

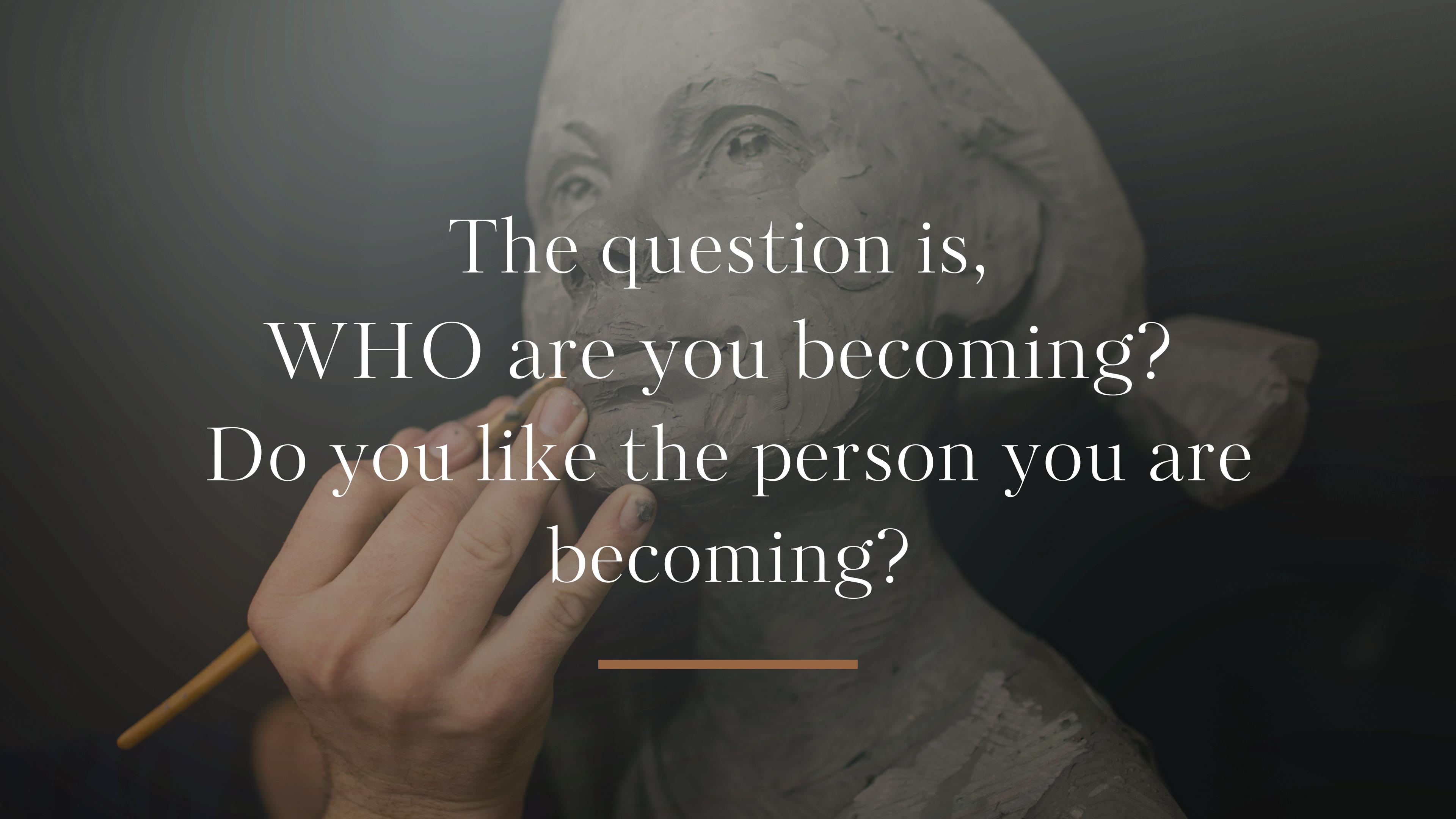


The Art of  
— BECOMING



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

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

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START WITH THE  
END IN MIND

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POSITIONING

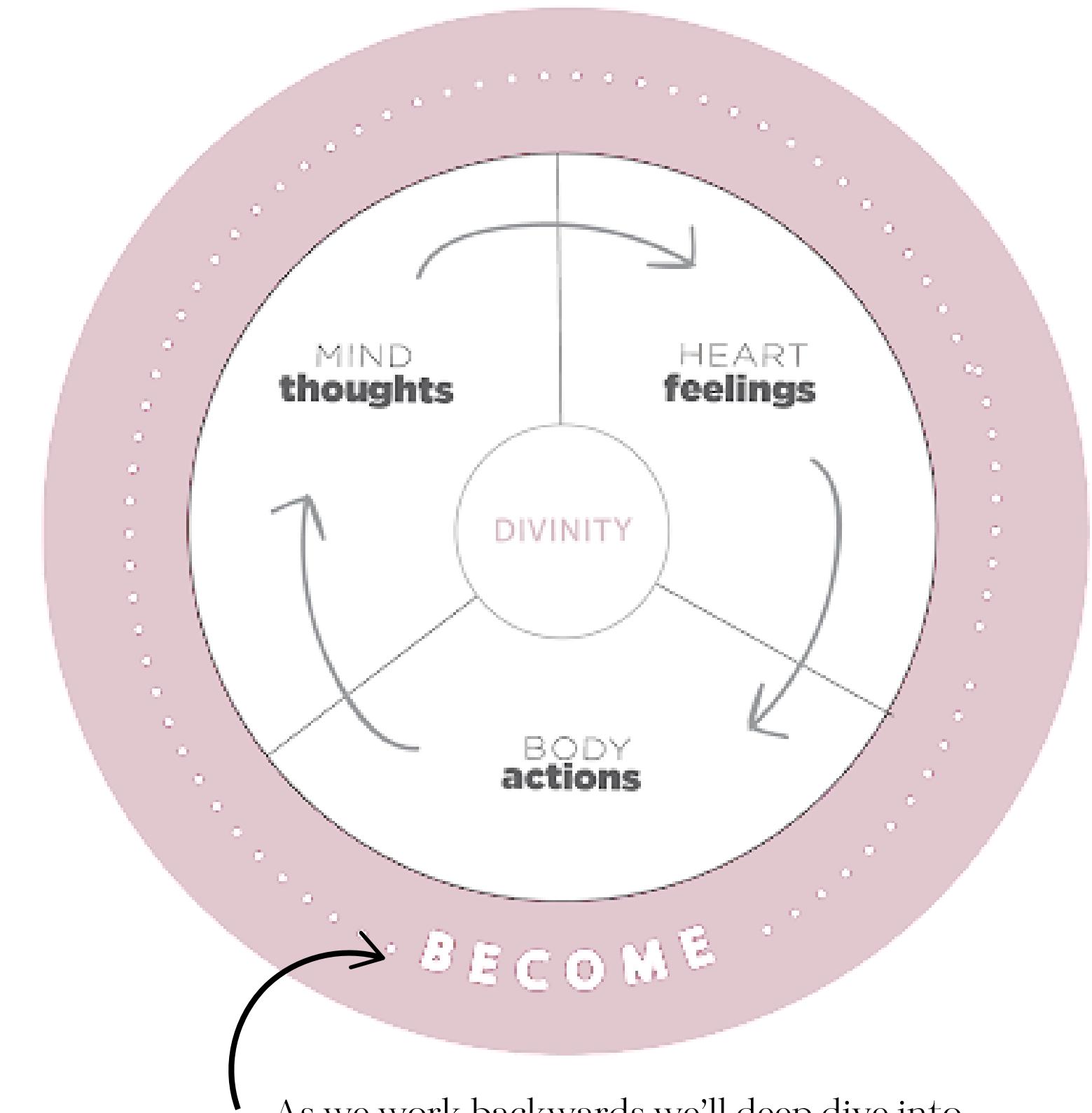


THE STORY OF  
THE STATUE OF DAVID

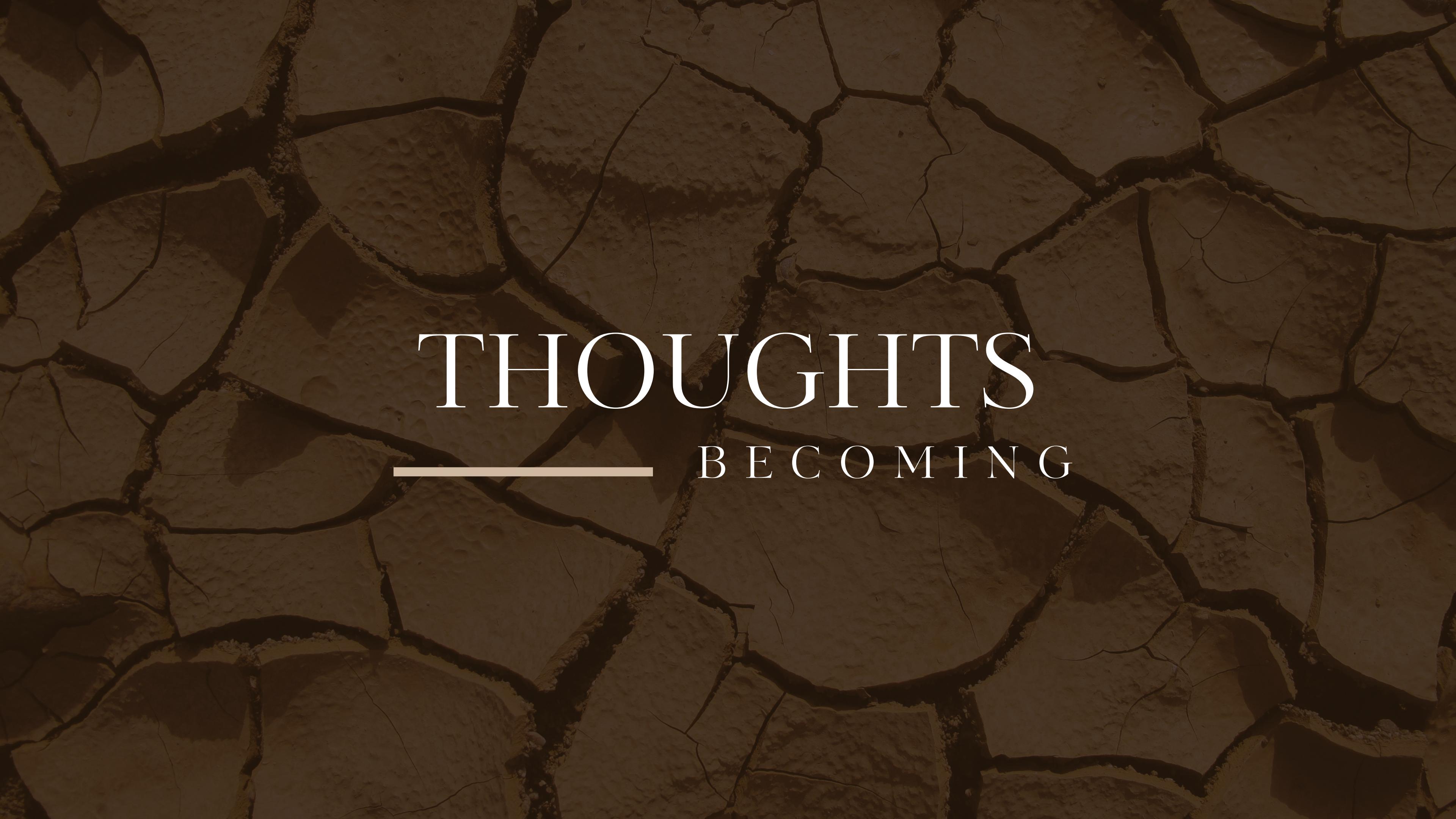
# Who am I becoming?

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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

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## BECOMING

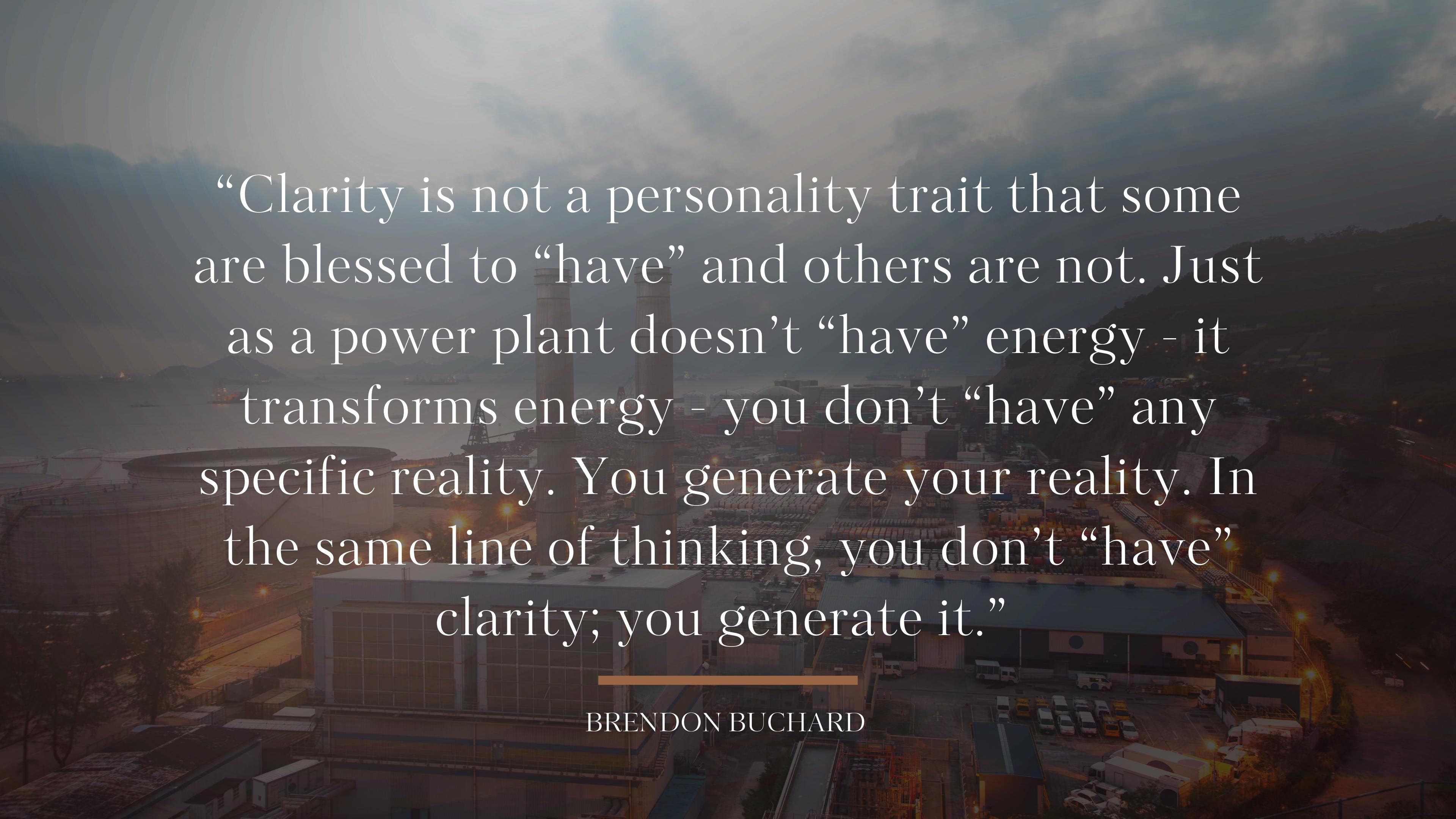
# Starting with the End in Mind

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

A dark, atmospheric background image showing an aerial view of a industrial port at sunset. The scene is filled with the warm, golden light of the setting sun, casting long shadows and illuminating the tops of large shipping containers stacked in yards. In the foreground, the dark silhouettes of industrial buildings and cranes are visible. The sky is a dramatic mix of orange, yellow, and deep blue, with wispy clouds. The overall mood is contemplative and powerful.

“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

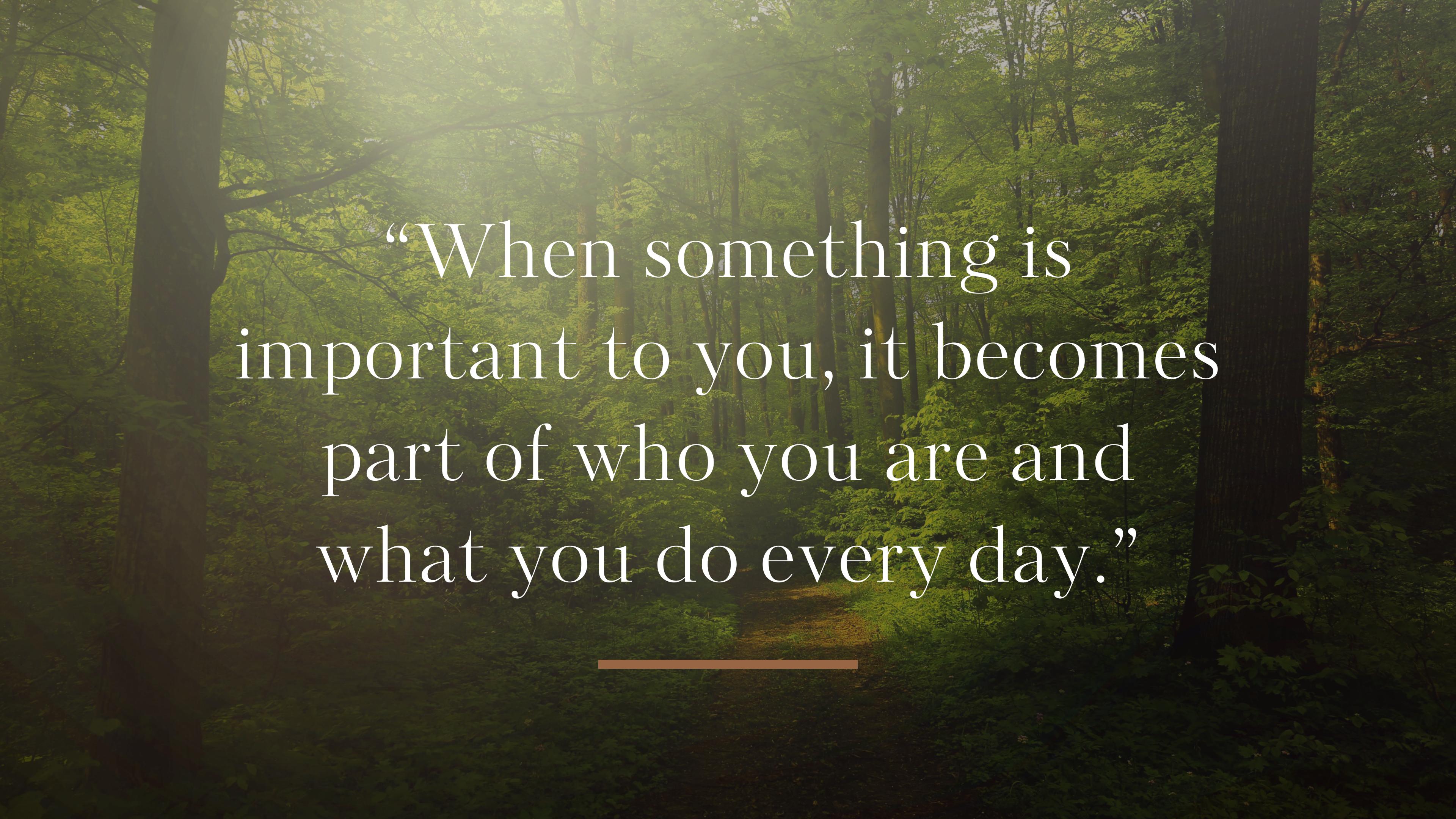
A PRACTICAL GUIDE TO STOP CHASING THE NEXT THING AND  
**FOCUS ON WHAT MATTERS UNTIL IT'S DONE**

THIBAUT MEURISSE

## Questions to ask myself..

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- 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?

A photograph of a dense forest. Sunlight filters through the canopy of green leaves, creating bright highlights on the trunks and branches. The forest floor is covered in green undergrowth and fallen leaves. The overall atmosphere is peaceful and natural.

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

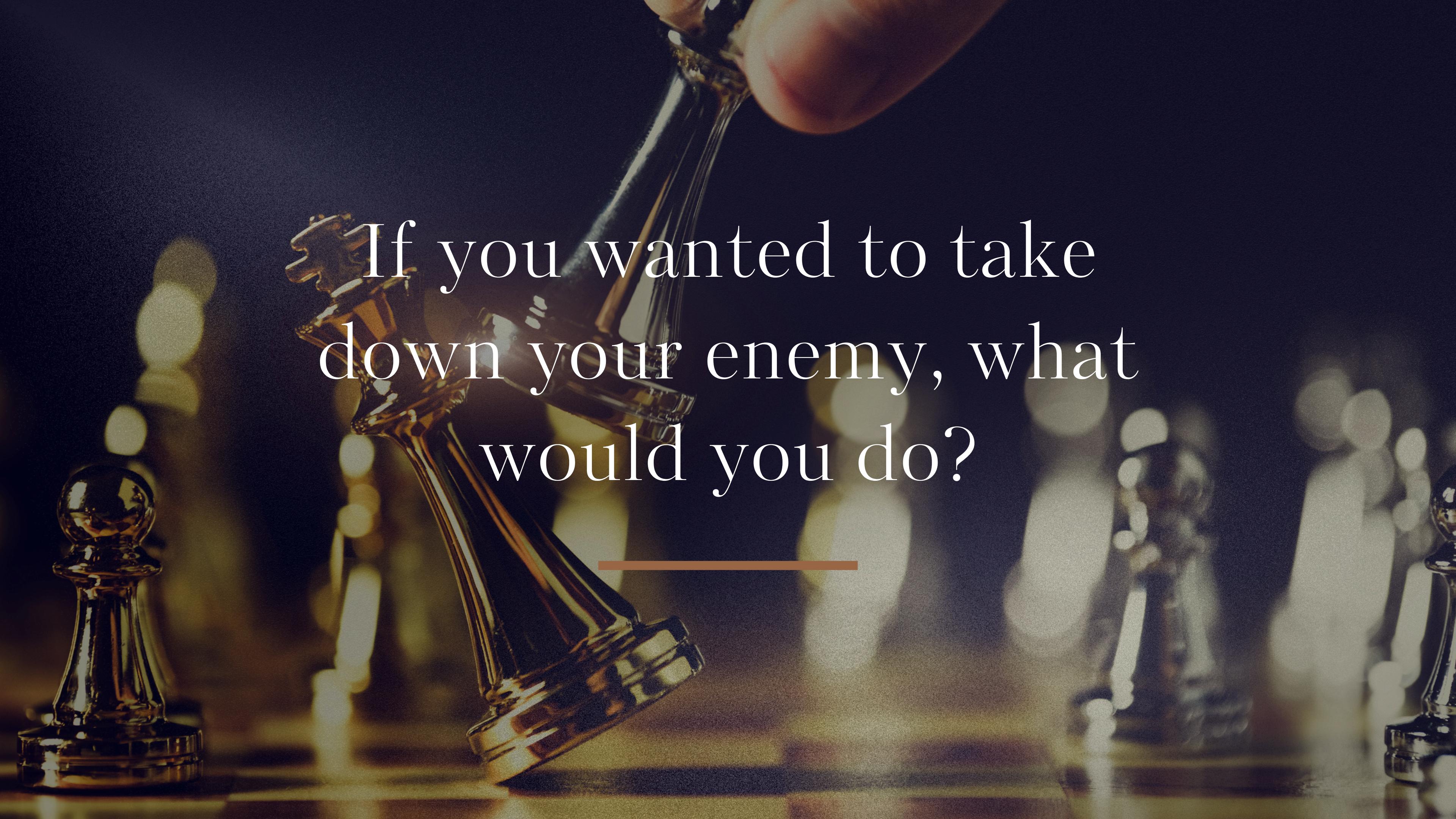
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# FEELINGS

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## BECOMING



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

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What is holding you back?



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

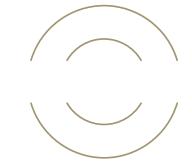


Your thoughts about who you are  
becoming are creating who you are  
becoming





Confidence  
is faith and love



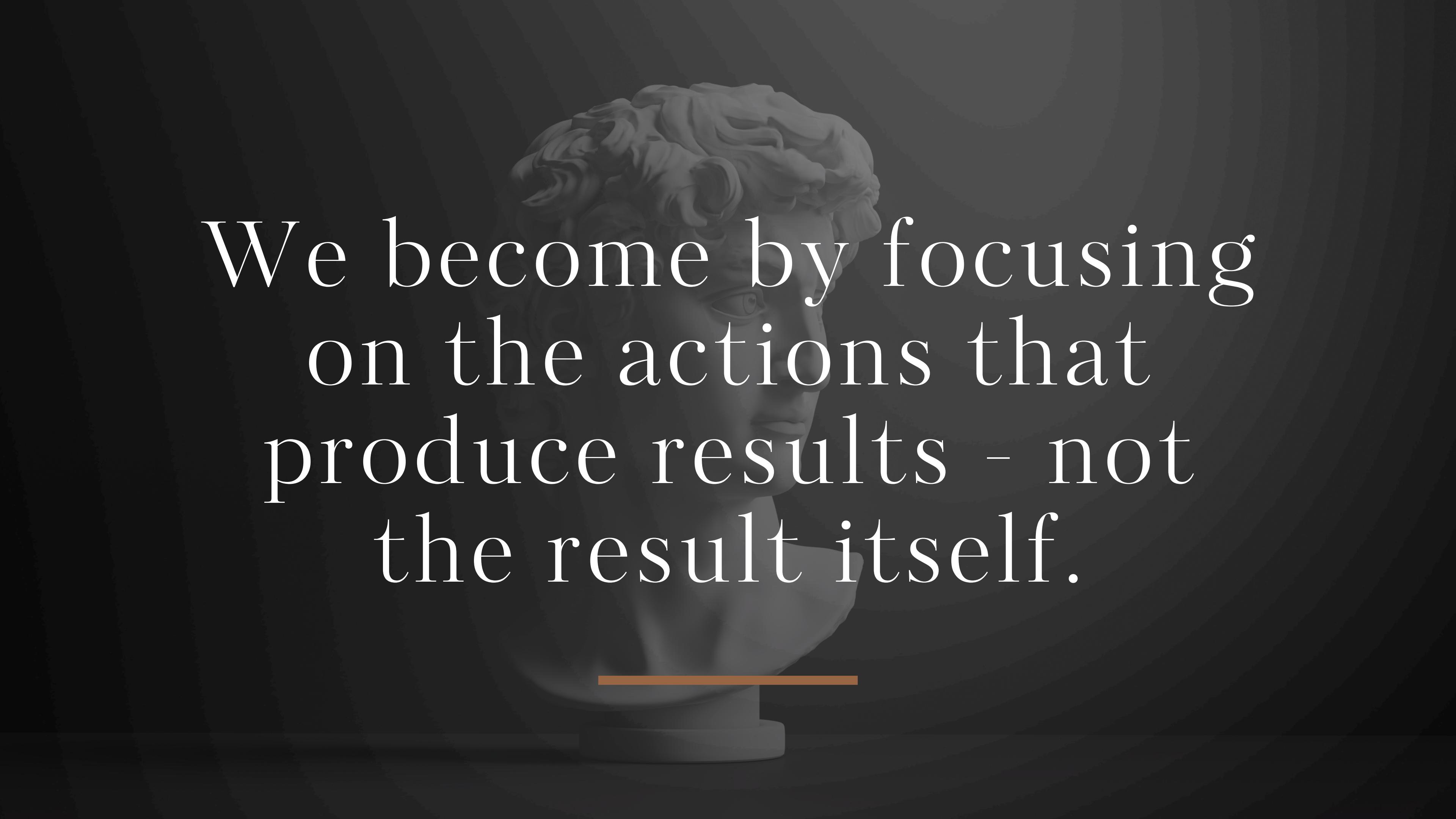
Humility  
is curiosity and learning



CONFIDENT  
HUMILITY



# ACTIONS — BECOMING



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



Routines



Habits

# What do our actions tell us?

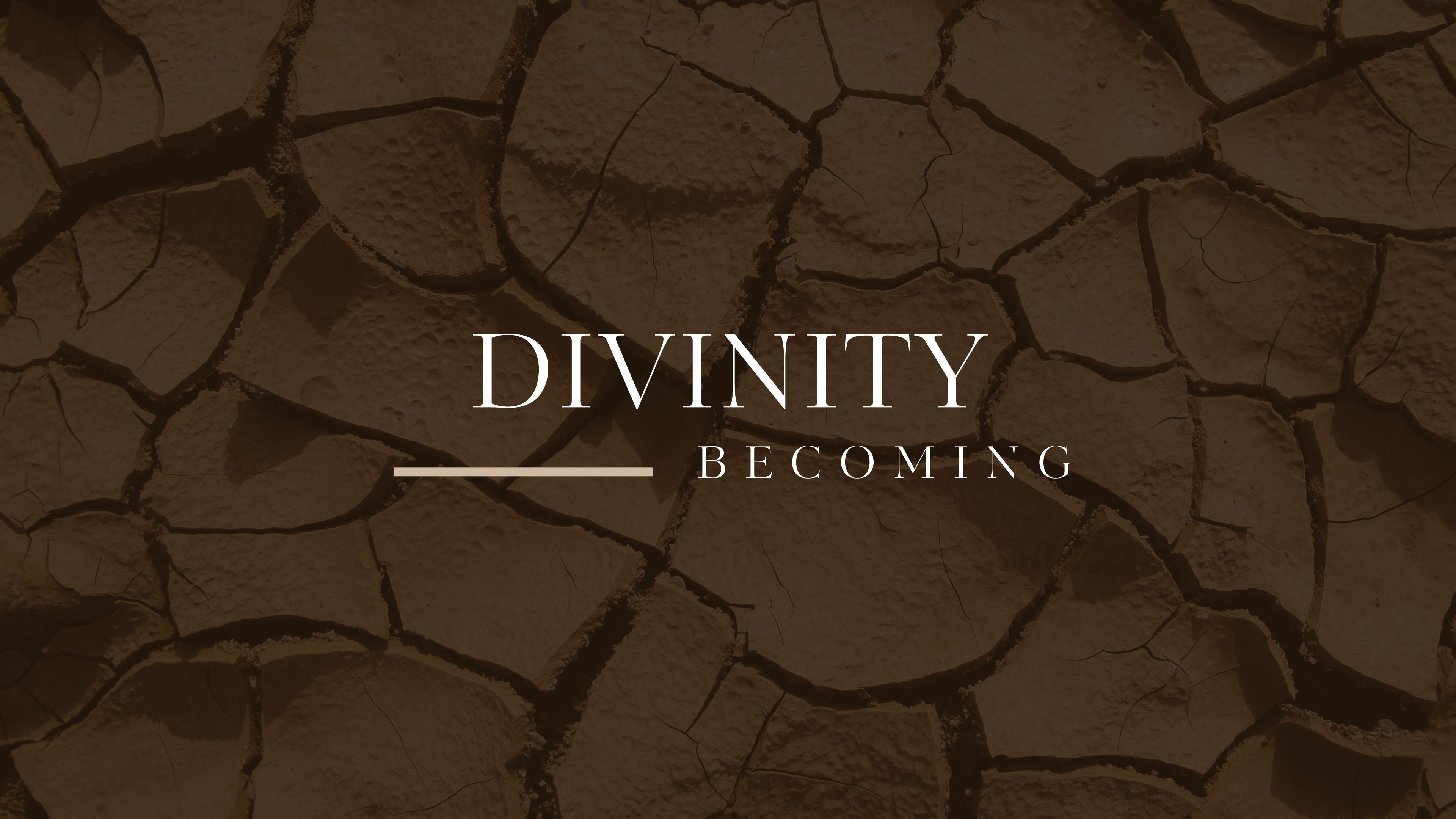
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“Every action you take is a vote for the person you want to become.”

“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.”



# DIVINITY

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## BECOMING

# What TRUTH tells us

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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.

# FEAR

VS.

# CONFIDENT

# HUMILITY



# 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

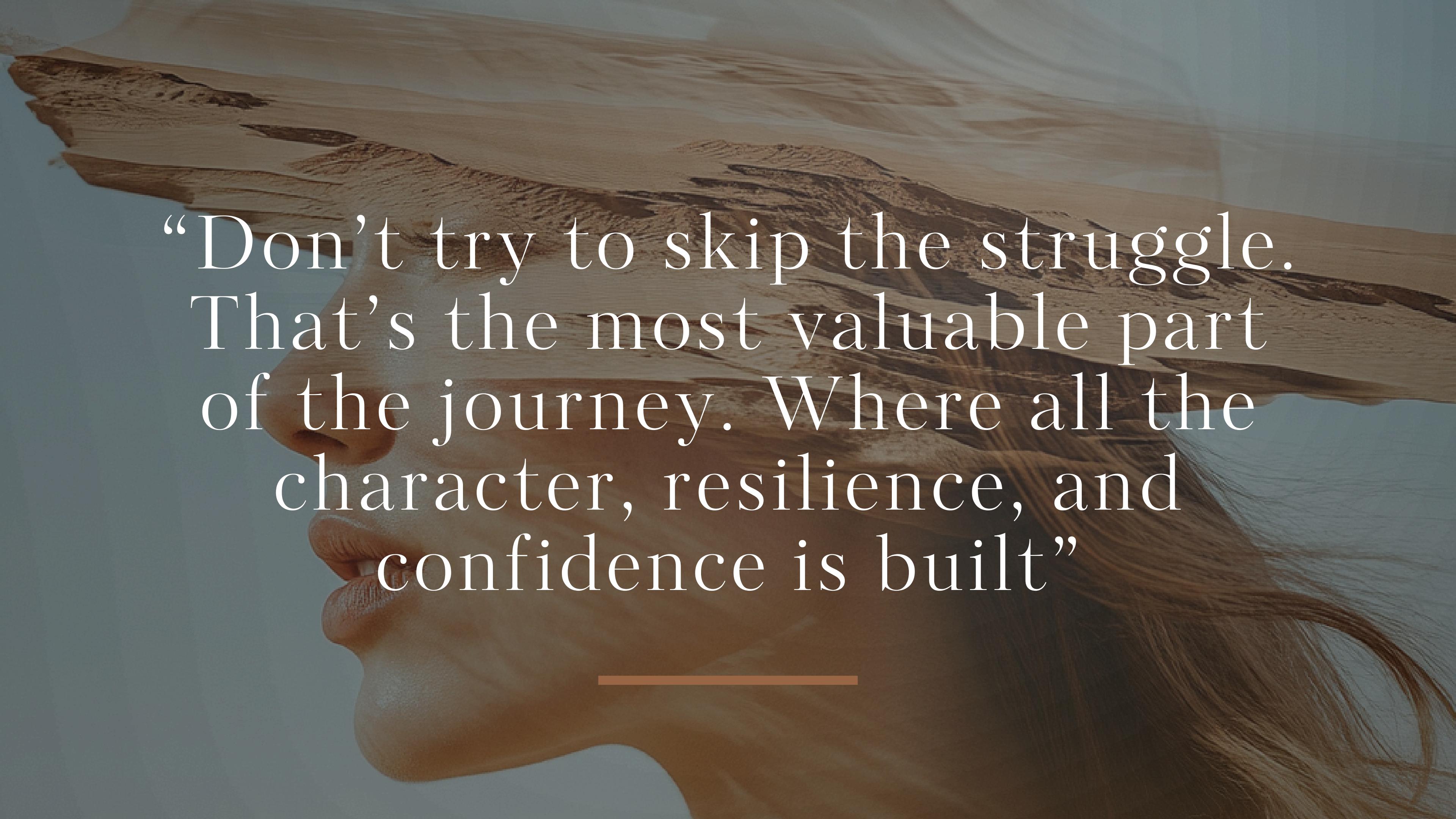
I can't do this

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.”





“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”

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A person's hand is shown in profile, holding a pencil and writing on a dark, textured surface. The background is a soft-focus image of a stack of books.

PURPOSE

IN THIS PLACE

The Art of  
BECOMING