

*Become a Champion
Own the Value of Your Uniqueness*



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01 The Dance of Growth

As we pursue our best lives, we often face difficult periods of frustration and anxiety, and even a sense of hopelessness, as we struggle between the life we have and the life we strive for. But instead of letting these challenges defeat us, we can transform them by embracing the dance that flows between what we do today and the future we are creating.



The Dance of Growth consists of an interplay of many dances. Each dance is part of the journey to find the value of your uniqueness.

This dance is between our daily activity and our unconscious mind, and is a process that seeks to make good life choices and decisions.

The book, Before You Know It by John Barge (see “References”) puts science behind the concept of intuition. Here are some quotes:

“Your unconscious knows what your important goals are by how much you think about them consciously and how much time and effort you put into them.” (Barge, p238)

“Behind the scenes, your mind is working on your future, constantly.” (Barge, p 238)



Therefore, the process to create ideas and insights is already running all the time. And there is also a relationship between daily activities and our unconscious mind.

On one side, as we do our daily activities, the unconscious is noticing material to come up with ideas and insights.

On the other side, this doubles back, and our daily action is impacted by those ideas and insights.

So, we get new ideas and insights, creating new actions, which then creates new ideas and insights

The process creates a dance that goes round-and-round in a constantly evolving feedback loop.

02 *Giving My Unconscious Homework*

Making good decisions and wise life choices is one of the most powerful tools we have for reaching our dreams. For me, the single most important daily habit for achieving my goals is to give my unconscious homework.

Here are my ground rules:

Initial preparation with a set of affirmations is a good idea.

1. Find a Quiet Space.

Create a time and place where you can cultivate a peaceful, quiet mind. Slow brainwaves—like the Alpha and Theta waves you experience just before falling asleep—make your mind more receptive to insight and intuition.

2. Feel the Future You're Creating.

Imagine the future you want to build. Feel it. Own it. Let yourself fully experience the life you are moving toward.

3. Be Curious and Ask.

Ask questions like:

- What is my next step?
- What is a solution to this challenge?
- Show me the way.

Focus on one specific question at a time for best results.

4. Invite and Listen for Answers.

Sit quietly and listen. Often, ideas and insights will bubble up naturally in this peaceful state.

Many people find that answers come when they are doing something completely unrelated—like walking, cooking, or driving. Stay open for insights throughout your day. You might be surprised when and where inspiration strikes.

5. Take Action. Noting that as we do our daily activities, the unconscious is noticing material to come up with ideas and insights.



This is a process to help you move from a narrow focus of daily struggles and anxiety to a more open space where we seek choice and opportunities. And the answers will be unique to you, whilst contributing to finding the value for your uniqueness.

03 *Want to Dive Deeper?*

If today's ideas resonated with you, I host small group session where we explore these principles in more depth — and apply them to your life.

Spots are limited, and you can reserve your place here:

<https://calendly.com/carl-61i/carl>

Pursuing the Dance of Growth whilst taking ownership of the value or your uniqueness.



04 Reading & References

RECOMMENDED READING

The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams (1998) by Debbie Ford

The Silva Mind Control Method (1977) by José Silva

The HeartMath Solution (1999) by Doc Childre and Howard Martin

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