

The Programme Files – Your Final Mindset Shift

There are multiple supporting files which add to each week of your programme and they're grouped accordingly so it's easy to follow. Also, there are bonus files which will stretch your mind and a few CODES to follow – think of them as a mini guide to helping you develop your perspective, skills and abilities.

1. Exposing the Invisible Architecture (The Visuals)

The accompanying files include visual models like the **Week 6 Tri-Man Concept** and the **Feelings vs Emotions Accordion**. These exist to shine a light on the hidden machinery driving your decisions, habits, and actions.

- **Your Reality:** This is deep work. Quite often, we don't understand why we think, feel, or act the way we do.
- **This is NOT therapy:** I've not included these deep roots to confuse you or force you into a loop of self-exploration. Deep psychological work is for professionals to support you with, and I highly recommend you seek additional support where necessary.
- **It's about awareness:** Sometimes we're driven by hidden things from a long time ago. We think we've moved past them, yet they still hold us back. Bringing your attention to them is often enough to help people accept that they're operating in the background.
- **A Word of Caution:** If anything in this programme highlights a deep problem that requires attention, don't hesitate to seek professional support to work through it.

2. Embracing the Process (You're Not Broken)

Once we accept that we're never a finished product and we're okay with that, we're better able to embrace the change process.

- ▶ **Mindset Shift:** You aren't riddled with problems. This is just a polite reminder that you're always doing the best you can in any given moment.
- ▶ **A Potential Goal:** We want to avoid past problems taking hold of you in a way that restricts you from ever taking a leap of faith into what you truly aspire to be.

- ▶ **The ‘Someday’ Trap:** The moment you set a concrete destination and say, “*I’ll be okay when this happens,*” you’re admitting that you aren’t enough in the meantime. That mindset will hold you back and keep you stuck.

3. Learning on the Go

A core rule of my programme is, **it’s learning on the go that allows you to grow.**

- **Stop chasing the click:** Bit by bit, you’ll make little changes as you progress. Once you stop wanting change to happen in a click of your fingers, you’ll accept that things fall into place naturally as you start moving.
- **Patience is hard:** It’s incredibly difficult to master patience, especially when you’re coming from a place of desperately needing things to be different right now.
- **Focus on the present:** Focus on what you can change immediately and start winning, even if it’s just something small. Those little wins add up.

4. The 2p Machine Analogy (Your Hidden Goldmine)

Here’s the final mindset shift I want to leave you with. Think of your worth like a classic arcade 2p slot machine. You’re dropping pennies of effort into the slot every day, but from the outside, you don’t see the big changes or the lifestyle shift you’re pursuing.

- ▶ **Invisible build-up:** Sometimes nothing seems to move, despite your tenacity at sticking to the plan and doing the hard work that no one else sees.
- ▶ **The pennies will drop:** But those efforts are adding up. One day, the pennies will drop, and you’ll realise that your worth has been massively underestimated.
- ▶ **Payday:** All this time, you’ve been quietly building your inner pile. Suddenly, you’ll find you’re sitting on a goldmine of value, self-esteem, and confidence.

Keep at it. Dust yourself off if you have a fall, and get back on track as soon as you can. You never know which single penny of action is going to drop the big payday.

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