

PRACTICE
MASTERY

Worksheet



BlueChipMINDS

Notes:

“The human individual thus lives usually far within his limits, he possess powers of various sorts which he habitually fails to use. He energises below his maximum, and he behaves below his optimum in elementary faculty, in coordination, in power of inhibition and control. In every conceivable way his life is contracted,”

William James

RESPONSIBILITY

Responsibility is an incredible concept to understand. The original meaning stems from your ability to respond and in the mid 1600's the word took on an updated meaning of being accountable. Both connotations, when enacted in your life can have profound effects on your results.

The original meaning is linked to your level of mental complexity and self-awareness and how you use your mental and physical tools to approach what life throws at you, while the latter meaning hones in on whether you are claiming power over your life and results or giving your power away to people and circumstances. People who haven't taken responsibility for their life often find themselves in a mental prison. Mental anguish can take away a person's ability to self-author their life and may lead to burnout and other physical health problems.

Responsibility allows you to live a life by design, without it, you may feel confined to an impulsive or conformist level of mental complexity. True Masters and Self Authors are those who have accepted responsibility for every aspect of their life. They don't dodge responsibility by blaming someone else or circumstances, they embrace a growth mindset and find solutions to their problems. When faced with a challenging situation, they are usually aware they have had a part to play in the circumstance and they look for the lesson and make the necessary changes in their thoughts and actions. They continually take responsibility for whatever happens in their life every step of the way.

A person who refuses to take responsibility for their life ends up rejecting their uniqueness, they rarely unlock their potential and they turn their power over to other people and circumstances. By doing this, they lose control of their future and revert to hoping something good will happen. Self-awareness allows you to accept responsibility for creating your life and your results, it also plays an integral role in building greater confidence in your ability to achieve your goals and develop the skills and practices to carry out your plans.

RESPONSIBILITY

Reflect on the seven key areas of your life, and the results you are currently experiencing and describe whether you have taken 100% responsibility for your results, or whether at times you have handed over your responsibility or power to other people (family, coach, partner, doctor, farmer), organisations (place of work, government, grocery store, social media groups) or situations (economy, weather, employment status).

Note: If you have completed the "Chalice of Opportunity" module as part of this program,

use the completed Chalice activity to help you reflect on your current results.

FAMILY & PARTNER

Who or what are impacting the level of fulfilment you experience in your family and/or partner relationships? What actions will you take to reclaim 100% responsibility for your results?

SOCIAL NETWORKS (People in my life other than family)

Who or what are impacting the level of fulfilment you experience in your social networks? What actions will you take to reclaim 100% responsibility for your results?

RESPONSIBILITY

Money & Finance

Who or what are impacting the level of fulfilment you experience in your financial results?
What actions will you take to reclaim 100% responsibility for your results?

BUSINESS and/or CAREER

Who or what are impacting the level of fulfilment you experience in your business and/or career? What actions will you take to reclaim 100% responsibility for your results?

RESPONSIBILITY

LEISURE & COMMUNITY

Who or what are impacting the level of fulfilment you experience in your leisure & community activities? What actions will you take to reclaim 100% responsibility for your results?

PERSONAL GROWTH

Who or what are impacting the level of fulfilment you experience in your personal growth endeavours? What actions will you take to reclaim 100% responsibility for your results?

RESPONSIBILITY

WELLBEING

PHYSICAL WELLBEING

Who or what are impacting your physical wellbeing? What actions will you take to reclaim 100% responsibility for your results?

MENTAL WELLBEING

Who or what are impacting your mental wellbeing? What actions will you take to reclaim 100% responsibility for your results?

EMOTIONAL WELLBEING

Who or what are impacting your emotional wellbeing? What actions will you take to reclaim 100% responsibility for your results?

SPIRITUAL WELLBEING

Who or what are impacting your spiritual wellbeing? What actions will you take to reclaim 100% responsibility for your results?

RESPONSIBILITY

Your challenge is to take full responsibility for the results you are creating in this program, and your life by creating supportive practices, habits and rituals to bring your goal to life and eventually to build basic self-reliance so you are not a burden on society and have the ability to help others reach their goals.

The three actions I am committed to taking RIGHT NOW to reclaim 100% responsibility for my results across all areas of my life are:

1)

2)

3)

CREATING PRODUCTIVE PRACTICES

Do something today that your future self will thank you for!

Your life is made up of a sequence unconscious and automatic routines performed each day. These automatic behaviours are triggered in response to your external environment. Your subconscious mind is constantly scanning your environment for information then runs the stored behavioural program or emotional reaction. This explains why your usual routine feels awkward in a new or different environment.

