

Jökulá

Procrastination & Identity Shifting





A Small Shift



A Bigger Shift at Odds With Each Other



Or A Transformational Identity Shift

The Problems With

Identity Shifting



Old Identities Don't Like To Die





Identities Have Embedded Habits and Ways of Being



We Want To Feel Normal



And We Want To Feel Safe In Our Known World

Identity Shifts can shock us or we can feel loss



We Can FEEL like an Imposter!



How do you know you need
to have an Identity Shift?

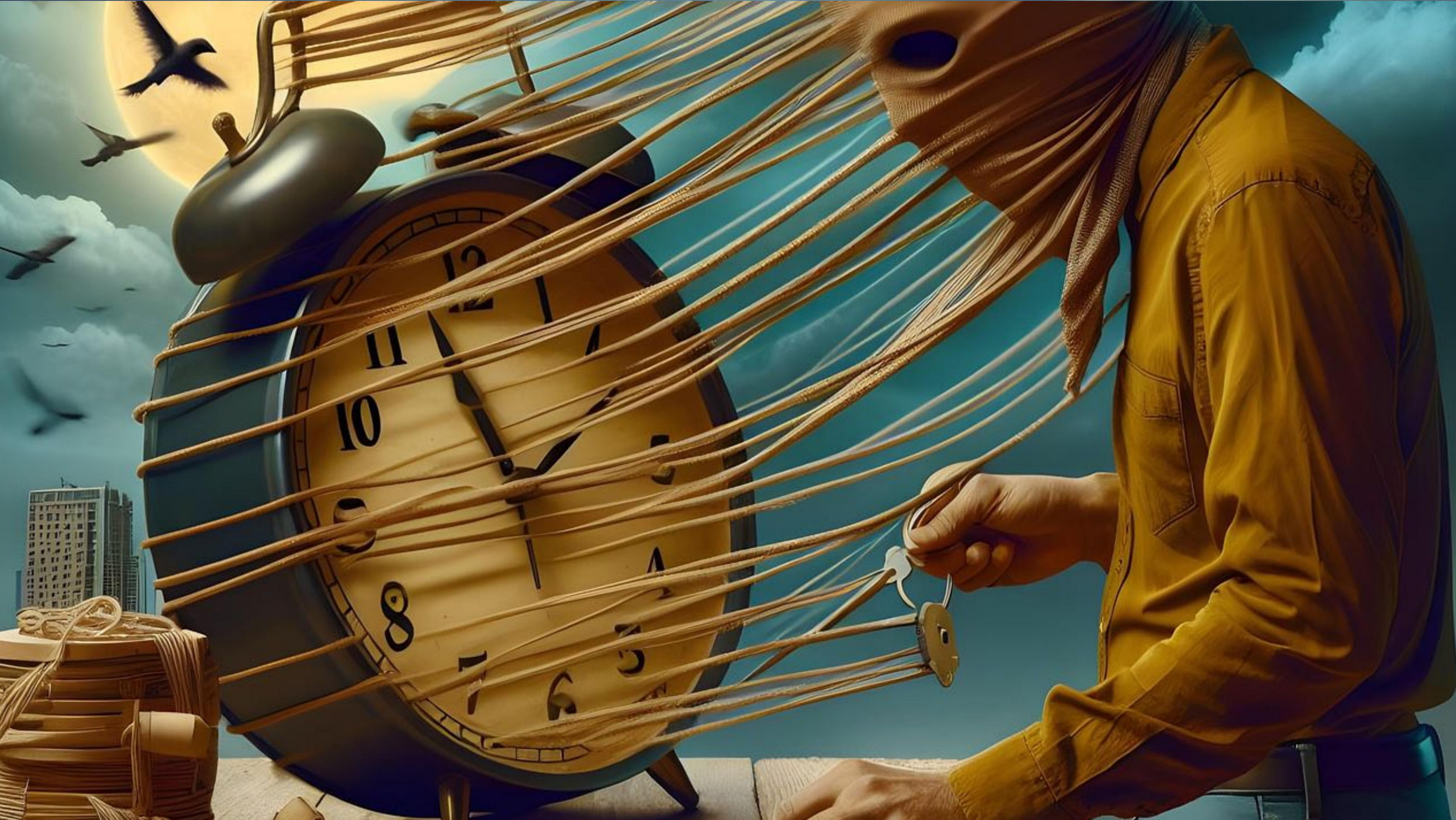






HIPPIC











FARE
£2.00
ALL PERSONS
MUST PAY
NO EXCEPTIONS
SAFETY NOTICE
CHILDREN MUST
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WHEN GETTING
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CAUTION
BY THE RIDE OPERATOR

How do you change
an identity?

