

# I'm changing my LIFE, NOW

Look deep into your eyes the next time you look in the mirror. You are pure genius. Your eyes, for example, turn shapes, colours and movement into an internal "video". No director needed. Your ears help change the sounds into the audio track of the video. Still no director or sound engineer! Millions of these videos are stored in thousands of data files in your brain, ready for replaying when required. Your system adds other sensory information tracks like smell, taste and taste – like no video any person or computer can. Obviously some data we store in our "forgettery". Oops!

At this very moment your body is automatically fighting off disease – killing off dangerous organisms and viruses. Your cells are multiplying and repairing worn out ones. All this happens without you being conscious of most of these activities. You are pure genius. Creative genius! Are you convinced – maybe just a little?

Built into you is the desire to survive. No – much more than this – to live and create a full life. Survival is your most basic need, at the lower end of the need pyramid (or triangle). This need is often driven by the deeper impulse of fear. The need for actualisation is at the top of the pyramid, according to Maslow, who researched human motivation.

What is actualisation? It means the desire to harness your fullest potential, to meet your highest needs so that you can live fully and meaningfully. This need is supported by a set of deep needs: a) to love and be loved; and b) to have a sense of self-worth (dignity and value). These are our core needs, according to William Glaser (in "Reality Therapy").

How do we move from just surviving through to actualisation – from a fear based existence to a love based one? There are many paths and secrets. In my coaching workbook I will share a few of these secrets and tools that have helped me take charge of my life and create a meaningful

journey. And it is a journey. Not a destination. It is a process I am working on even now as I write and design this material.

We are called to respond to life fully.  
Called to be all that we are.  
Called to get in touch with the genius within.  
Called to discover our uniqueness.  
Called to find ways to transform our lives.  
And as we do this more and more actively, we facilitate change in others around us. In so doing, we co-create with others and our Higher Power, a new and better world.

This is such an exciting journey – sometimes scary – as we face the unknown and move out of our comfort zone. Our comfort zone is one of the primary things that keep us trapped in the past. And as a result, we keep our potential and natural talents hidden.

The processes (and tools) described later, will train your mind and reduce the impact of your negative, self-limiting beliefs. These beliefs tend to eat away at your confidence. They set you up for failure and hinder your progress. In so doing, these negative beliefs undermine your ability to mobilise your inner resources.

But, you can grow and change! Believe that. You have genius locked away within you. We all have. You need to dig up your talent by actively taking responsibility for your life.

No more victim-thinking.  
No more excuses.  
No more self-pity.

So let's put this in a positive life affirming statement:

**"I'm actively digging up my talent!"**

Here is an outline of the key process we use to coach you towards actualisation:



The first letters of the key words spell the acronym **NEDAR**. It is easy to memorise this and begin to “train the brain”, with a new set of videos. If you’d like further coaching or more information contact Peter Guess on 082 326 9523 or e-mail [gueswork@mweb.co.za](mailto:gueswork@mweb.co.za)