



7-Steps to Self Mastery

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7-Step to *Self* Mastery

Change of mind. Change of future.

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2015



1.

Choice of Thoughts Where it all begins

Where it all begins

I thought that the very first program module would have to be about, our thoughts. It's where it all begins. All our actions, which sets in motion the next action which over time generates a series of happenings and connected experiences in our life. All born from a single to a series of thoughts. So how do you think your thoughts defines your life?

Well, not much in life will happen before we decide on something. And before a decision, we think. Sometimes, we don't think. And we suddenly react or respond to a situation by reflex. We won't go to much into detail on that, other than that a lot of reflexes can be altered and changed by practice. Many of our reflexes can come from unhealthy programmings in our brain and cell memory. But most of them can be changed unless you decide not to. Marinade on that thought.

People have more control over their thoughts then they think, or are aware of. If they were aware, there would have been more thinking involved I guess. Think about this: You can actually decide to take control over your thoughts, and stop living on "random" generated series of ideas.

Many people live a whole life believing that they don't have control over their thoughts, and become a slave of their own thinking and negative mindset. That means they live their life more on coincidences and randomly generated events that they think they had no control over.

While believing you don't have control over your thoughts, life can seem to be out of control having the universe, God, aliens, Santa Claus or any other entity to blame for your undesired outcomes.

It's time to think the right thoughts before you dive into anything else. This is why this will be a critical first module for you to start with. Because if you are

missing this vital and now scientifically accepted understandings of how the brain works, you set yourself up for struggle in life. With this I mean, if you know how the brain works, how your thoughts work and creates your life, you would ignite things differently!

Having the right mindset changes EVERYTHING!

Why do you think certain people become so success full? Luck?

Let's talk about the subject of thoughts, and be more prepared for consuming the rest of your 7-step program.

2

Belief systems and established assumptions

What holds you back or benefits you?

After being more aware of our thoughts and how they shape and create our reality. It's a good time to have an overview of our belief systems and established assumptions, which is what guides and directs us in life.

We all believe in something. We all have a whole set and series of established assumptions of what we recognize to be true about something. These "insights" might be both good or bad. It might both benefit us, but also screw things up.

A lot of people have weird programming. Some people have some well-established assumptions about so many different things that might be limiting to them, that it defines their whole life. Just look at the state of the planet.

One of the worst and most deep touching programmings that LOTS of people get pushed through from childhood is all the different world religions.

Humans have created a complete mess and chaos wrapped in “religion”. Just think about the neverending list of wars and so much blood that have been spilled in the name of God. Just because different groups of people believe something to be the “right” to think, do, act, or behave.

Religion is being mentioned because our spirituality it what's dominating most of the life choices we do. Either we know it or not. Personally, I have seen so many lives being dramatically limited and even destroyed because of religious beliefs, that it's scary. Those victims refrain from being their true self just to keep the peace! Many have to live two lives, being an actor one place and their true self another place.

Remember. Religion is not the same as Spirituality.

We, humans, have a whole complex set of other different beliefs and stuff that we are totally convinced of. And it truly defines our lives. One thing for sure: Humans on this planet as MASTERS OF LIMITATION.

Do you want to be one of them? Or do you want to stand out, think different and be open and expanded to new understandings? So to really get control of your life and be more whole, complete and inspired?

Many of us will honestly believe that we will NEVER have success in life, no matter what success might be for you. You may think that your dream will never come true. You might believe you are not as much worth as your neighbor or some other family member that got flies high that awesome education.

You might even believe that if you don't follow the (so faked) traditional success path of spending years in school, growing your debt and climb the job ladder to be happy, your social status will fall apart.

Maybe you, in fact, believe in the norms of the society!?

That what you see in your daily life is what it is, and it is so, and it's the right way. You might think that what-you-see-is-what-you-get. You believe that? If

you do, you need to reprogram yourself if you want to be different and climb a little higher.

I know a lot of people believing in aliens and life on other planets, but they don't dare to tell anybody.

MONEY is a big subject for most people, and just talking about our personal economy is a very touching subject. Almost the same is talking about your spirituality. And sex. Money is a big issue for many especially because we always feel we have to struggle with it. Some people experience money as a big wall in front of them, and there's not even a reason to try to climb it.

Let's sort that out right now: That wall is only a mental wall inside your head. It's a thought. Remember module 1? These mind constructs about money, wealth and family economy can be changed.

In fact, most people feel, and BELEIVE that money is bad and just a big huge pile of evil that just the wealthy know how to grow. Did you read that? This is what most of the world assumes. What you believe is what you get!

Let's talk about how much our belief systems control our life.

3.