Identity/Shifting

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Identity/Shifting

1. Doing something, practicing something, 10,000 hours

2.

3.

4.

5.

6.

7.

8.



1. Doing something, practicing something, 10,000 hours.



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Identity/Shifting

1. Doing something, practicing something, 10,000 hours
2. Stopping or denying something
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



2. Stopping or denying something



2. Stopping or denying something



Identity/Shifting

1. Doing something, practicing something, 10,000 hours
2. Stopping or denying something
3. Clearing / Surrounding yourself with the new identity
- 4.
- 5.
- 6.
- 7.
- 8.



3. Clearing / Surrounding yourself with the new identity



Identity/Shifting

1. Doing something, practicing something, 10,000 hours
2. Stopping or denying something
3. Clearing / Surrounding yourself with the new identity
4. Imagining, Dreaming & Feeling
- 5.
- 6.
- 7.
- 8.



4. Imagining, Dreaming & Feeling



4. Imagining, Dreaming & Feeling



4. Imagining, Dreaming & Feeling



Identity/Shifting

1. Doing something, practicing something, 10,000 hours
2. Stopping or denying something
3. Clearing / Surrounding yourself with the new identity
4. Imagining, Dreaming & Feeling
5. Spotting and breaking out (or expanding) the Box
- 6.
- 7.
- 8.



Spotting And Breaking Out (Or Expanding) The Box



Spotting And Breaking Out (Or Expanding) The Box



Spotting And Breaking Out (Or Expanding) The Box



Spotting And Breaking Out (Or Expanding) The Box







Spotting And Breaking Out (Or Expanding) The Box







Spotting And Breaking Out (Or Expanding) The Box

What is the box I want to move into?



Spotting And Breaking Out (Or Expanding) The Box

What is the box I want to move into?

What three things come to my mind when I think about x ?





Spotting And Breaking Out (Or Expanding) The Box

What is the box I want to move into?

What three things come to my mind when I think about x?

Is that true?



Spotting And Breaking Out (Or Expanding) The Box

What is the box I want to move into?

What three things come to my mind when I think about x?

Is that true?

Could I be a different version of that? (If Required)



Conscious Questions

**If I was going to be a different version of X,
what would that look like?**



What old Box are you
moving out of?

What new Box are
you moving into?

Identity/Shifting

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4. Imagining, Dreaming & Feeling
5. Spotting and breaking out (or expanding) the Box
6. The Name Game
- 7.
- 8.



The Name Game

The Dream

I live in a tidy, calm space where I can find everything and there is order. Being neat and organised comes easily to me. Everything has its place and is in its place.

I have lots of time and space for myself, feeling vital, calm and at peace

The Name Game

OLD NAME

The Dream

NEW NAME

I live in a tidy, calm space where I can find everything and there is order. Being neat and organised comes easily to me. Everything has its place and is in its place.

I have lots of time and space for myself, feeling vital, calm and at peace

The Name Game

OLD NAME

Stressed Nick

He leaves everything around. Is too busy.

He has no boundaries, no time, is disorganised, and can be persuaded by anyone to do anything.

The Dream

I live in a tidy, calm space where I can find everything and there is order. Being neat and organised comes easily to me. Everything has its place and is in its place.

I have lots of time and space for myself, feeling vital, calm and at peace

NEW NAME

The Name Game

OLD NAME

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The Dream

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I have lots of time and space for myself, feeling vital, calm and at peace

NEW NAME

Peaceful Nick

He puts away things after he's used them. He only says yes to something after reflecting.

He values the peace and the mind space tidiness creates.

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7. Conscious Questions
- 8.



Conscious Questions

The Entirely Possible Stack



Conscious Questions

The Entirely Possible Stack

Why is it entirely possible that...?



Conscious Questions

The Entirely Possible Stack

Why is it entirely possible that...?

Why am I grateful for that...?



Conscious Questions

The Entirely Possible Stack

Why is it entirely possible that...?

Why am I grateful for that...?

How do I celebrate that...?



Conscious Questions

The Entirely Possible Stack

Why is it entirely possible that...?

Why am I grateful for that...?

How do I celebrate that...?

And what would my first step be on that journey?



Conscious Questions



Conscious Questions

Why is it important to remember that I am constantly evolving and changing? Who will I be next?



Conscious Questions

Why is it important to remember that I am constantly evolving and changing? Who will I be next?

Why is it important to remember that my identity is only fixed if I choose to see it as fixed?



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Conscious Questions

Why is it important to remember that I am constantly evolving and changing? Who will I be next?

Why is it important to remember that my identity is only fixed if I choose to see it as fixed?

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Could I ever have imagined I could have done so much?

What is the best way to stretch into this new phase?



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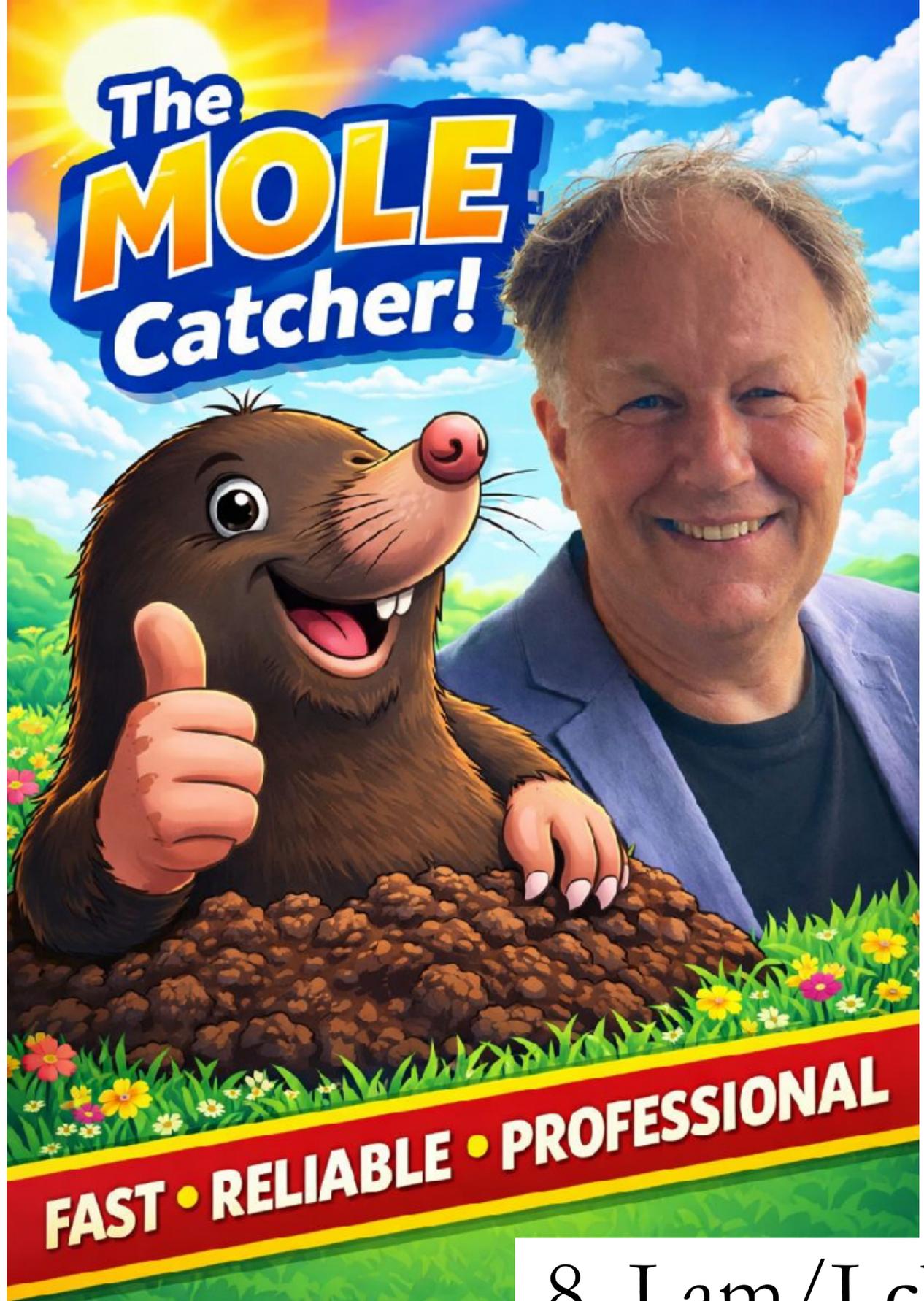
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7. Conscious Questions
8. I am/I choose

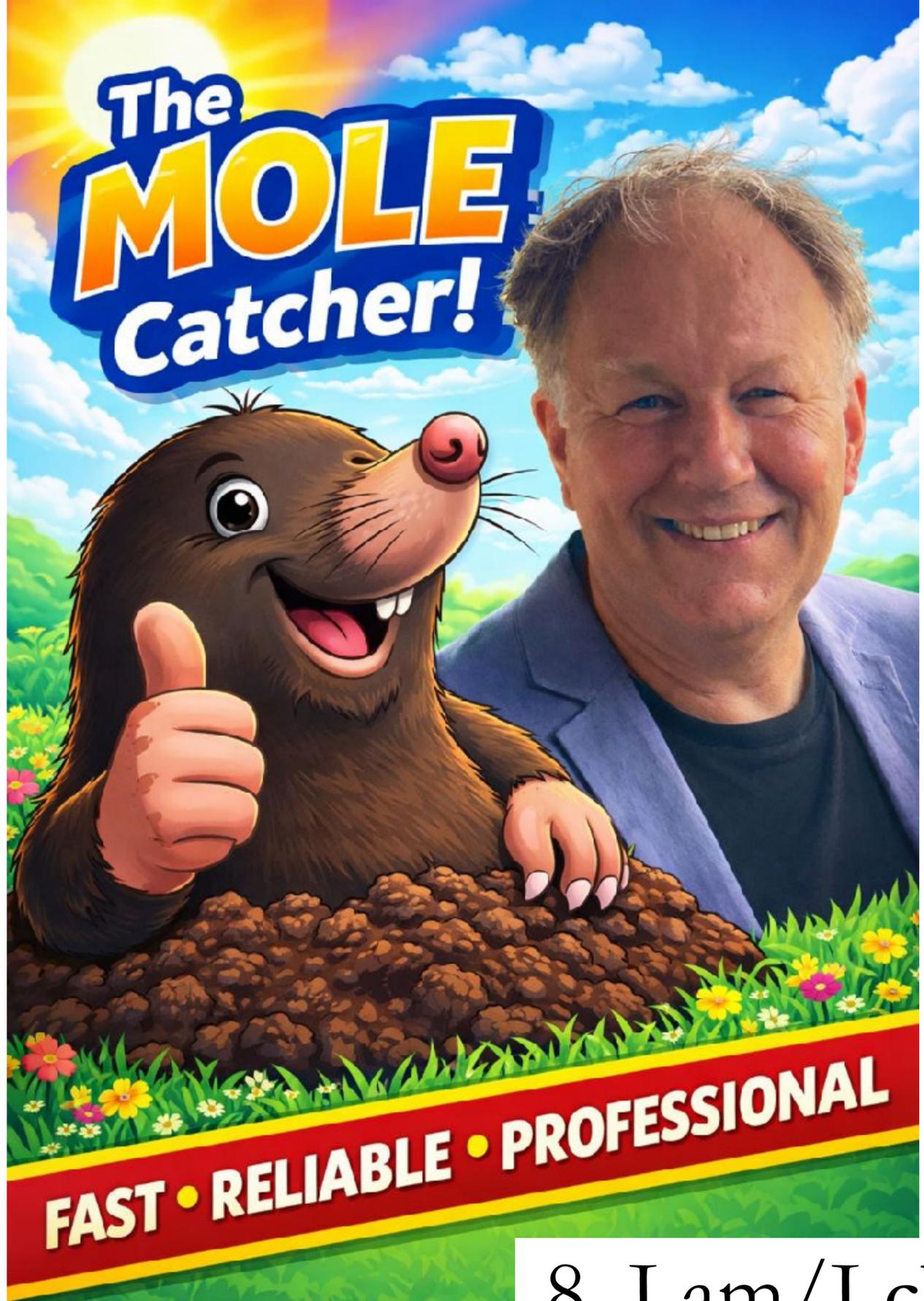


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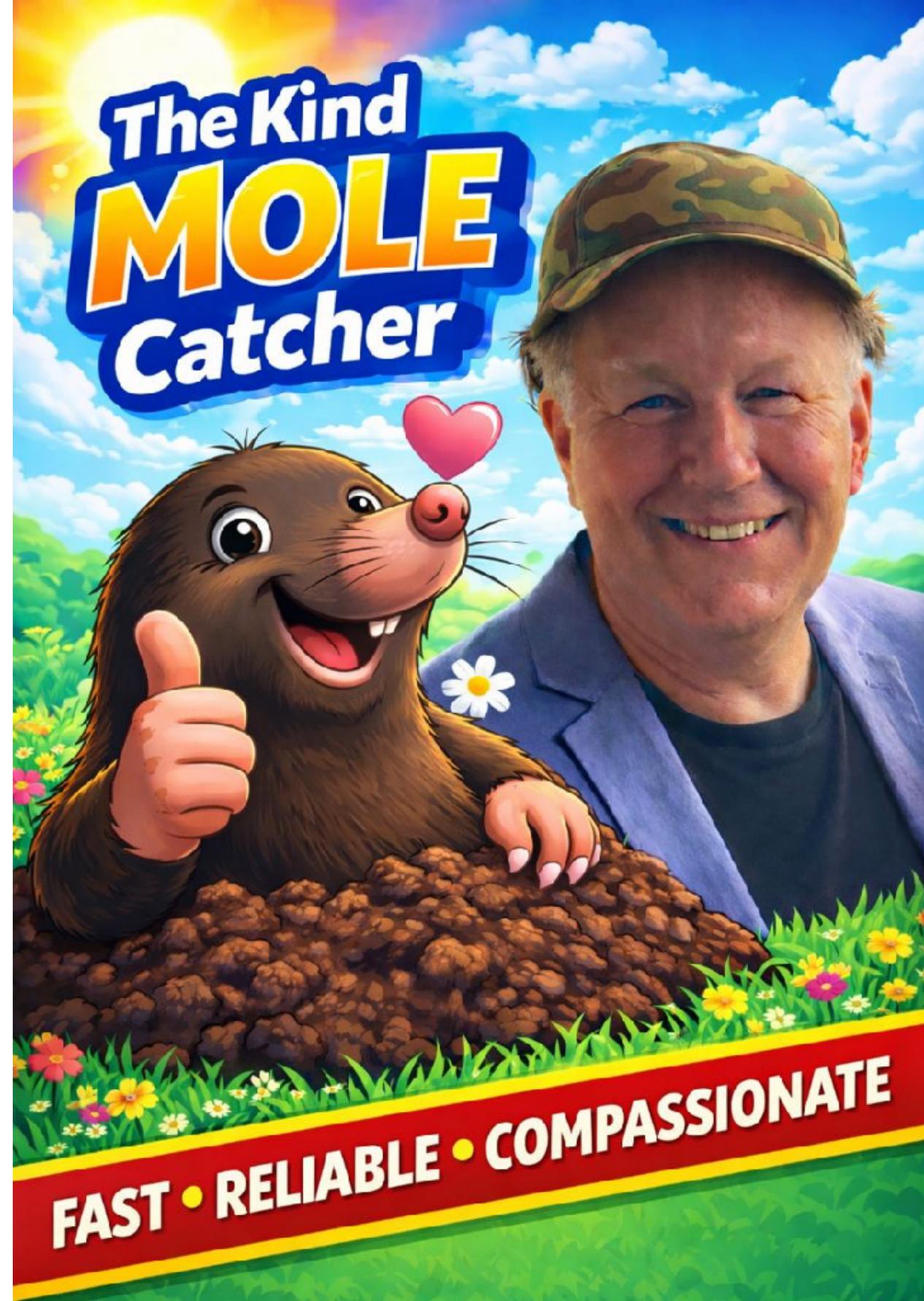




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Procrastination



Procrastination

Identity Shifting



fiveinstitute.com/events/

The Five Day Mindset Makeover

Take control of your
thoughts and feelings, so
they're not in control of you

Shift Your Money Mindset & Expand Your Dreams

THE MONEY BOX GAME



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THIS IS YOUR TIME TO RISE WITH
INNER PEACE AND POWER.

The Art & Energy of Becoming...

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