

Living with Purpose – Your 12-Week APA Reset

Welcome Pack & Programme Essentials

Welcome to the starting hangar.

Think of this programme as preparation for a solo skydive. The hangar is where we gather for your introduction before sectional training begins.

- **Prepare for flight:** We must get you ready for a solo jump.
- **Safety first:** We have to go through the safety aspects first.
- **The reality:** Yes, it's boring. But these simple things can save your life if something goes wrong.

Why I Use Analogies

Some of this material is heavy and hard to grasp. I use simple analogies throughout the manual to help you connect with it:

- ▶ **The Computer:** Your mind works like a computer system.
- ▶ **The Car:** Your body is the vehicle you drive. I simplify everything for a reason. Here's an unfortunate truth: if I just tell you what to do, you'll make steady progress. But the moment things don't go as you hoped, you'll come back to me and say, "*What the F—? Now what do I do?*"
- ▶ **My goal:** I don't do this to keep myself in work.
- ▶ **Your result:** I do this so you become self-reliant, independent, and confident. You'll have the tools to figure this out and work through your own difficulties.

Willpower Trap

A core theme of this programme is to stop relying on short-term willpower.

- **Battery Dies:** Willpower is a temporary battery. You'll inevitably drain your energy.
- **Burnout:** When you drain it, you'll burn out and need to re-charge.

→ **Spiral:** During that low window, you'll tune out. You'll distract yourself with drinking, smoking, scrolling, or whatever. That's exactly what sucks you back into the old spiral.

This manual is a checklist of how your mind operates right now. There's no judgment or criticism here. We're just labelling your habits so we can see exactly where you're losing focus. To take full control of your life, you need to understand these basics first.

1. Real Talk: Who I Am & Why This Matters

- ▶ **I've hit rock bottom:** I've survived poverty, addiction, depression, and suicide attempts. I'm not a textbook lecturer. I'm telling you what works because it saved my life.
- ▶ **Why you're here:** You're tired, drained, and stuck. You want to change your body and mind, and find a purpose that inspires daily drive.
- ▶ **The Promise:** Here's a step-by-step workbook to fix your mental foundations so you can build a life you love. No gimmicks.

2. Two Halves of Your Brain

To change your life, you have to understand how your brain works. You have two minds:

1. **Conscious Mind (The Thinker):** This is your daily thinking brain. It handles logic, thoughts, and goals. It uses your mental tools like focus, imagination, and memory.
2. **Subconscious Mind (The Autopilot):** This is your emotional powerhouse. It runs beneath the surface and controls your automatic habits. It remembers everything you were taught as a child.

Why You're Stuck

Willpower fails because your **Thinker** wants one thing, but your **Autopilot** is programmed to do another. If your autopilot thinks you're a quitter, it'll sabotage your goals. To better your life experience, we have to rewrite your autopilot software.

3. How We Learn and Grow (The 4 Stages)

Everyone goes through four stages when building new habits:

- **Stage 1 (Sleeping):** You have bad habits, but you don't notice them.
- **Stage 2 (Waking Up):** You realise your habits are bad, but you don't know how to stop them yet. It's a frustrating spot, but it means you're waking up.
- **Stage 3 (Focused Work):** You're doing the work and you know why you're successful. You're executing your wins with focused intention. *(This is our target stage).*
- **Stage 4 (Autopilot Success):** Your new positive habits become automatic, freeing you up to create more and build on top of your solid foundations.

4. Jargon Decoder (What My Words Mean)

I use specific terms to diagnose your mind. They're not insults; they're labels to show you where you're starting from:

- ▶ **Innocent Ignorance:** Sleeping at the wheel. You don't know how your mind works yet. It's a starting coordinate, not a failure.
- ▶ **Mediocre Copy:** Copying the crowd. Living a life where you copy everyone else's routines (*Conformity*) and go round in circles (*The Default Spin*).
- ▶ **The Warehouse:** Your real-world reality. Your current room, bank balance, and schedule. It's a reflection screen printing the echoes of past thinking.
- ▶ **Survival Thrashing:** Running on empty. Frantically wasting willpower to fix a problem in your real-world reality without changing the underlying subconscious script.

5. Your Schedule For Success – Timetable/Planner

- **Why we plan:** If you don't plan your day, the world will plan it for you. Planning takes away worry and replaces it with action.
- **Create a new timetable:** For the next 12 weeks, I suggest you create a new schedule so you can visually see how you spend your time. Some of you will be busy with work, family, and commitments. Others might have too much time and not enough responsibility right now. No matter your circumstances, you must create a new weekly schedule right from the start. There's a file in your programme files section for this that you can edit.
- **3 Big Wins Rule:** Don't overcrowd your day. Pick 3 major things you must do today. When you achieve them, you're already successful.

- **Leave White Space:** Don't book yourself back-to-back. Leave 15 to 30 minutes of nothing time between tasks. Buffers stop delays from ruining your mood.
- **Earn Your Fun:** Place your fun activities after you've completed a success task. Using your hobby as a reward tells your brain that discipline leads to joy.

