase your cortical thickness, will increase your focus and concentration and will boost your working memory
 - Try mindfulness meditation
- ☐ CBT is 'cognitive behavioral therapy'. You can use the cognitive restructuring tools herein to overcome fear.
- ☐ Practice noticing things in your daily life.
 - Try to count the number of times you get up and sit down from a chair
- ☐ Learn breathing techniques in order to improve your mood and overcome anxiety
- ☐ Try using Tai Chi to develop moving meditation

Consider looking into the views of Stoic philosophers. They maintain that our happiness comes not from events but from our *reaction* to events.

Boost Your Health

- ☐ Use supplements that can elevate energy levels. Good examples include:
 - Lutein
 - Creatine
 - CoQ10
 - Resveratrol
- ☐ Use HIIT to increase energy, sleep better, lose more weight and more
- ☐ Walk a little extra
- ☐ Use the PPL workout for an easy resistance training routine
- ☐ Remove unwanted junk food from your diet: empty calories and simple carbs

Habits

- ☐ A new habit takes 30 days to form
 - Try using microhabits
 - Try attaching new habits onto existing habits
- ☐ Breaking habits often means changing your environment

Some good habits to take up include:

- ☐ A morning routine
- ☐ Meditation
- ☐ Regular exercise
- ☐ Reading the news
- ☐ Taking cold showers
- ☐ Making the bed
- ☐ Tidying as you go
- ☐ Ironing your clothes
- ☐ Grooming properly

Master Your Brain

Some concepts to familiarize yourself with for a better understanding of your brain include:

- ☐ Neurotransmitters
- ☐ Neurons
- ☐ The connectome
- ☐ Brain plasticity
- ☐ Hormonal changes
- ☐ Flow states
- ☐ The neuroscience of procrastination
- ☐ Hacks and ways to influence mental states