If you don't become aware of your unconscious routines and take responsibility to adjust the practices that no longer serve you, you won't Master your life and your past experiences and the outside world will master you.

The process of mastery requires that you progressively layer improvements on top of one another, each habit building upon the last until a new level of performance has been reached and a higher range of skills have become automatic.

Most of us expect progress to be linear. We hope it will come quickly. In reality, the results of our efforts are often delayed.

A Master knows that it can take months or years before they realise the true value of the work they have done.

If you are not aware of this delayed gratification it can lead to disappointment and discouragement, especially if you have put in weeks, months or even years of effort without experiencing visible results.

A master knows that their work is never wasted. It is simply being stored. They know that the true value of their efforts will be revealed later. In essence, they are doing something today that their future self will thank them for.

When it comes to goals and developing the skills required to get there. A Master looks at the task at hand, and instead of trying to get it done quickly, they reflect on how they could complete the task in the most effective way. When completing the task, instead of doing it unconsciously, rushing or forcing themselves to do it, they notice all the moves; they take care to do each element of a task well. A Master understands that forming habits is slow and tedious at first, however when an effective way of doing something becomes automatic, their more considered approach ends up being both efficient, effective and the process becomes autotelic.

CREATING PRODUCTIVE PRACTICES

Using the three actions you committed to doing in the activity on page 7. What habits, practices or rituals do you need to create to bring your commitments to life?

The practices, habits and/or rituals I will create to ensure my 3 commitments to myself become a way of life are...

CREATING PRODUCTIVE PRACTICES

There are effective ways of forming habits and creating practices and rituals that lead to improved routines that eventually lead to the realisation of your goal. James Clear in his book 'Atomic Habits', suggests four techniques you can adopt to effectively form the habits and practices that will help you to honour your commitments and achieve your goals.

James' first suggestion is to make the new practice **Obvious**, you can do this by designing your environment to make the cues of good practices obvious and visible.

His second suggestion is to make your new habit **Attractive**, he recommends pairing what you want to do with something you need to do. He also suggests that you hang out where your desired behaviour is normal.

His third suggestion is to make the new practice **Easy**. His top recommendation here is to master the decisive moment. These are the moments when you are faced with a choice. Productive and healthy choices made at decisive moments are like a fork in the road, and these choices stack up throughout the day and can ultimately lead to very different outcomes. Another way to make it easy on yourself in the beginning is to decrease the number of steps between you and your new practice and invest in technology that helps lock in future behaviour.

His fourth suggestion is to make your new practice **Satisfying**. Give yourself an immediate positive reward when you complete your habit, this could be as simple as keeping track of your habits and not breaking a streak. If you happen to forget to do the new practice, make sure you get back on track immediately.

Adopting the identity of being the person who ALREADY practices the desired behaviour, habit or ritual and becoming emotionally involved with the benefits will provide momentum and inspiration to 'do the thing'.

e.g. If you want to meditate. Start calling yourself a meditator, If you want to write a book, start identifying as a writer. If you want to save money, identify as someone who is good with money. If you want to earn more money, begin to identify as someone who earns the income you want to earn. (refer to the 'Fortify the Future' module to fine tune your identity)

Notes:

CREATING PRODUCTIVE PRACTICES

Select one of your commitments from the previous activity and use James Clear's four habit forming principles to create an implementation plan to help bring your commitment to life.

I will make the new behaviour **OBVIOUS** by...

I will make the new behaviour **EASY** by...

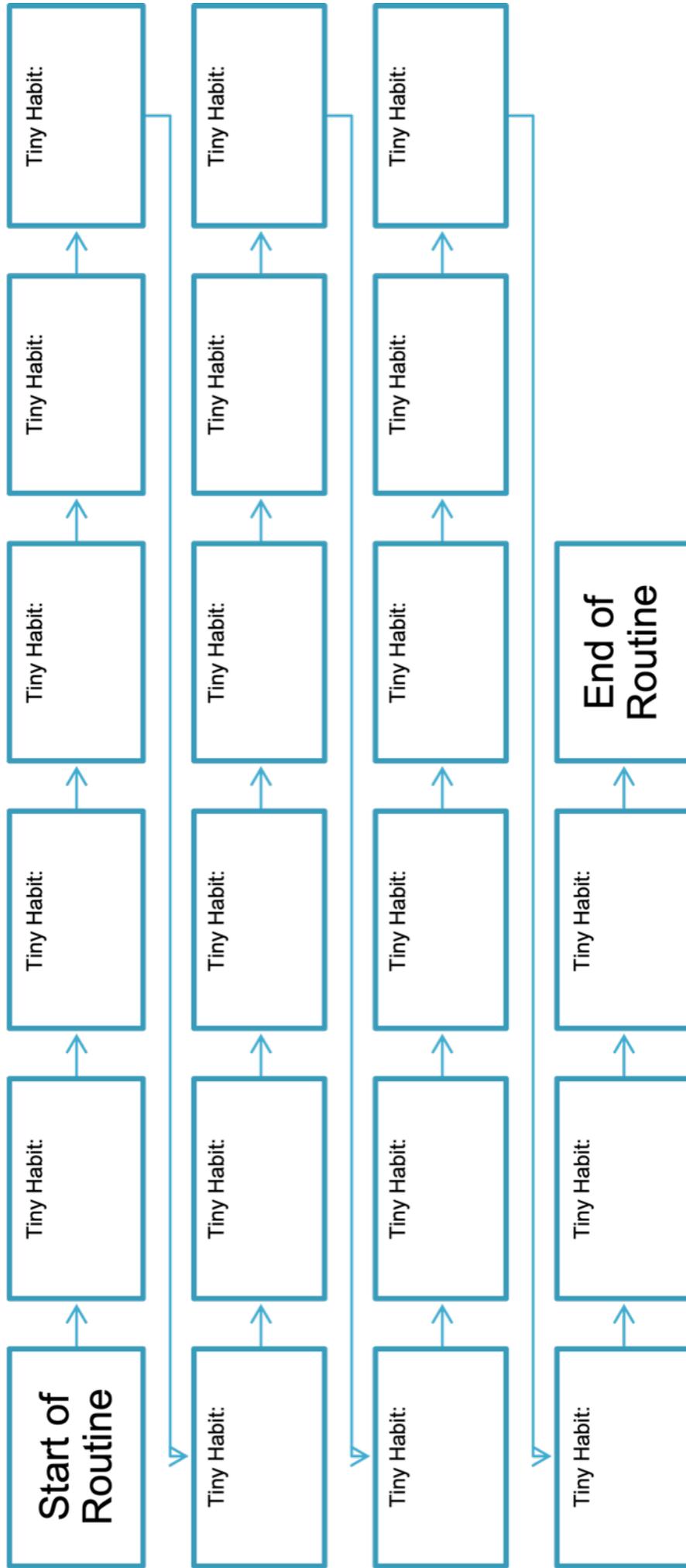
I will make the new behaviour **ATTRACTIVE** by...

I will make the new behaviour **SATISFYING** by...

ROUTINE MAP

Use this template to map out your routines to discover where it is obvious and easy to slot in a new habit.

Note: Your routines may be longer or shorter than the spaces provided, be encouraged to adapt the template to suit you.



HABIT STREAK TRACKER

According to a study published in the Journal of Social Psychology it takes anywhere between 18 and 254 days to create a new habit. The average being 66 days. Print this tracker and put it somewhere you can see it each day and then mark/tick off each day you act on your commitment.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36
DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48
DAY 49	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54
DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
DAY 61	DAY 62	DAY 63	DAY 64	DAY 65	DAY 66

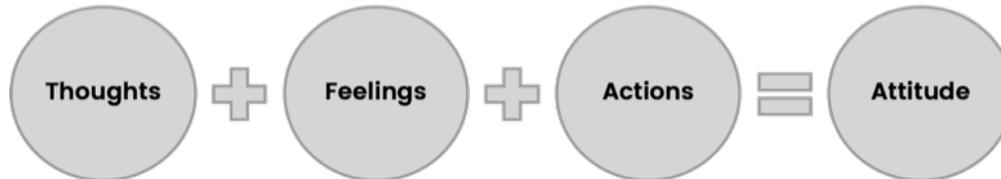
THE ATTITUDE OF A TRUE MASTER

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

Bruce Lee

We all want great results in our work, our relationships and life. A person who is Mastering their life understands that the most important single factor that guarantees great results, day in day out is - to maintain a healthy positive attitude.

Attitude is your thoughts and feelings when combined and expressed in your action. In essence, it is the vibration you are in, the invisible message you send out to the world. Your vibe will either have a negative or positive effect on others and, according to a study in the British Medical Journal, your attitude, good or bad can be highly contagious.



Your attitude becomes your unique vibrational signature. A Master knows that when they have a cheerful, expectant attitude, they are showing everyone with whom they meet that they expect the best in their dealings. They know that their attitude is something they are responsible for creating. They establish daily practices that determines their attitude for the day. They understand that the people in their life will reflect back to them the attitude they choose in any given moment.

“You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you”

Brian Tracy

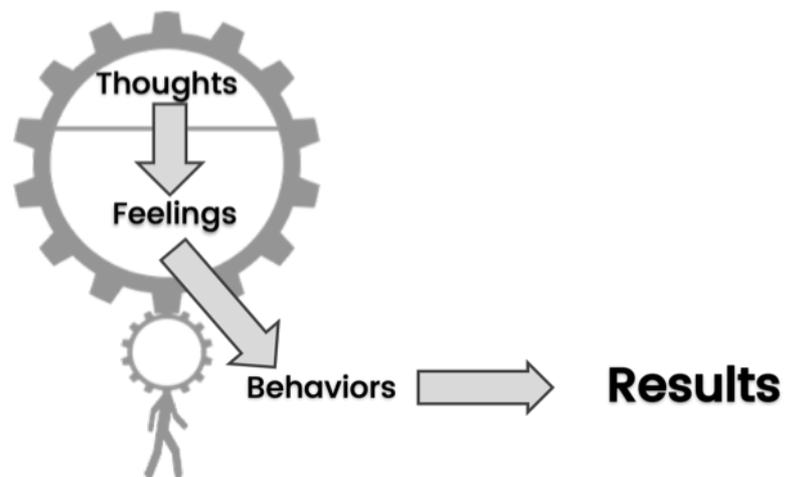
Your attitude toward life determines life's attitude toward you. As soon as you begin to change your thoughts feelings and actions, your results will change. A great attitude leads to great results. A poor or negative attitude leads to unwanted and often frustrating results. Mastery requires a great attitude. People with great attitudes will naturally do what needs to be done to reach their goals and they tend to gravitate to each other and to the top of their chosen field of endeavour. Masters don't wait until they reach their goal to have a great attitude, they achieve Mastery largely because of their great attitude.

THE ATTITUDE OF A TRUE MASTER

Practicing mastery is more than creating habits. A person who practices mastery has an understanding of how their thoughts, feelings and behaviours ultimately lead to their results.

A Master knows how to create productive habits and they possess a Mastery Mindset of simply being better today than they were yesterday. They understand that Mastery is obtained through study and honing a skill and ongoing learning becomes a way of approaching life.

Your challenge as you move through life and towards your goal is to practice self care by mastering your thoughts, paying attention to your feelings and creating daily practices that allow you to show up ready to deal with what life throws at you. As you master yourself, you create the ability to care for others and your community.



A person who is mastering their life is self-aware and has developed a high level of mental complexity. They form the habit of reflecting on their results and taking repetitive and inspired action to adjust what no longer serves them. They understand that Mastery is not glamorous, it's hard at the start when there is learning and unlearning to do, they push through boredom by embracing the plateaus of skill acquisition and they treat mastery as a lifelong pursuit that never ends.

A person with a mastery mindset understands that skill acquisition isn't about the results they achieve or the recognition, instead they see Mastery, as a self-designed path they follow that ensures their life is rich with ongoing learning, passionate and patient daily practice, pushing their self-imposed limits and creating opportunities to discover their potential.

A person with a mastery mindset persists and their only competition is themselves. Their understanding of the human condition gives them good reason not to compare their progress with those on a similar path. They find joy in creating behaviors that will serve them for the rest of their life and they have learned to shake off the burden of seeing each step as a necessary and tedious discipline. Instead they see every step as an optional dance move in life's conga line, moves that spark inspiration, giving them access to Flow, building confidence, and a near effortless realisation of their goals.

ATTITUDE ADJUSTER

In the context of the new behaviours you are committed to implementing. Describe a situation that is not going well for you in relation to your goal.

THE SITUATION

What **thoughts** have you had about the situation and how long have you been having these

What **feelings** are you experiencing in relation to the situation?

What **actions** have you been taking / or not taking in relation to the situation?

ATTITUDE ADJUSTER

Is the situation controlling your thoughts, feelings and actions? (explain)

What would you do if a good friend or associate had a situation controlling them? What would you advise them to do?

A true Master is responsible for their thinking about situations and they don't allow situations to control them. What Mastery traits or Mastery Mindset will you adopt to shift the situation?

ATTITUDE ADJUSTER

When you think about what you truly desire to experience in this situation, what do you feel?

What immediate action will you take to master the situation?

How would you describe your new attitude and feelings towards the situation?

Notes: