



FORTIFY
THE FUTURE

Worksheet



BlueChipMINDS

Notes:

GOAL = GROWTH

You are designed for growth. The desire to learn, expand our awareness and evolve is innate within all of us.

We set goals not to get something at the end, but to become someone better than we were yesterday, to grow and transform ourselves, evolve and increase our levels of mental complexity.

Without a goal we can become aimless, bored, purposeless and don't extend our capabilities. If we are not curious about our own potential, we miss the opportunity to tap into and draw on our dormant capabilities. Capabilities that have been hidden beneath adopted and outdated programs, belief systems and unproductive actions.

Growing requires you to move out of the familiar and comfort of the known into the unknown, into a place of struggle, risk, adventure, learning new skills and activating your hidden capabilities.

My goal right now is...

The benefits I will experience as I move towards my goal and when my goal is reached are...

Who do you know that has achieved a similar goal? _____

Imagine you are able to ask them for advice on achieving your goal. What do you think they would suggest you do?

PROTECTIVE MECHANISMS

Change can be hard, and when your desired behaviours haven't yet become automatic (a subconscious program) they can be even harder to maintain over time. Harvard Graduate School of Education professors Robert Kegan and Lisa Laskow Lahey in their book 'Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organisation', say that it usually isn't lack of will power that prevents us from doing what we want to do, they believe that the reason we fail to meet our improvement goals may be the result of an emotional immune system that is trying to protect us from the fear and uncertainty that comes with change and the potential of disappointment.

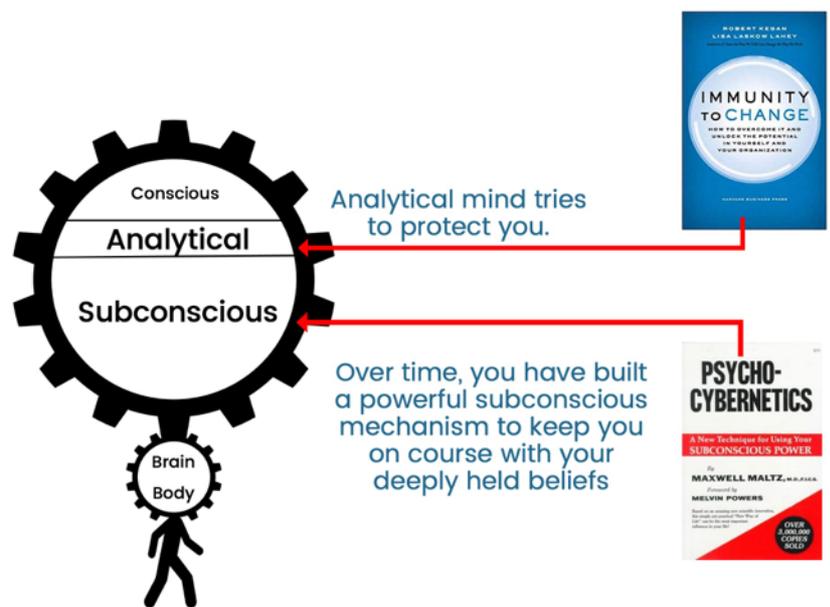
Before Kegan and Lahey wrote their book, Dr. Maxwell Maltz had written a best-selling book 'Psycho Cybernetics – A new way to get more living out of life' where he explains the science of cybernetics and uncovers another vital piece of information to help you see how, over time, you have built a powerful mechanism to keep you on course with your deeply held protective beliefs about yourself.

When you look at both of these ideas side by side, your Immunity to Change and your Cybernetic System, you will soon notice that they both point to the deeply held beliefs you have established over time to keep you safe and protect you from perceived danger or disappointment. The Cybernetic System contains your self-belief and keeps you living within the limits you have set for yourself, operating much the same as an autopilot, cruise control or a thermostat; it sets the destination, the speed or the temperature for your life. While your Immunity to Change is a powerful and proactive emotional immunity working to keep you safe from the unknown, avoid potential disappointment or stop you from coming across as stupid. Both of these systems are designed to keep you safe, but they keep you unconsciously committed to beliefs and ideas about yourself and the world that prevent you from moving towards your improvement goal.

Immunity to Change - The hidden assumptions you make about what will happen if you do something different – If I do “this” then “that negative thing” will happen.

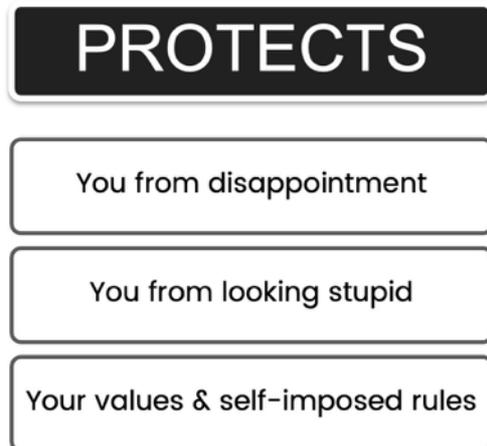
Cybernetic System - What you believe about your capabilities and self-worth. This system contains both positive and negative aspects of how you see yourself. When you veer off course from your subconscious self-belief such as

experiencing levels of success or set-backs that are outside of your internal set point, those experiences will always be short-lived because your internal cybernetic system will always bring you back on course to your subconscious self-belief. You may know this as self-sabotage or imposter syndrome.



PROTECTIVE MECHANISMS

Immunity To Change



Cybernetic System



As you set about making changes to reach your goal, know that within you are these two powerful and proactive systems working to keep you safe from the unknown and potential disappointment while maintaining the invisible boundaries you have unconsciously created over time. These systems will make you feel like you have one foot on the gas - your improvement goal - and one foot on the brake - your existing and often opposing beliefs. This is not a sign of weakness or lack of intelligence. It's a sign, that over time, you have created subconscious systems designed to take care of you and protect you. These systems will potentially help you in many ways in life, it is likely that they got you to where you are today, however they can also be the obstacles that prevent you from moving towards new goals.

To bring your goal to life, you need to remove any obstacles that may trip you up. The good news is you can rewire both your Immunity to Change and the Cybernetic System by changing the subconscious programs where they reside. Reflecting on your perceived obstacles, your fears and shifting your perspective slightly while changing the stories you have been telling yourself will help you make the changes needed.

Being open to revisiting your beliefs, analysing your daily actions and looking at your worries will help you uncover your own unique solution to achieving your desired change. Einstein said if he had one hour to save the world, he'd spend 55 minutes defining the problem and 5 mins finding the solution.

PROTECTIVE MECHANISMS

Common obstacles that prevent change:

Competing Priorities – Seemingly equal urgent and demanding priorities that require your scarce resources. E.g. Your rent is due at the same time tickets to your favourite singer's final concert go on sale, and you only have the money for one of them.

Self-Protective Worries – An unconscious strategy of worrying about something that has not yet happened or imagining how someone may negatively react to you. Usually adopted in situations in which the risk of negative evaluation is judged to be particularly high.

Hidden Commitments – A commitment to an idea or belief that is at odds with your improvement goal. E.g. Giving up alcohol may threaten your ability to have a good time with your colleagues, family and friends.

Misaligned Self Belief – Beliefs you've long held close, perhaps adopted during childhood, about your identity that are not aligned to who you will become as a result of achieving your improvement goal. E.g. You may hold the beliefs of an employee and your goal is to become a business owner.

Big Assumptions – Big assumptions are the core beliefs and ideas you believe to be the ultimate truth or rules about how the world really is. You will never know whether or not they are true until you name them and explore them. When you treat an assumption as if it were the absolute truth, you allow it to rule your actions and shape everything you see. You don't consider or explore other possibilities, and so it continues to hold enormous power over you.

Notes:

PROTECTIVE MECHANISMS

Uncover protective worries

List the things that worry you the most about what may happen along the way to achieving your goal or what may happen when you do achieve it.

e.g. I fear others will believe I'm not up for this job

Discover Hidden Commitments

Generally we don't want to experience the worries that surface, but it's the hidden commitments that hide below the worry that are the real obstacles. Thinking about the worries you listed above. Ask yourself what are they really protecting you from?

e.g. I fear others will believe I'm not up for this job, can be converted to "I'm committed to others not thinking poorly of me" or "I'm committed to not being seen as incompetent"

I'm committed to:

PROTECTIVE MECHANISMS

Identify Big Assumptions

What rules have you created for yourself that you consistently follow that may prevent you from achieving your goal?

e.g. I have to work long hours to get ahead.

My Big Assumptions:

Test Big Assumptions

Review your Big Assumptions and for each one test their validity by asking these questions:

- Is this true 100% of the the time, all of the time for everybody?
- Is there evidence that conflicts with or breaks the rule?
- Is someone doing what I believe can't be done?
- Has there been a time in my life where I have acted in opposition to a big assumption and it worked out for me?

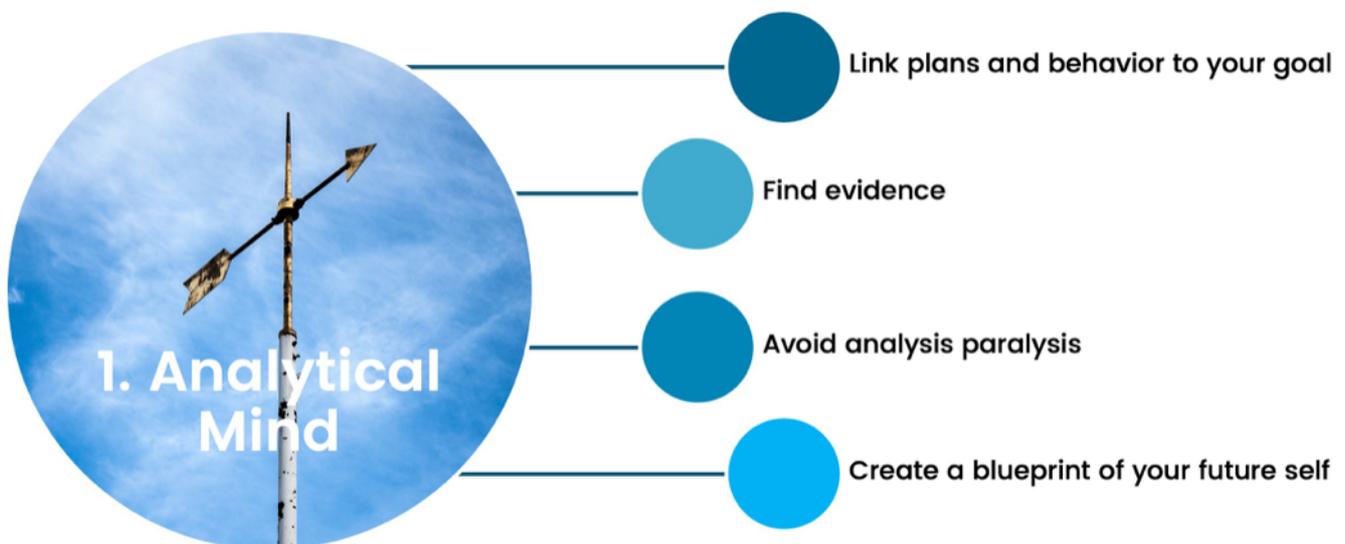
If after asking these questions you are certain that your big assumption is 100% true, it's time to prove your theory and experiment with your Big Assumption by doing what you believe to be true and recording your results.

Results of my experiment:

SELF SABOTAGE

The analytical and subconscious part of your mind along with your environment are the main contributors to what we call “self Sabotage”. In those moments when you revert back to undesired habits, thoughts and reactions it is usually your environment triggering stored subconscious programs or your analytical mind protecting you. You will be glad to know it's not just you, it happens to everyone, it's your mind's way of keeping you safe.

These three elements, your analytical mind, subconscious mind and your environment are crucial to Fortifying the Future. To stop them from throwing you off course, you can align each one of them to your goal by creating a supportive environment, practicing active mental preparation and taking inspired action.



The first aspect to be mindful of is The Analytical Mind - this part of you requires clear and specific directions. It acts like a guard scanning both your internal memories and beliefs and your external environment for proof that what you want to do can be done.

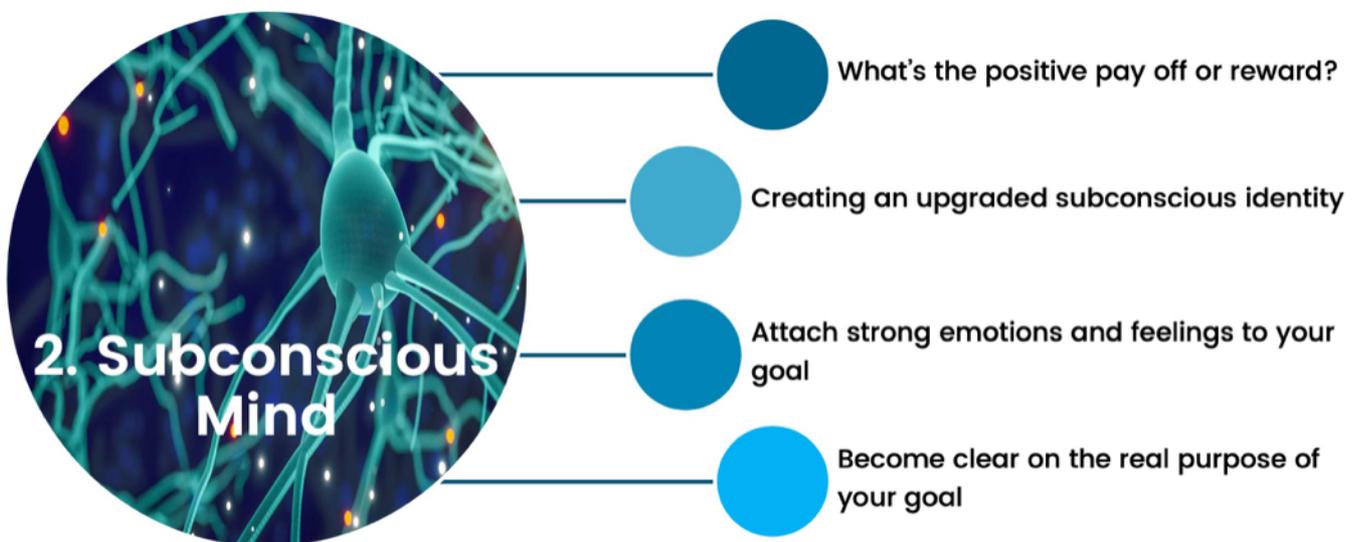
You can get your Analytical Mind moving by;

- Ensuring that it's obvious that your goal will benefit you.
- Finding evidence to support that your goal is possible for you.
- Avoid analysis paralysis by clearly scripting the critical moves.
- Create a blueprint and internal image of your desired future self.

SELF SABOTAGE

The next aspect you need to be aware of is your emotional side or subconscious mind – this part of you is motivated by how the achievement of your goal will make you feel. To appeal to the subconscious, it is important to know what the positive pay off or reward will be and why you are aspiring towards your goal. It also has to hold the belief that you are capable of conquering your goal. You can build belief by creating an upgraded subconscious identity as a person who thinks, feels and acts in ways that will lead you to what you want.

The thing that is going to change your existing subconscious programming is the strong emotional feelings you attach to your goal. The way to attach a deep emotion to your new identity is to become clear on the real purpose your goal.



Your underlying purpose will help you to unlock the hidden emotions and drivers that will make you want to become the person who achieves the goal. When it comes to feelings, there's no right or wrong answer to what exactly you should feel. The feeling simply needs to be strong. If you feel strongly about what you want, but you can't describe how you feel, that's OK. Words don't matter to the subconscious mind, it only pays attention to how you feel. If you are worried that the feelings that motivate you are negative emotions like anger, they too can be incredibly motivating at the start, especially when you're taking new actions and building momentum.

Powerful emotions move us!

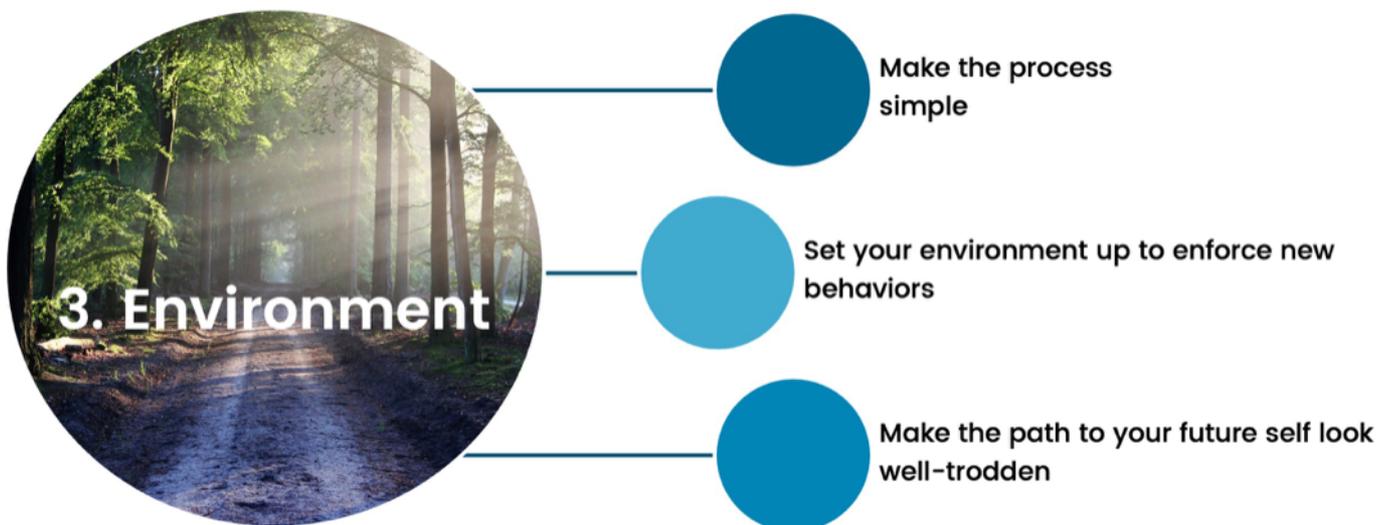
Whatever gets you moving is all that matters.

SELF SABOTAGE

The final aspect and the one most commonly overlooked is your environment – prepare your environment in a way that makes it easy to implement new behaviours.

Creating a user-friendly environment could include;

- Making the process simple.
- Make who you are becoming part of an existing routine.
- Setting your environment up to enforce the new behaviour.
- Associating with people who are already doing what you want to do.



I am committed to making the following three (3) changes to my environment to make it easier to achieve my goal.

1)

2)

3)

FUTURE READY BLUEPRINT

How you see yourself at a subconscious level plays an important role in your life.

Challenges and obstacles will always be there and the world is full of people who have either stepped into an alter ego or self-designed a new version of themselves to overcome their challenges and disarm their inner protective mechanisms.

“Identities are central to the way people make decisions, any change effort that violates someone’s identity is likely doomed to fail”

Chip & Dan Heath (Switch)

The power to fortify your future is within you. Instead of thinking about what could go wrong, start imagining who you could be, and which hidden characteristics and super powers you can activate to either help you avoid or bounce back from adversity.



“I pretended to be somebody I wanted to be until finally, I became that person. Or he became me.”



“It was in creating **Gaga** that I was able to create a superhero for myself”



Kobe Bryant adopted the nickname **Black Mamba** to separate his life on and off the court.



Beyoncé created **Sasha Fierce** to give herself the courage to be free and sexy while performing.



David Bowie re-emerged with **Ziggy Stardust**.

FUTURE READY BLUEPRINT

By designing a new version of yourself you are building a strong intention as to the person you want to be, and by reflecting on who you want to be regularly you begin to promote higher levels of self-belief, confidence and faith in your abilities.

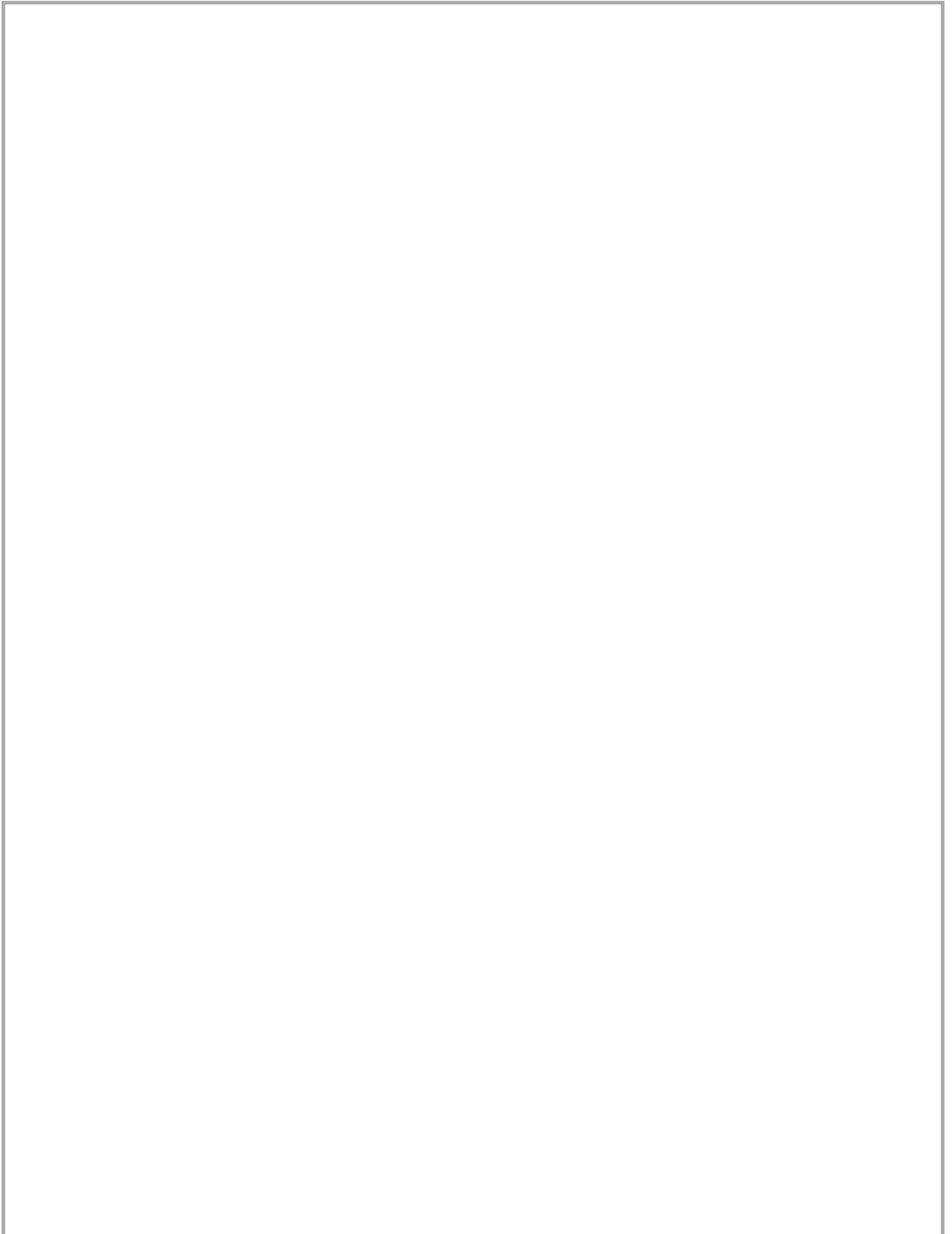
The most important step to fortify the future is to document and imagine how the new you will act, think, behave, speak, feel and perform. Then, when it's time for you to step into the new version of you, you'll intuitively know what to do.

In the space below design an identity of who you will be as you bring your goal to life.

1. What will you continue experiencing or experience more of, or what do you want to start experiencing?
2. How will you act? What will you continue doing, what do you want to do more of and what new behaviour will you have implemented?
3. What will you think, feel and believe? What beliefs do you want to hold on to, what new beliefs do you want to adopt that will serve you better and how will you feel?
4. Once you have completed your blueprint, rewrite or read it daily to affirm your desired character and to solidify the image in your subconscious mind.

I am...

FUTURE READY BLUEPRINT



MAKE IT REAL

Your 'Future Ready Blueprint' will only be effective if you use it! Your aim is to move this new image of yourself from being an idea in your conscious mind to an automatic an unconscious program in your subconscious mind. You can do this by:

1. Reading your Blueprint each morning.
2. Rewriting your Blueprint each morning and making adjustments as you need to.
3. Recording yourself reading your blueprint (with an emotive and convincing voice) and playing it back to yourself each morning.
4. All of the above.

As you begin to step into the updated version of yourself you will likely encounter roadblocks and obstacles both external and internal. Now is the best time to consider what may pop up and prepare contingencies to move past anything that stands in your way.

What obstacles will your 'Future Self' likely encounter?

What contingencies, actions or decisions can you proactively put in place now to prepare yourself to overcome the obstacles IF they arise?

Notes: