

SELF LOVE

SCHOOL JUNIOR

WEEK 3:

MEANING MAKING MACHINES

MEANING

“We do not see things as they are. We see them as we are.”

-Anais Nin

MEANING

There are always 2 things:

What happened

and

The story we have about what happened

"The only thing that stands between us and
what we want is the story we have about why
we can't have it" -Tony Robbins

MEANING

Only one thing determines how we feel- that's the WAY you communicate with yourself (THINK TRIAD) language, focus, physiology

Nothing in life has any meaning except the meaning I give it.

EX: One person has an experience and asks What does this mean?

- One person says God hates me. I will never get this right. My life is over. I am being punished.
- Someone else has the **exact same** experience. They ask What does this mean? And their brain says God/ Universe is challenging me to dig deep so I can become more of who I am so I can find my purpose.

WHAT'S THE DIFFERENCE? Communication to one's self.

MEANING

So whether you feel like you are happy today or sad today
Or feel like your life is a success or a failure

Is not whether it IS a success or a failure, It's just what you communicate.
What you communicate with **certainty** you believe.
What you believe you feel and what you feel becomes your life.

TR says This is the primary skill to master. And few people ever do. Anyone can, but few do bc it's not the primary focus. We are doing other stuff, thinking if we do enough of the other stuff we'll finally feel good. But we're still unhappy.

We have to control what things mean. When you controlling the meaning of something you control the secret of life itself and the quality of life you want.

It all comes down to communicating well with yourself.

NEW MEANING

SO, are we ready to make some new meaning?!

List out your top 3 goals that have not been met yet

Ask these questions about each of your challenges and write down the answers you get.

1. What's great about this?
2. What *could be* great about this?
3. What else could this mean?

(use workbook)

QUICK TAPPING

1. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF.

2. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND HONOR MYSELF.

3. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND RESPECT MYSELF.

3 DECISIONS

Everything in our life is controlled by 3 decisions:

1. What to focus on.- what we focus on we FEEL
2. What does this mean?
3. What should I do about it?

We are ALWAYS asking and answering these 3 questions