Choice of Personality and Lifestyle Design

Shape and create your Best Self

How are you doing so far? What do you think about step 1 and that we can choose our thoughts? What about module number two where you get to re-evaluate your beliefs and world view which defines our daily lives, actions, and outcomes?

I hope you got some new thoughts on this that will start to benefit your progress in life no matter what your goals are. Module one is the most important one, because when you get this stuff in your head, you will start to think and decide differently. Well, you've seen it. You know what I mean now.

So do you then think that you can choose who you want to be? Do you believe that you have a choice when it comes to becoming something different than what you are now if that is what you desire?

“What you think, you become.”

So, it's about time to start playing with our fantasy a little. It's about time you dig out some of the versions of you that you might have dreamed about in the past, or still do. We all have had bigger dreams about our self. Higher visions of magnificence.

Like being a superstar, a firefighter, an astronaut, a celebrity writer, blogger, life coach, astrologist or whatever your silent dreams have been.

Humans can simply be a lot more awesome. But if you look at what I call “societies lower norms,” they are SO weak! Why?

An example; In most countries, people go to school. There, you will be well programmed with a lot of stuff that has nothing to do with real life scenarios or choices. Usually, you are not even motivated. You are not seen, and you are just being handled and led through the system. And if you fail, that's really bad for you. Please try again.

What about learning about, learning? Or be taught how to find your passion, about love, about expressing feelings. About openness. About personal relationships, goal setting, private economy and how the financial world REALLY works. What about being told and taught some of the “new” discoveries of metaphysics and spiritual concepts?

Science sometimes claims to have discovered this, when it's just in fact ancient wisdom just beginning to be adapted and included in the modern world.

That's the answer to the why: Traditional educational systems does not include the most important part of YOU.

The most important years we have in our lives is our childhood. Because there the foundation are being laid down for how you will behave, learn, react, respond, grow, be fearful or not and a whole bunch of other intellectual and behaviour patterns. And what you adapt in your first years up until 12-14 years are the concepts and assumptions that your parents or family around you tell you to be right.

Take a little step back now.

Give yourself a moment to think about this. And think about what kind of person you would LIKE to be.

Remember what we learned in module one and two. Your thoughts define who you are, so when you are ready. You can start to change it.

But often, there is a huge difference in who you have become, to who you really want to be. Let's dream, visualize and start playing with the concept of Lifestyle Design, and dare to shape your new awesome personality that makes you more of who you truly are inside. It's time to shape and create your most optimal self!

Let us learn something cool here. This is something you can bring onto the world, to the average and conventionals that are not yet into choosing them self and start growing:

The concept of "Lifestyle Design"

Let me compliment you first by saying this. Since you now have gone through the two first modules in this program, you have ALREADY STARTED CHANGING! You have begun designing your life differently, or you wouldn't be reading this now.

We create our reality every day, in every moment. You are in fact doing right now, and it's awesome. Let's pick on the two words here:

Lifestyle -a way of living that you act out every day, preferred or not so preferred.

Design -the shape or form of something you create, consciously or unconsciously. Design concepts start in the mind and becomes physical in the real world over time.

You have started creating your life in a different way now, by actually taking control. That's mastery! You are directly working on your personal Lifestyle Design.

4. Who are You?

Hacking your core and finding your true self, and passion

Things have started happening. New information, knowledge, and insights have started firing new neuro-pathways in your brain now.

If I were to ask you, who are you and what is it that really drives and motivates you. Could you give me a quick reply with an accurate answer? I bet you can't. Because most people can't. Even I have had quite a struggle with that. But I can tell you something; I did more or less know it for many years. I just didn't think it mattered or really would mean so much. Or even come true!

That's what I believed for a long time until I decided the change that thought and FIGURE THINGS OUT!

If you don't know the true core of yourself and who you really are, who are you then? An actor in your own created scene of life?

Many people will, in fact, go through their whole life not really knowing who they are, or even knowing that this can be an important thing to get to understand. HELL, if people just knew them self better, they would do things differently and be happier!

But, of course. It's not really that easy to Know thy self. Especially when we are young. And like I said, since this is not even a subject in school, we are not guided or even thought simple processes on how to resolve this most important life question. At least make it an open subject among the students.

Let's do a recap of what we have gone through so far in Module 1 to 3.

Module 1: We got to learn something that might save our life. That the choice of your thoughts creates your reality.

Module 2: Series of ideas and thought clusters are defined by what we believe in, our world view and our established assumptions. This can limit or benefit us. Only you know.

Module 3: Now that you can monitor and be more deliberate with your choice of thought and modify your belief system, you have much more control to start deciding and designing your own life. And your personal style and preferences.

The next natural thing now.

So, you would sooner or later come to this point. At least most people do. Who Am I?

Before we can start choosing our self and work on our Lifestyle Design, we should know more about WHO WE ARE, and what drives us and gets us in the flow.

If you don't go through a method and process to find out more about this, you will, within a very short amount of time, get into confusion, blockages

and start having that intuitive feeling that this is not right! That's a good indication and a hint experience because this guides you!

Our feelings are our inner guiding system. Learn to be more sensitive to it and trust it.

So how do we do this? How do we "discover our self" and get that awesome feeling of getting to know more about our self and connect with our inner essence.

Well, there are methods for it. We just have to go through the steps in those methods to get a more clear image of the tendencies that will show some of your personality traits and possible values and qualities that pinpoint closer into your true self.

5. Playing with the future!

What could be possible for you?

If you truly have gone through these modules from 1-4, Shift Happens!

It's amazing and such a good feeling to be around people that really want something more out of life than just giving into mediocracy and established norms.

Now, you have gone through a lot of valuable and mind-expanding content, so it's about time we play with the future now. Just note, this is the reason why I put the last module (#4 "Who are You#) first. Because it's no use in playing with the future if you really don't know who you are or what you want!

Well, now you hopefully know more about this. That always feels good. Don't limit yourself anymore.

Let me tell you a couple of examples when it comes to the limiting beliefs that most people have.

After having been practicing Taekwon-Do for 17 years, I have spent 15 of those as a trainer. Most of them as a black belt, but I started already as a green belt. A friend of mine and I began at the same time, one year after our local club were started in our area. What happened next?

Well, me and him became the first Taekwon-Do students to become Dan graded (Black belts). It was the 14th of May 2001. After that date, hundreds of other new students have been through our system. But only two students have been graded up to black belts.

Why? I know why. It's mainly two reasons.

- They are not persistent towards their goals
- They don't believe they will make it to a black belt grade anyway.

So there you have it. Two main reasons for dropping out and never seeing their little dream come alive. Of course, many people are just testing out things. And Taekwon-Do is not for all. But there are so many new students starting out getting the desires and big "hopes" of a black belt degree. They keep on for a while but usually drop out around blue and red belt grades. They just didn't "see" or visualize them self holding this kind of degree in the future. Their focus on the goal starts to fade out, and it blows away in the wind for someone else to have. @

Off course, why should they bother if they don't believe in their dreams?

Take a note of it for yourself, because this is the two most common infections humans have. And it's a negative loop.

Another example, and it's huge: It's THE NORM of the society around us.

People will tell you: “Naah, be realistic.” “You won’t make it anyway” or “why should YOU be able to do that?”

They say this because it’s more comfortable. Being limited is normal. People are really good at spending brain power on two other things:
Dreaming and making excuses.

Sometimes, some people will even prefer that you don't have too much success in life because they will notice how they fail them self. You remind them of their dreams that they don't dare to pursue or believe in. You become “better” than themselves, and it doesn't feel cool to be the one that falls behind.

Nothing wrong with that, but you should not hold back on your dreams because other people either don't believe in you or thinks it's stupid.
You are not like that.

BUT, luckily for you and I, we don't follow the herd. We keep our dreams alive, focus on them, meditate on them. Put up photos of them and are PERSISTENT in the methods and ways we use to achieve them. This is what separates big achievers, success people, and crazy legacy builders. I will mention two people that have been an inspiration to me:

Steve Jobs, look what he did. And he dropped out of school after six months and never completed his education. One of the biggest minds and business owners on this planet.

Elon Musk, a HUGE rebel of methods and norms on this planet. So many are pissed on him because the way he has done things. He has been messing up the whole car industry. Something that the planet really needs. He builds his own rocket company, having NASA as a customer. And he never went to school for that! He said in an interview once: “I read a lot of books, talked to a lot of people, and, had an excellent team around me.”

You can think, focus and do actions to create your future, yes?

So, now it’s your turn. Since you have a different mindset now, what will you DO?

You have a changed mindset now, and you know more about yourself and your passions. Now it's time to play with what dreams and goals you have and write it down!

Because in the next module, we will look at how successful people plan and get shit done.

6.

How successful people plan and get moving

Goal setting and planning for the future

Wow, things are starting to be fun and more practical! I don't know about you, but for me, planning is something that makes me warm inside. I have had so many moments where I start to do some planning and get an enormous download of ideas, which I just have to keep writing down. This brain-dump of ideas can be awesome. Ideas are about creativity, which is one of our divine features as humans.

I want to share one important note on this since I have had my own business for years. For people like me, online entrepreneurs, work from home business owners, freelancers and other people having the position to manage and create their own work lives: We can sometimes get too many ideas at times!

