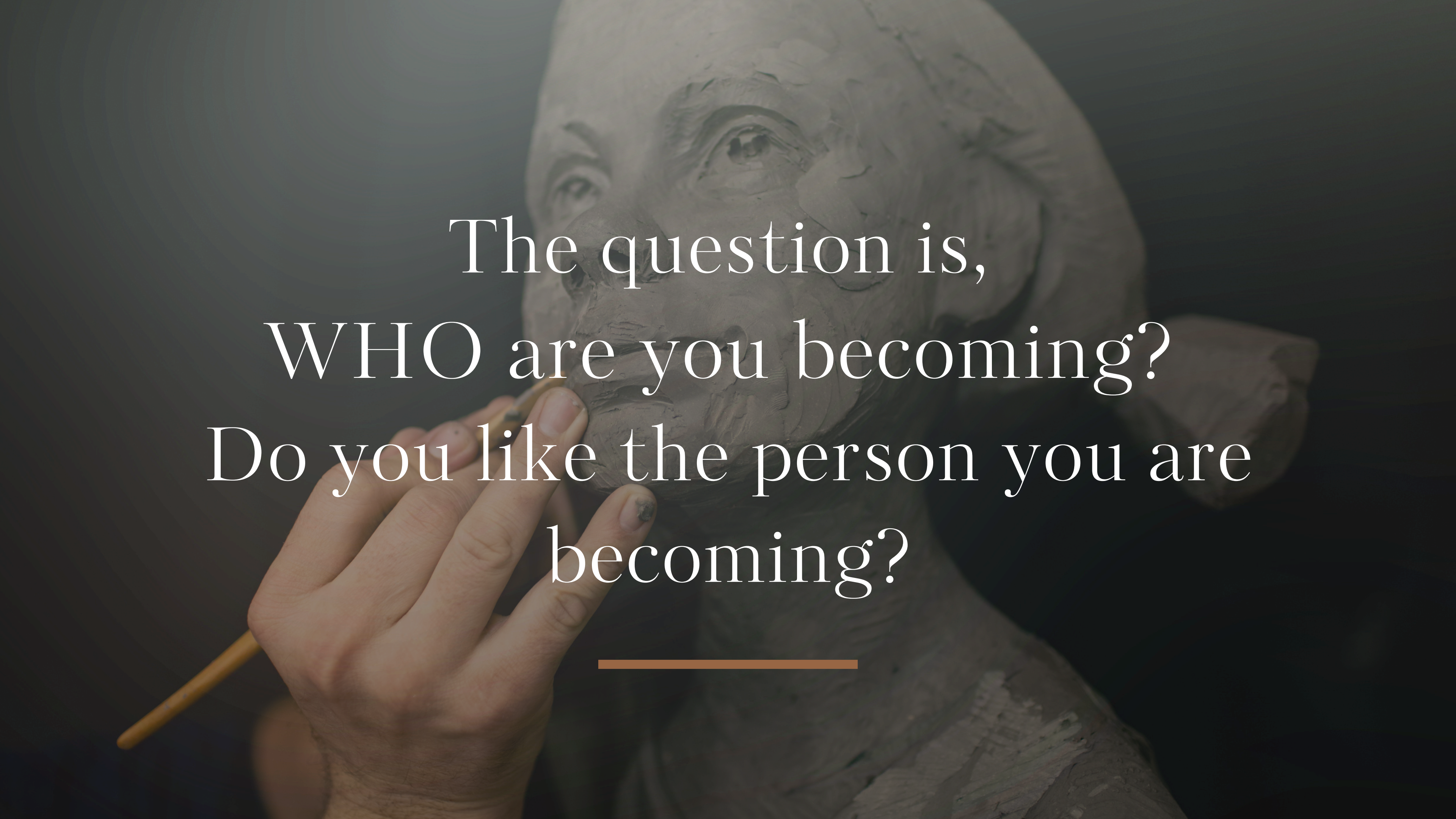




The Art of

BECOMING

We are always changing and in
the process of becoming. Each
action or inaction contributes to
our becoming.

A close-up photograph of a hand using a wooden sculpting tool to shape a clay bust of a person's face. The clay is a light brown color, and the hand is positioned on the left side of the frame, with the tool touching the nose area. The background is dark and out of focus.

The question is,
WHO are you becoming?
Do you like the person you are
becoming?

A grayscale photograph of chess pieces on a board, with a king and pawn in sharp focus in the center and other pieces blurred in the background.

START WITH THE END IN MIND

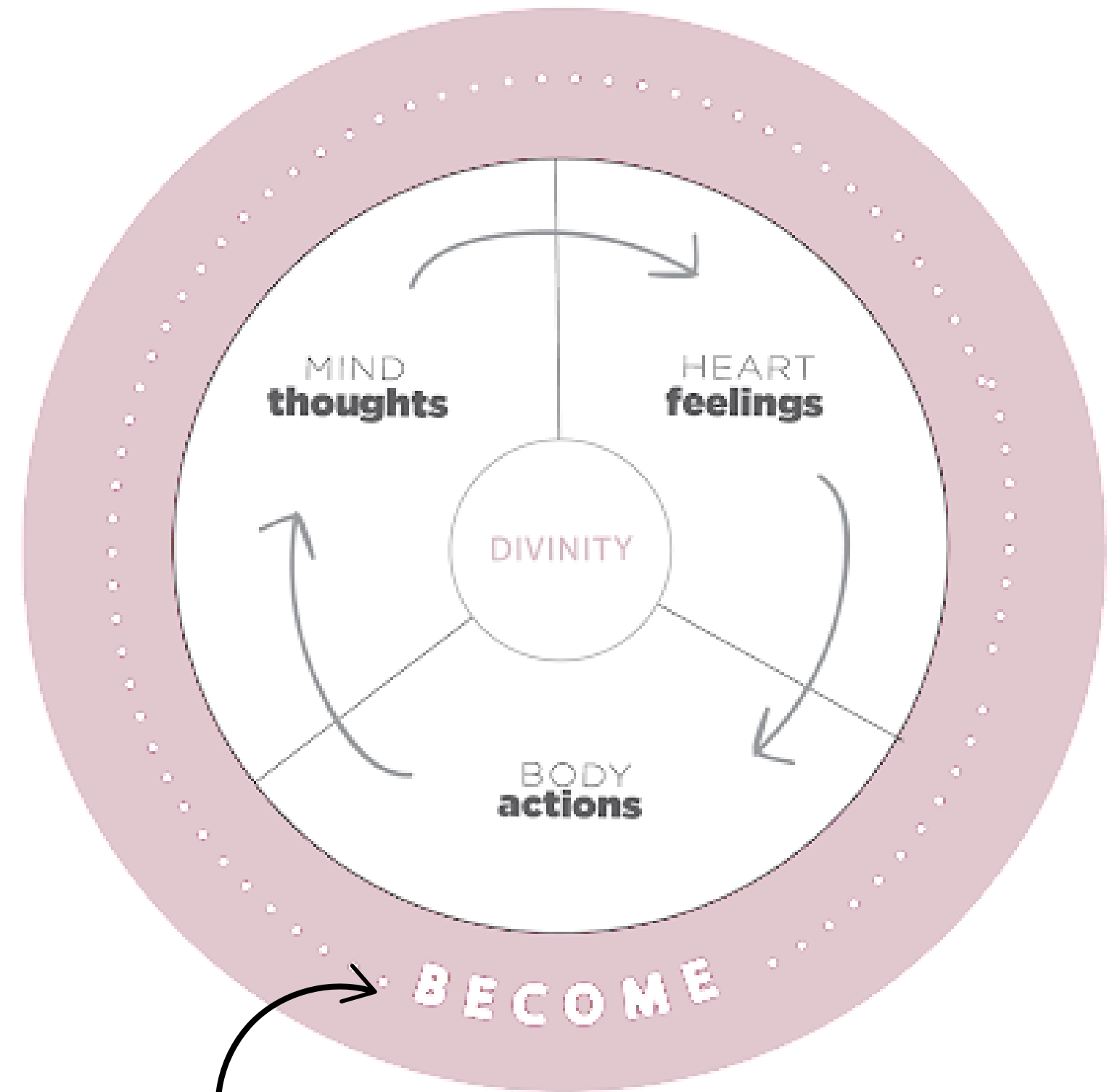
POSITIONING



THE STORY OF THE STATUE OF DAVID

Who am I becoming?

I am becoming a disciple of Jesus Christ
I am becoming a steward of my body/health
I am becoming aware of my relationship with myself by taking responsibility for my actions
I am becoming a lifelong learner
I am becoming a better version of me
I am becoming aware of my options
I am striving for my dreams and goals



As we work backwards we'll deep dive into our wisdom centers to unpack how they contribute to our becoming.



THOUGHTS

BECOMING

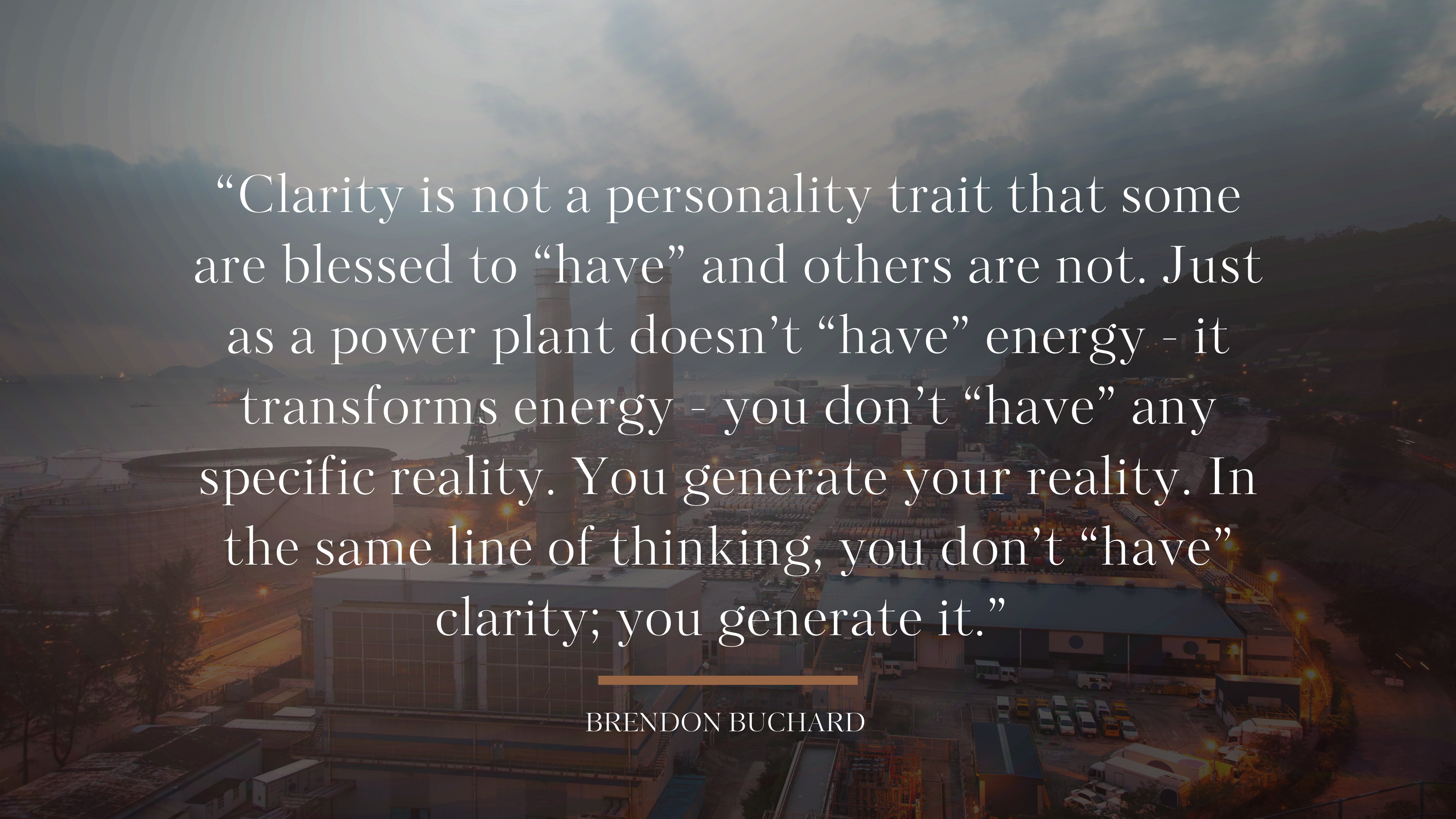
Starting with the End in Mind

Let's start with our Identity, we build our identity through our beliefs and beliefs are the thoughts we tell ourselves over and over.

Let's start by gaining clarity on *WHO* it is we desire to become.

"That's the thing about beliefs, ultimately it's up to you to choose what you believe. I could tell you what to believe, of course. That would be easy. But then they would be my beliefs, not yours."

Melanie Cellier, Author

An aerial photograph of a large industrial facility, likely a power plant, taken at dusk or dawn. The scene is dimly lit, with the sky showing soft, hazy light. Several tall, dark smokestacks rise from the complex. In the foreground and middle ground, there are various industrial buildings, including a large one with a blue roof. A parking lot filled with many cars is visible in the lower right. The overall atmosphere is quiet and industrial.

“Clarity is not a personality trait that some are blessed to “have” and others are not. Just as a power plant doesn’t “have” energy - it transforms energy - you don’t “have” any specific reality. You generate your reality. In the same line of thinking, you don’t “have” clarity; you generate it.”

BRENDON BUCHARD




MASTER YOUR FOCUS

A PRACTICAL GUIDE TO STOP CHASING THE NEXT THING AND
FOCUS ON WHAT MATTERS UNTIL IT'S DONE

THIBAUT MEURISSE

Questions to ask myself..

- What do I really, really want?
- If you were to be totally honest with yourself, what would you start doing now? What would you stop doing?
- If you were guaranteed to succeed in everything you do, where would you want to be in 3 years?
- If you could spend your day exactly the way you wanted to, what would you be doing from morning to night? What would your ideal day consist of?
- When you are the happiest at work, what are you doing?
- What do you find so easy to do you genuinely wonder why others struggle to do the same thing?
- What did you enjoy doing when you were a kid?
- Who do you envy and why?
- If you had all the time and money in the world, what would you do?
- What is your gift and how do you want to share it?



“When something is
important to you, it becomes
part of who you are and
what you do every day.”



FEELINGS

— BECOMING

A close-up photograph of a chess game in progress. A hand is moving a clear glass king piece from its original position to a new square. The king piece is being moved over another king piece, which is already on the board. The chessboard is made of alternating light and dark squares. In the background, other chess pieces are visible, including a pawn and a knight. The lighting is warm and focused on the pieces being moved.

If you wanted to take
down your enemy, what
would you do?



What is holding you back?



We can make unfamiliar things familiar to us so we can move forward through fear



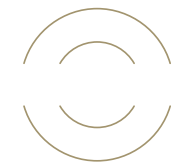
Your thoughts about who you are becoming are creating who you are becoming

A background image showing a close-up of a hand moving a glass chess king piece on a chessboard. The scene is dimly lit, with warm, golden light reflecting off the glass and the board. The word 'FEAR' is overlaid in large, white, serif capital letters.

FEAR



Confidence
is faith and love



Humility
is curiosity and learning

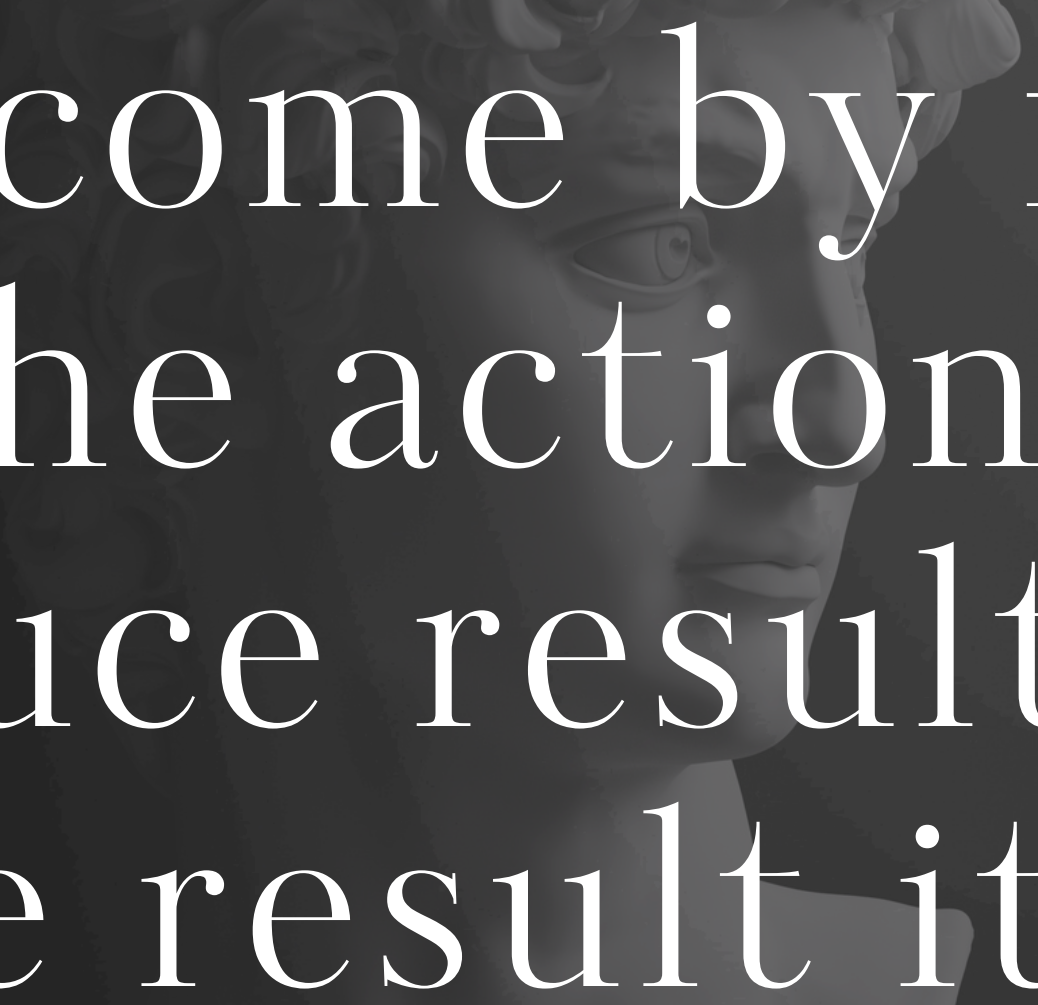


CONFIDENT
HUMILITY



ACTIONS

BECOMING



We become by focusing
on the actions that
produce results - not
the result itself.

What do our actions tell us?

“Every action you take is a vote for the person you want to become.”

“The difference between who you are and who you want to be is what you do.”

“Your habits are either working for you or against you; choose wisely.”

“Your habits are a reflection of your identity.”



Habits



Routines



DIVINITY

— BECOMING

What TRUTH tells us



We are here to learn and make mistakes. We are here to 'change' and become a better version. It is a process. We are all at different stages and there is something to learn from every situation.

F E A R

V S .

C O N F I D E N T H U M I L I T Y

What are my
limiting beliefs?





What are my
limiting beliefs?

I'm stuck.

Nothing is changing.

I'm not getting better and
everyone else is.

Growth is
not always
obvious





What are my
limiting beliefs?

This is a waste of my time

It's never going to
change

I'm not getting through

Sometimes
you have to
breakdown to
breakthrough





What are my
limiting beliefs?

I don't know what to do

This is destroying me

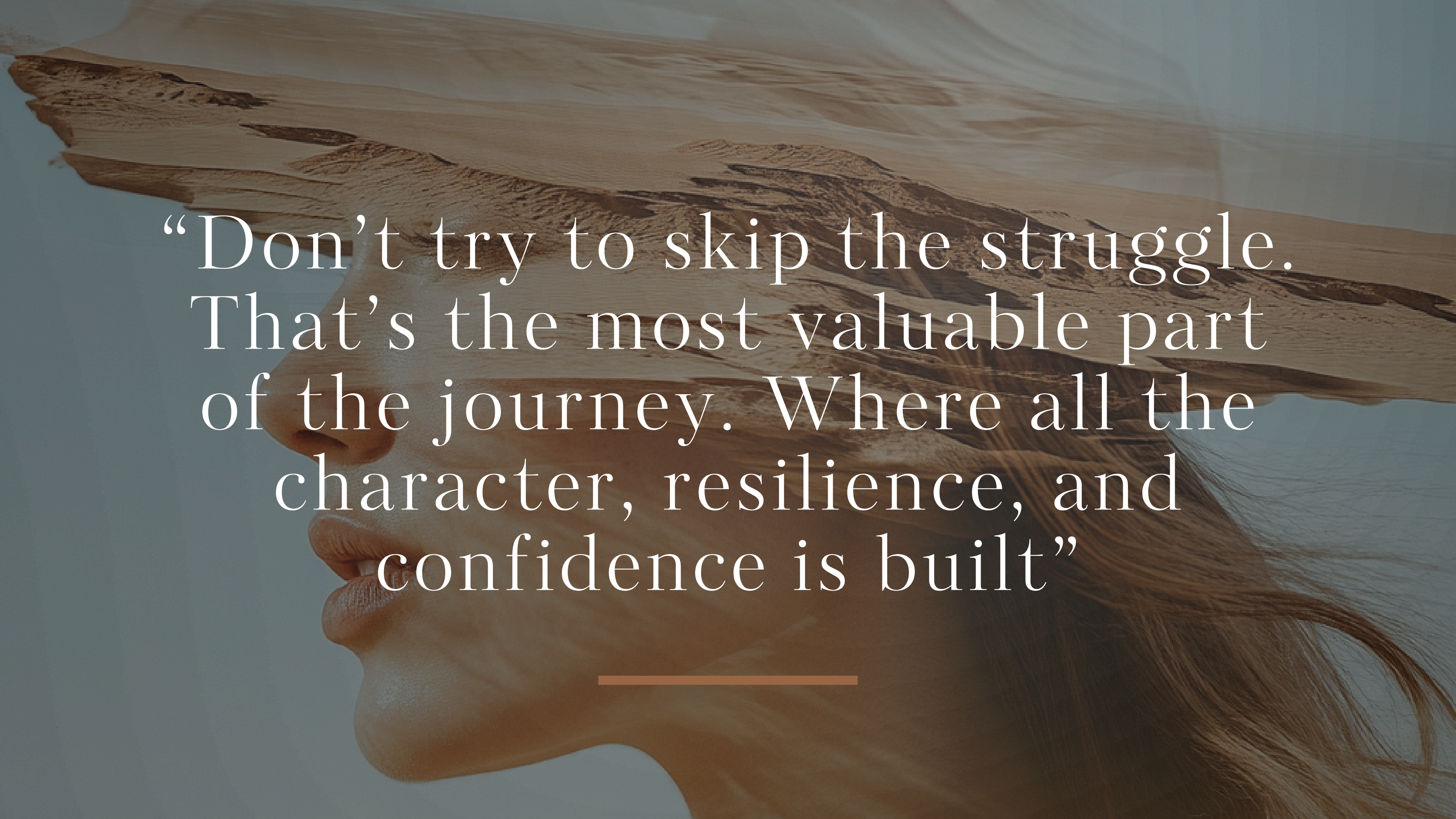
I can't do this

I am not valued or appreciated

This shouldn't be happening

“Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along.”



A woman's face is shown in profile, looking upwards and to the right. Her features are softly lit. Overlaid on the image is a semi-transparent desert landscape with rolling sand dunes under a hazy sky. The text is centered over the image in a white, elegant serif font.

“Don’t try to skip the struggle.
That’s the most valuable part
of the journey. Where all the
character, resilience, and
confidence is built”

A hand is gently touching a dark, textured clay sculpture of a lion's head. The background is a blurred bookshelf filled with books. The overall tone is artistic and contemplative.

PURPOSE
— IN THIS PLACE —

The Art of — BECOMING