



30 DAY CHALLENGE

|

Month of Self-Mastery

Increase your focus, effort, consistency and execution while in pursuit of your goals.

WWW.LANASIAANGELINA.COM

Hi There Friend,

I'm Lanasia Angelina;
author, coach and
transformational
speaker and I help
people to master their
lives by helping them
master their minds.

As a certified mindset
coach, I specialize in
fulfilling the gaps of
opportunity in your life
that prevent you from
accessing a life of true
greatness.

After working with me,
the half-steppers
become high
achievers and the high
achievers access even
greater potential.

*Master Your Mind.
Master Your Life.*



Month of Self-Mastery

I am so grateful that you've chosen to be on this journey of self-mastery with me for the month of April. I have been coaching for 4 years and the greatest gap of opportunity for the individuals that I work with is consistency in pursuit of the goal.

Those small steps to greater distances can sometimes be the most daunting part of the process and I am the first to tell you that overcoming "**Big Leap Syndrome**" is my testimony.

What's "**Big Leap Syndrome**?" I'm so grateful that you asked. Well, first I'd like to share that I made it up... the phrase at least.

The symptoms are very real, however and many people experience this. Wanting to take the big leaps and bounds to get to the goal and rushing past the small consistent tasks that compound overtime is always tempting. But the small steps lay the foundation. And training our minds to believe that although we can't see the fruit yet, that the process is working and actively yielding us the positive results that we want to see within our lives; both personally and professionally.

Recognizing this problem and being the problem solver that I am, I thought that it was only fitting that I support some dynamic individuals in pursuit of a very specific personal or professional goal over the course of 30 days.

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How many times have you said to yourself

"I know what's required of me in this area but I can't seem to get control over my actions"

You start to feel stuck because you're in a cycle that you can't get seem to get out of, no matter how hard you try. And every time you feel like you've made some sort of progress in this area, all it takes is one simple decision or challenge to send you off track and feeling like the cycle is never-ending and even more dominant than before.

I have good news...

You're not alone.

And your problem has a solution.

The solution is **YOU.**

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You are the only thing standing in the way of imagining the goal and manifesting it in a reasonable time frame.

Everything that you need is already within.

You are lacking nothing.

You are fully capable.

You are powerful beyond measure.

You just have to **master your mindset**

and **master yourself**

in order to **manifest the goal.**

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"Success happens one decision at a time... and so does failure."

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In order to master yourself, you must master your decisions.

I know that you've probably heard time and time again to **JUST BE DISCIPLINED** right?

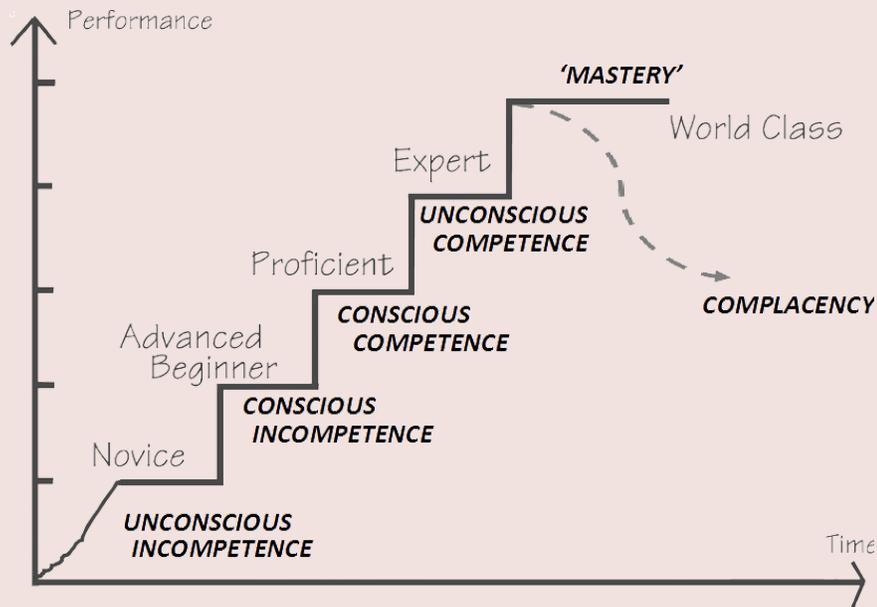
If it were that simple, no one would struggle with it.

The true barrier is **Self-Mastery** but before we can begin to master self we must understand self.

There are 4 stages of Competency that impact our decision making and our ability/inability to remain disciplined in our pursuits.

I'll talk about on the next slide.

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Unconscious incompetence (Ignorance)

This is where most of your limitations lie. These are the thoughts that exist within your subconscious mind that control your decisions but you have little to no awareness of. This is what I consider to be the danger zone.

Conscious incompetence (Awareness)

Having a general sense of awareness to the thoughts and actions that limit you but still not taking action in the direction of your desired outcomes.

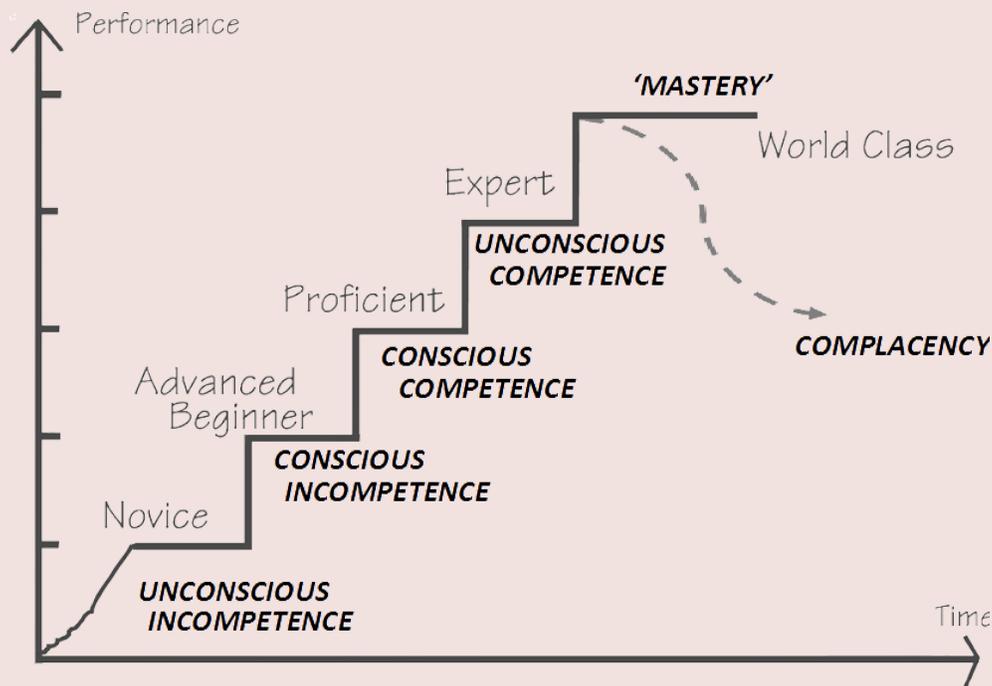
Conscious competence (Learning)

Developing a strong sense of awareness of your internal/external limitations and taking positive action to activate the results that you desire.

Unconscious competence (Mastery)

This is the point of self-mastery, where your innate response is to make the decisions that will propel you in the direction of your goals without thought. Second nature.

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What is Self-Mastery & how do you achieve it?

I'm so grateful that you asked.

Self-Mastery is the ability to control one's own desires or impulses

Over the next 30 days you will be challenged to step outside of the comfort that is created when you choose to feed your desires and impulses.

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On this 30 Day Journey of Self-Mastery you will be able to, with ease, manifest one goal within 30 days by increasing your level of **focus**, **consistency** and **execution** on the small steps to greatness.

Step One:

Identify the goal (tangible or intangible)

Step Two:

Identify why manifesting this goal is important for you and others

Step Three:

Take Yourself to that place - Visualize the goal incorporate your five senses

Step Four:

Identify the one task that you should complete each day towards the goal.

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Step Five:

Identify your progress indicators
(how will you know that you're on the right track?)

Step Six:

How frequently will you monitor your progress indicators
(daily? weekly? What day? What times? Be very specific)

Step Seven:

When you check your progress metrics and you're not progressing at your ideal rate, what will be your plan of action to get you back on track?

Step Eight:

When you check your progress and realize that you're on track, how will you celebrate the moment and maintain your momentum?

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Step Nine:

Identify Potential Threats to the progress
(internal or external, desires and impulses)

Step Ten:

Use my 6 A's to Activate Your Greatness
Framework to overcome existing threats

Awareness
Acknowledgement
Alignment
Accountability
Action
Acceptance

Come on! You didn't think I'd make you do this all alone without my guidance and support every step of the way now did you?

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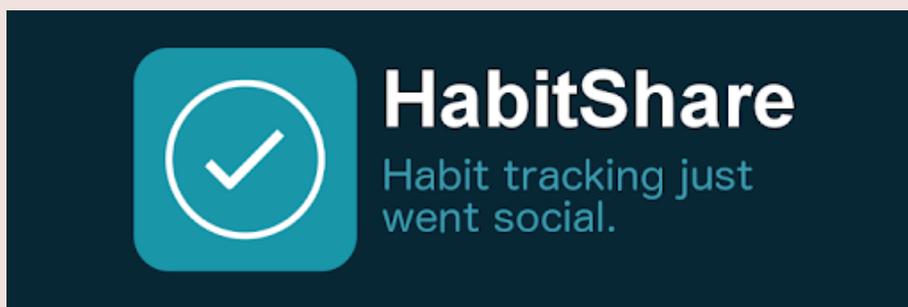
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Final Step:

Download the Habit Share App and add me as a friend:

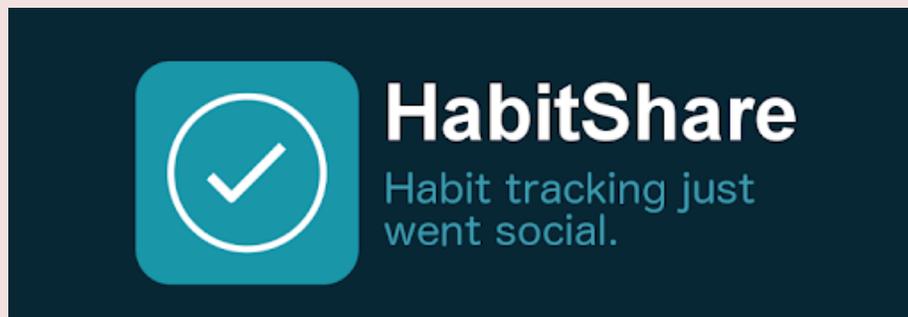
rise@lanasiaangelina.com

This is essentially a social network for Habit Tracking and this will give me full transparency into your daily progress so that I can be your cheerleader and accountability from afar and see to it that you're executing DAILY.



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Now that we've laid the ground work... let's get into our **3 simple daily tasks**. As promised, I kept it VERY simple. The steps are always simple, the commitment is what proves to be the real challenge. This is why the steps above were most important before getting into tasks.



10 Minutes of Visualization Meditation on this one GOAL at the start of each day... not some days EACH DAY!

Complete ONE task for the goal. You will complete this same one task EACH DAY (Decide on a specific time to complete the task each day. Having a routine is critical)

Document Your Progress in Habit Share after completion

Meditate on how completion of this task has made you feel and why it's worth it to complete the next day.



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On your mark....

Get set....

GOAL!