6. Living with Purpose Philosophy

You're here because you want to make changes. You're not happy with your life or yourself. Maybe you want to improve your fitness, health, and vitality. Maybe you want to become financially independent, step away from state benefits, and move into a new job, a higher-paid career, or start your own company or CIC.

Maybe you've been struggling with your mental health and your habits have become negative. You might be drinking or smoking too much, or doom-scrolling just to avoid the discomfort of asking yourself: *"Why am I stuck in these cycles and how do I break out of them?"*

Living with purpose is about giving your daily existence meaning. It gives your mind something positive to think about other than the problems you face. It's about changing your daily routines so you create new habits, behaviours, and actions that take you toward your ultimate life goals.

- ▶ What you'll walk away with from this programme is your personalised **Ultimate Life Plan**. This is a specific goal-setting action plan that contains your blueprint for the next year.
- ▶ Everything here is geared towards helping you take action. To do that, it helps to understand the basics of behaviour change and goal setting. Let's explore the philosophy and why we do things in this order.

Week 1 – Decision & Acceptance: The Foundation

Once we've decided to change, it's important we accept that we cannot stay the same. It's not because you're a bad person; it's about accepting with compassion and forgiveness that you've made mistakes, made choices that weren't good for you, or were influenced by people who didn't help you get the results you hoped for.

Week 2 – Your Wants, Passions, & Desires – Your Why!

From there, we look at what you want from life – not just material stuff, but what you want to do with your day-to-day. Time is limited, so discovering what you're passionate about and why it matters will pinpoint your wants. This is the creative milestone of the programme because the rest of living with purpose is about protecting this vision.

Week 3: The Terror Barrier

Once you find the vision that fires you up with an urgency to act, the **Terror Barrier** is where you start protecting it. It's the beginning of a learning curve to overcome barriers and keep your desire burning so you never give up.

Week 4: Self-Image & Identity

This takes you into the **mirror** phase, where you explore how you feel about yourself and the world. You'll bring awareness to past roles and see how to create a new role that suits who you aspire to be.

Week 5: Core Beliefs

This leads into your **roots** to explore what you believe to be true about yourself and others. It isn't therapy; it's just getting to know the real you.

Week 6: Understanding Your Mind

Mind mechanics explains how your brain is wired up so you understand how you got here and how to change it moving forward. You don't need a psychology degree, but without a basic understanding, you will struggle to progress into the next phase.

Week 7: Positive Mental Attitude

This is where we look at your **mentality & behaviours**. Your attitude is the combination of your self-image, beliefs, habits, and actions. It's an automatic response in how you act and react to setbacks, opportunities, and life itself.

Week 8: Organised Planning, Faith & Persistence

Changing your attitude takes us into the first planning stage – **a practice jump if you will**, where we map out your first action plan. We build a potential blueprint for the end of the programme and introduce faith and persistence so you move from wishful thinking to a certainty of outcomes based on sticking to your goals.

Week 9: The Toxic Audit

Your **Reality Check** audits the negative habits, food, drink, and substances that cloud your thoughts, alter your moods, and drain your physical energy.

Week 10: Subconscious Reprogramming

With the body cleared, we can now begin a rewrite of your inner code, giving your mind a new instruction manual so you take action automatically. This frees your conscious mind to think creatively.

Week 11: Wealth Manifestation & Organised Execution

Then, we tackle **your relationship to money** to see how we sabotage our financial goals. Here, you'll finalise your action plan so you're ready for the solo journey ahead.

Week 12: Your Legacy

Finally, **Legacy** focuses on what you want your story to be, teaching you to live your legacy in real-time. We'll face your hopes and fears about life and death to cement your philosophy as an optimist and realist rolled into one.

A Heads Up

This journey will be your most challenging but rewarding experience ever. By starting this process, you're becoming independent in every way. You'll gain the confidence to follow your passions towards a fulfilling life that brings value to others, a financial reward, and a personal sense of pride founded in joy, enthusiasm, and excitement.

Everything we do, and everything we don't do, has an effect on us in some way. When we take action intentionally and it works out, we tend to feel awesome. But when it fails, that feeling can swallow our confidence and self-esteem so quickly that it almost knocks us off our feet.

As a result of this, we learn that intentional actions could result in negative feelings, so we stop taking action. We become cautious, hesitant, or apprehensive. We start to worry about the effects of our choices and doubt our ability to achieve whatever we're striving for, and this can lead to **FEAR**.

- There's a process called **The Sequence of Decay** that can progress into anxiety, depression, and the disintegration of self, which means we fall apart. This programme is aimed at bringing your awareness to it and then preventing it.

What really makes you tick? How does this brain and mind thing really work? Can we really change our thoughts and alter our reality? You're going to find out that the answer is **YES, YOU CAN**. But first, we'll go back to the beginning and start peeling the layers back.

See you in the main programme file next.

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