FUTURE IDENTITY SHIFTER

"Our experiences and our ambitions shape our identities"

Within the realm of possibility, who do you want to be?

Let's assume for the moment that you know the answer. This ultimate question follows through on the one about Inevitability and defining your Point B. However, in that case, it's more about your "why" and working backwards from achieving it with self-belief.

In making an Identity Shift, the focus on Point B is you. We're all a work in progress. Now fast forward to the foreseeable future. Remove all barriers and friction to get from who you are now to how you envision yourself. This isn't a fantasy about being a different person. We are who we are. This is more about what life is like for you then. Becoming crystal clear is less about goal-setting than it is pretending how that experience *feels*.

You're probably catching on that what we're getting at here is a manifestation technique to tap the power of identity shifting. Again, even if you're less inclined to subscribe to the Law of Attraction, cast aside any skepticism and just play along.

Identity Shifting is an alignment skill whereby we become the person **who has or experiences what we want**. It's based on the understanding that we get what we vibrate. Whatever energy we are flowing literally makes our world conform to whatever frequency we choose to emit and manifest accordingly.

In a sense, you literally pretend until something becomes reality. To be realistic, Identity Shifting is an advanced technique that isn't the easiest thing to pull off.

Let's get real. It's a well-documented fact that the predominant common thread among millionaires, putting all variables aside, is that they *believed* they would be millionaires. What we expect, tends to happen.

Let's experiment with that for a moment. Put yourself in that mindset and approach it with a level of faith. You now wholeheartedly believe and expect, in every fiber of your being, that you are a millionaire in the not-too-distant future. You experience it. In this way, our mindset may be our most valuable asset.

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Aside from the long odds of the lottery, what could possibly occur for that to happen? What direction might that take? Let's say you still don't know. How about we step back and begin with Amplifying Gratitude. How does it feel to be a millionaire now?

Can you truly connect with that wealth? Let's pull back a bit to think about what may help that feel more embraceable. Instead of harping on a fixed amount, you could focus on being someone who steadily increases their financial well-being.

If you have yet to gain full clarity about this future you, we'll discover more with your Life Enrichment Action Plan on Day 29. The degree to which we believe and accept that we are who we are has a certain magnetic pull that opposes Identity Shifting. We have certain ingrained thoughts about being varying degrees of healthy or unhealthy, financially secure or insecure, exciting or boring, outgoing or shy and how things do or do not work out for us. And the challenge is that – in the context of Identity Shifting – these assumptions become reinforced by self-fulfilled expectations.

So if we want to know ourselves as lucky, skilled, generous, happily married, a wonderful parent, valued employee, successful business owner, healthy retiree, wonderful friend, lucky in love, good at social events, or whatever we choose to create for ourselves – or whatever we want for ourselves – we need to break away from our accepted identity.

In practicing Identity Shifting, you're overriding yourself with a new knowing of who you are. You achieve a new vibration from the very core of yourself. Now you know why it's not easy. However, as you continue to suspend skepticism, the question becomes one of what it's worth to you to accelerate having the life you want to experience and enjoy.

Now, if you prefer to cast aside the Law of Attraction stuff for a moment, approach Identity Shifting as a powerful way to influence your subconscious behavior. In pretending to be that desired you, you'll adapt your thinking, beliefs and actions to conform with whom you now see yourself. So when this manifestation technique pans out, feel free to attribute it to your free will. It's the outcome that matters.

The next time you catch yourself saying or thinking, "I'm not the kind of person that…," challenge that assumption of boxing yourself in, and break free.

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There are a few essential aspects to Identity Shifting that, of course, apply to many other principles throughout Z-isms. So this also serves as a refresher:

1) **Self-integrity:** Only make promises to yourself that you can keep and then keep them to yourself. If you're reading this, you're in Section 12 of your Life Upgrade. Well done!

2) **Self-confidence:** By its nature, Identity Shifting happens outside your comfort zone. It's important to nurture your self-confidence to reinforce your desired identity. Some among the many actions to increase your dose are to: get to the gym, watch your self-talk, bolster your walk, role play and practice visualization.

3) **Align your relationships:** We've covered this extensively. Choose your Tribe wisely. Avoid those who hold you back. Cultivate others that represent your future self. Bringing them into your life is an essential and practical step.

4) **Acknowledge small wins:** Build momentum. Identity Shifting is a manifestation accelerator. As you get things done and follow through, remind yourself that you are getting things done and following through. Feel your progress. There's a lot of science behind this.

5) **Want it:** This is more than being about clarity, visualization and role-playing. Your self-belief must be fueled by an inextinguishable burning desire. You are undeterrable.

ACTIVITY 1 – FIVE FUTURE TRUTHS (TIME: 15-20 MIN)

It's time to get uncomfortable. Embrace it. Take at least 15 minutes to give the world a time out. It's just you and your future you. Interruptions are not optional. Focus. Identify at least five facets of this person and what it's like to experience their life. You are pretending your way to reality. This seems like the right moment to make a point: Successful people are those who are good at doing the things they don't like to do. Then again, you can choose to have fun with it. Approach this with whatever resonates for you. Paint a mental picture. Think of someone specific you want to emulate and pretend they're you with their life.

ACTIVITY 2 – CREATE AN "I AM" EXPERIENCE (TIME: THIS WEEK)

Now that you have some clarity about your Identity Shift, follow through with actions. What are some things you can do to create that "I am" experience. Think, feel, believe, do, be – step into that reality. This may take some creativity and some self-prodding. Promise what you'll keep. Put it in your calendar. Keep going!

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