This might sooner or later happen to you. And in that case, it is critical for you to keep track of your main dreams and goals. Because while many ideas can be splendid, they can lead us into an entirely different path and dead-end that had nothing to do with the initial goals we set. This is a very well known problem for many of us that have the freedom to sit down and freely be mindful and dream of the future.

That's why planning is so important. And the plan we create, with all the tasks, completion dates and sub-goals has to CONNECT with the actual dream or wanted outcome you want. If not;

You Will Fail!

This is one of the most valuable lessons in learning goal setting and planning. So be sure always to keep this in mind:

Be sure that the end goal you are planning for, is something you very much want AND have passion and desire for.

Did you know that there is something called idea-sex

And sex is good, at least for most people. I don't know if there's something called that, but one of my regular writers that I follow, James Altucher uses that phrase in his book "The Choose Yourself Guide to Wealth". What he means is that ideas in itself feel good! Awesome ideas can feel so good, that you can get addicted to them. And suddenly you find yourself drooling around in a sensual orgy having sparkling idea-sex. But nothing actionable comes out of it!

Don't get into that trap. Choose, decide and make it happen!
Get this now: Learn to say No.

Mark my words! You will save hours, days, weeks and even months learning the process of saying no! This NO will be needed either for yourself or for other people wanting or offering you to focus on other goals or tasks. If you run your own game, business or hobby. You will, for the most part, have to train yourself to say no to yourself. Because you are the one that will come up with most of the ideas and times with distractions.

A side note again. You see the reason why we had to wait with this planning stage closer to the end? What plan should we make if you yet didn't have the right way of focusing your thoughts? Or having a limiting set of beliefs and

assumptions slowing you down. Or if we didn't go through the module of getting to know that you can choose and design your lifestyle. What about finding yourself? Your personality, passions, and qualities? Or if we didn't get to play with the future ideas and figure out what you can do to move on.

But you have completed all this, which hopefully have made you feel a lot better prepared to now, based on future we looked at for you, can start looking at methods for planning and setting an action plan.

How do you “see” your plan?

The reason why we don't dive straight into action mode, do the planning and set sail which will be the next and last module. Is because you need to try some things and find a planning method that will work for you.

If you don't, you won't have fun with this, which is a VERY IMPORTANT point in this. You have to learn to play again, like a kid. If you just put this into a work-task-have-to-do-heavy-shit mode, you may find yourself laying naked in the shower, crying out feeling like a failure with make-up all over your face, only having your yellow plastic duck to comfort you. Not so fun. Sing a song instead. It's good acoustics in the shower.

I have learned a lot about planning tools. Both because I have tried and used many different systems. I have found that because of the way my brain works and the very visual way my mind looks at things, I need to have the right tools for doing planning in different ways.

I have to see it in front of me giving me the accurate overview.

Sometimes, I even need different tools for different kinds of planning, because I see things differently. I mean like, row based listings, just a basic to-do list, column based or other methods. Sometimes, just pen and paper is what's needed. And not a fancy online tool that will just be distracting.

There is some more important stuff we need to talk about when it comes to planning so you don't end up in that shower scene.

7.

Decide, Plan and Create

We set goals and plan for the new life

You have gone through and accomplished a lot! I think you are full of awesomeness. Or you wouldn't be here. Tell this to yourself, please.

If you honestly have worked your way through all these modules and you can relate to the teachings and learn from them, I guarantee you; things WILL start to change for you.

I quickly have to remind you now of two valuable lessons before we go on with your planning for the future:

- Be Persistent!
- Believe you can!

Dr. Joe Dispenza, a guy that really speaks insightful about his brain research, talks about about how the brain works; Re-wiring takes time. Give you brain and yourself that time! That's persistence.

Also, do what you can to keep your dreams alive. And do what you must to reinforce your beliefs on what you want to achieve in life. And that it can and WILL HAPPEN.

WARNING: This might include ditching some friends or family in this part! Don't spend time surrounded by old energy and negative people. You will just mirror that. Gradually make a change, connect with like-minded and hook up with a coach or a Master Mind group locally or online. Even consider creating one!

This is a process where you should include your ideas, mindset and creativity with a partner you can discuss with to make it even stronger.

Last words

Together you can also be sure that your planning feels right, and that it's something you can accomplish.

So now, make it happen. It has begun.

The Beginning.

Johnny

Hometown and other places, 2015.

Coaching and mentorship

Consider getting on touch for one of my programs or One Session calls. If you have any questions about specifics, get in touch.

Go here and see what's available at the moment.

<https://member.motion-effect.com>

Also check out my main blog at [Motion-Effect.com](https://motion-effect.com)