

What to Expect on your Journey

as you bring your
dreams to life



There are 5 stages to every game

Each phase requires that you use your energy differently



**Each
represents...** its own **pitfalls** as
well as possibilities

**The first
thing you get
to do is
NAME your
game:**

**Your game could
be a project such
as writing a book
or starting a
business, learning
a new language,
or training for a
marathon.**

**The main
characteristic
here is that
your game
(project)**

**has a
beginning,
middle and
end**

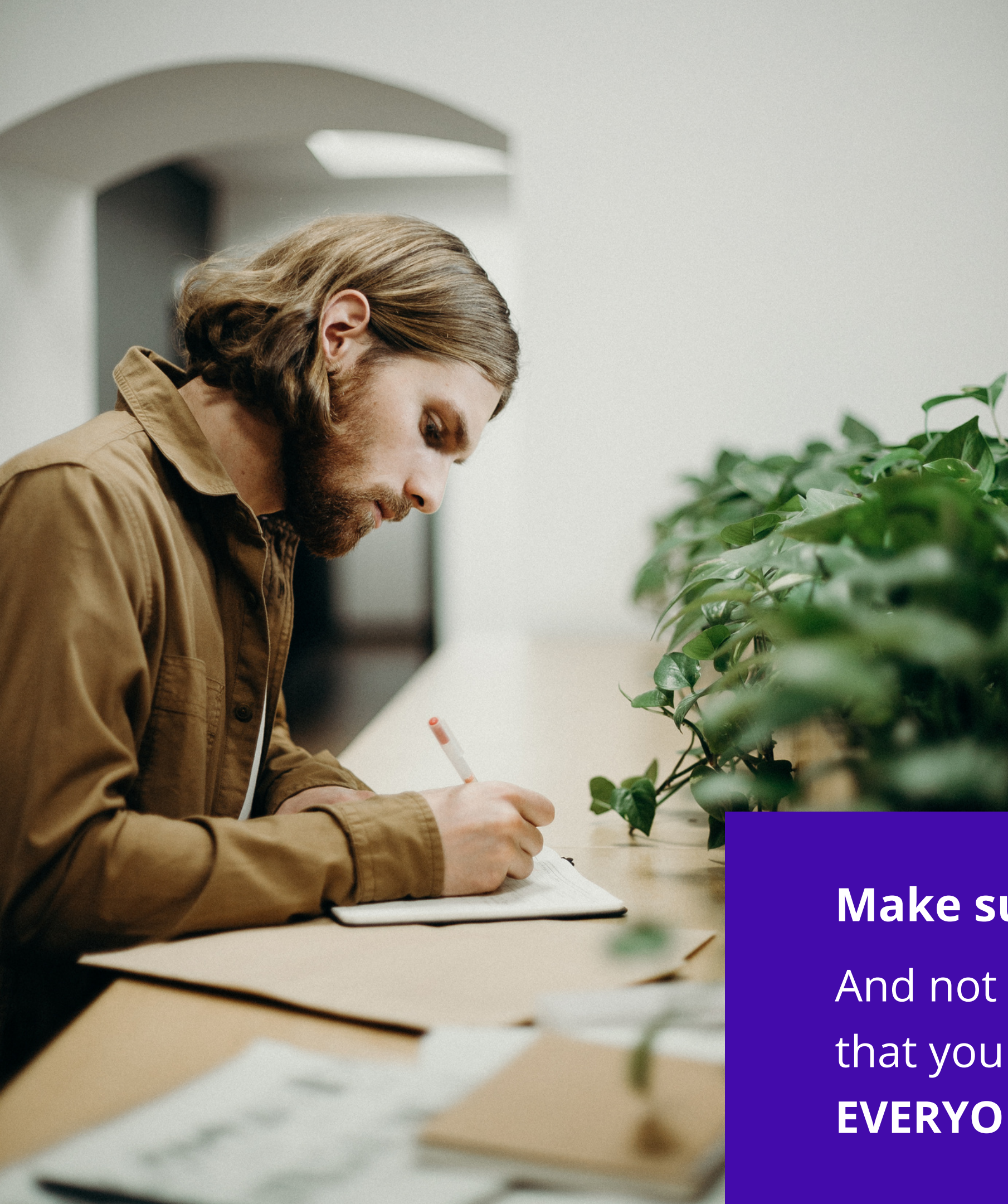
**The specific
content of the
game is not as
important as
being ENGAGED
with your life**

**At each point of
the game you
have an
opportunity to
play with
CLARITY, FOCUS,
EASE and GRACE**

Stage One - CREATION

The place of ALL your ideas, dreams and visions. **Filled with potential**, everything is possible here but not realized. You think in terms of "most likely", "it's possible", "looks promising".





At this stage you
need to be
ABSOLUTELY clear
about your goal

Energy flows where focus goes

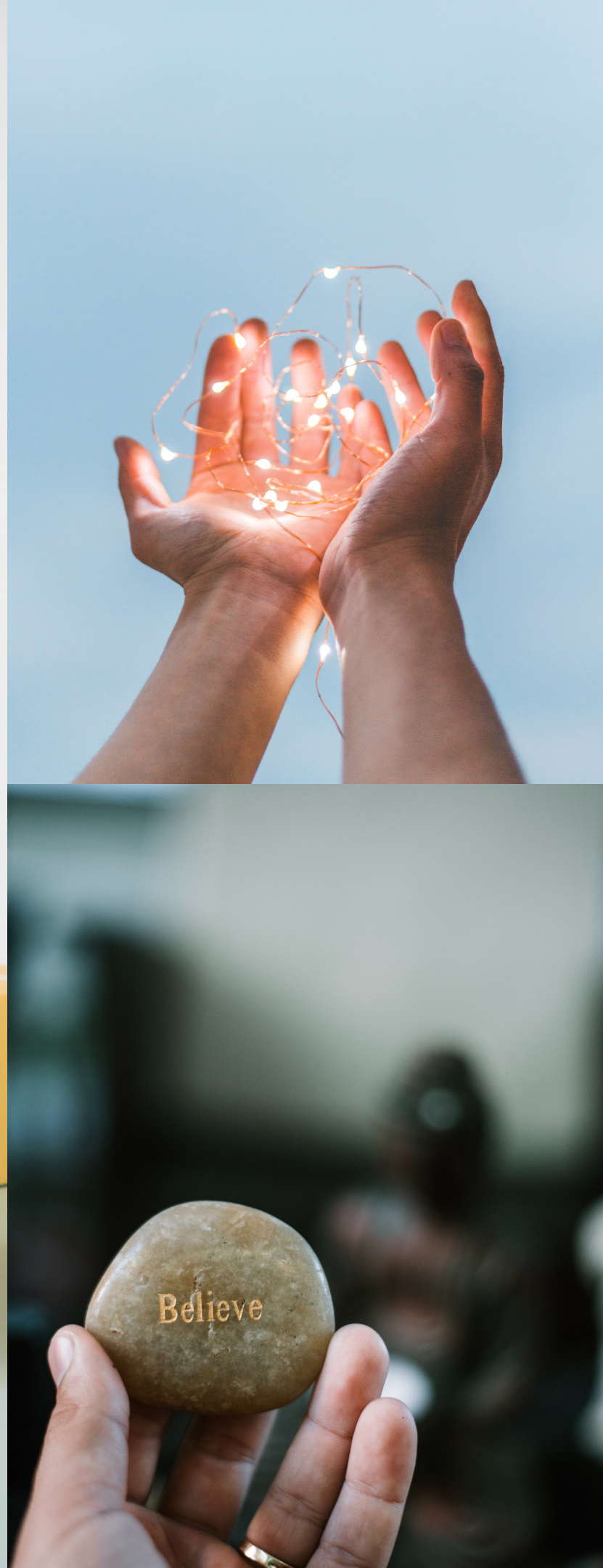
Make sure it's YOUR goal!

And not some goal that someone else set for you or
that you think you **SHOULD** go after because
EVERYONE else is pursuing that particular goal



**But you
must be
willing to
say "YES!"**

...regardless of
the chatter
which seems
to be coming
from **INSIDE
YOUR HEAD!**



And you must **BELIEVE!**

Belief is the mental acceptance that something is true even though absolute certainty might be absent. Believe is what pushes you to go all out - to put your heart and soul into the effort.

**Would you really
put your all into
something you
DON'T believe in?**



**You must also
remain FLEXIBLE
because...**

flexibility is one of
the most important
traits you need to
possess as you
begin your journey.



If you become
too rigid about
the way your
game HAS to
look...

you will get
discouraged way
before your efforts
can bear fruit



**FIERCE,
BUT FLEXIBLE.**

REMEMBER -

virtually **NOTHING** turns out **EXACTLY** as you planned. It usually turns out **BETTER** and it **ALWAYS** provides you with **LESSONS** for mastery which you will learn once you remain **FIERCE and FLEXIBLE**

Stage Two - LIFT-OFF

During this stage the high energy
of metaphysical reality meets up
with the swirl and natural
density of physical reality





**Think about the
rocket which
burns most of its
fuel at the
beginning of its
journey**

We don't burn fuel...
but we burn money, time, creativity,
physical vitality, enjoyment and
relationships.



And we encounter obstacles

"If you can find a path with no obstacles, it probably doesn't lead anywhere"



**EXPECT
OBSTACLES...they are
part of the journey!**

NO OBSTACLES = NO GROWTH



KEEP IN MIND...

The energy at lift-off (at the border between your dream and physical reality), is higher than at any other point on your journey.



**And if that
weren't
enough...**

monkey mind
becomes
louder here
too!

A photograph of a dark green door set in a light-colored, textured wall. The door has a rectangular panel in the center with the words "THIS DOOR" on the top line and "BLOCKED" on the bottom line in a bold, sans-serif font. To the right of the text is a door handle and a lock. Above the main panel is a smaller, empty rectangular panel.

**THIS DOOR
BLOCKED**

**Monkey mind
gives us very good
reasons why we
should **STOP,**
retreat or give up
pursuing our goal**



**At this point it's a
good idea to...**

follow your heart's whisper,
not your fear's chatter

**And as extra insurance to be
certain you don't lose steam...**



01

**Go for small
results in the
beginning**

02

**Aim for
consistent
effort**

e.g. 5 calls to
prospective
clients daily for
one month

03

**Resist the
urge to
multitask**

Do the work in front
of you

04

**Promise THE
RESULT not the
EFFORT**

05

BE YOURSELF!

Don't try to be
someone you're not.

06

**Acknowledge
the tiniest of
results**

Stage Three - MOMENTUM



At this phase...

You're consistently walking those three miles a day to prepare for that 20 mile hike



Your zoom presentations are a hit and you're consistently bringing in one or two clients a week



You're writing 3 pages a day for your new book



Your home based food business is beginning to show some real promise with orders coming in online



**Believe it or not,
many people **never**
make it past this
point in their game**

WHY





Because the results they reap at this stage gives them a **false sense of security and capability** so they:

- Overpromise
- Take on more projects
- Push the envelope too quickly



Tips at this stage of the game

1. Enjoy the results
- savor the
sweetness of what
you've produced.

2. Continue to empower
and inform your support
team. Assess whether you
are biting off more than
you can chew.

3. If your project involves your
professional growth, remember
that people who are successful
have **developed the reputation
of delivering consistently on
their promises**

4. Think TWICE about
introducing a new project at
this point. You may not want to
be thrust into another lift-off
just yet if it will affect your
current game.

Stage Four - STABILITY



01

**Your client
base has
grown**

to the point that
referrals regularly
make contact wit you
for appointments

02

**You no longer
have to call
others**

to arrange speaking
engagements.

**THEY ARE CALLING
YOU!**

03

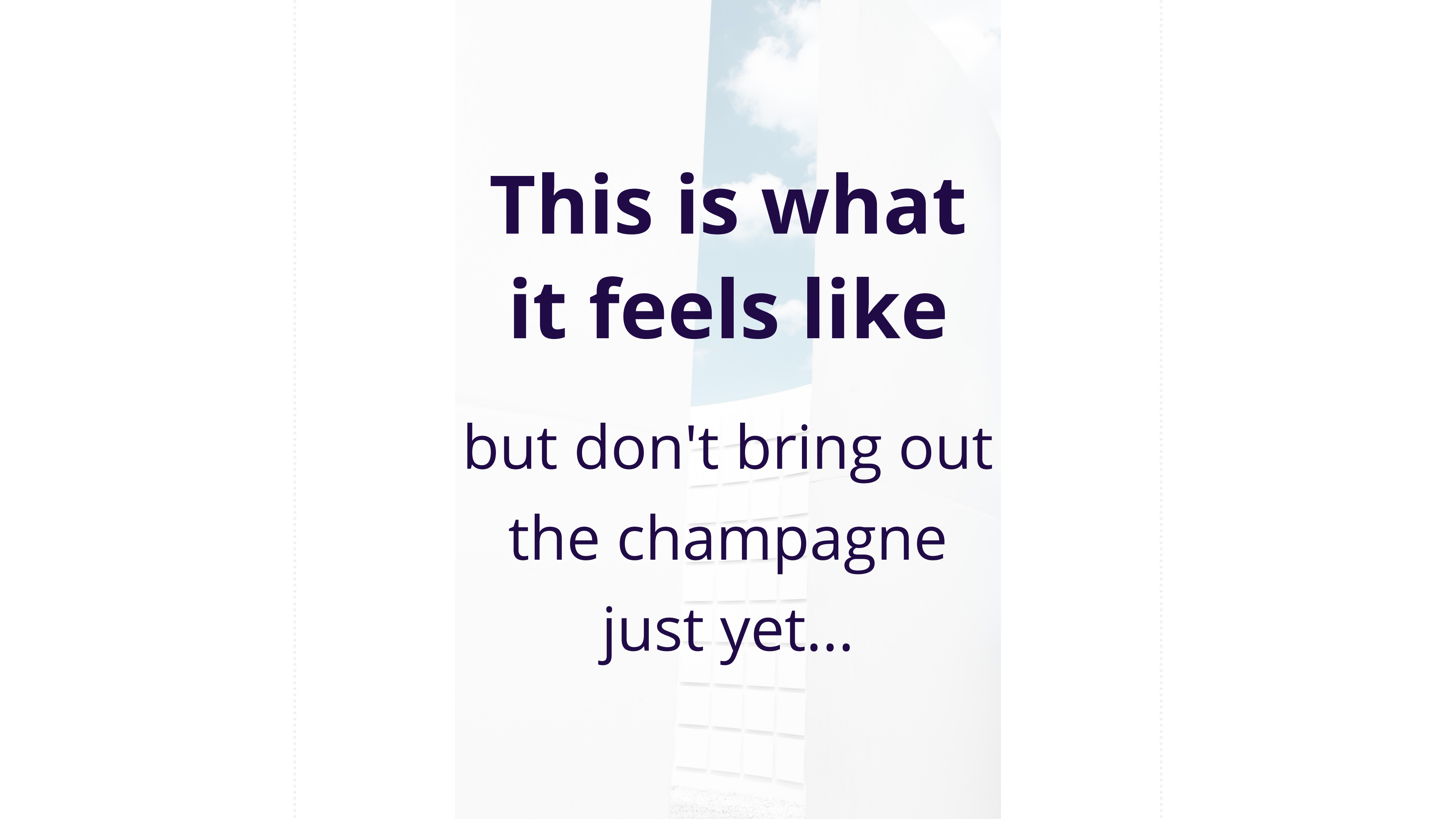
**You have
been keeping
a regular
training
schedule**

and only two weeks
remain before your
first half marathon

04

**Your book
manuscript is
almost finished**

you have just ONE
chapter to go!



**This is what
it feels like**

but don't bring out
the champagne
just yet...

BECAUSE WITH STABILITY COMES



entropy /'ɛntrəpi/

the tendency of a system to lose
energy over time



Look for the leaks...

- Are you skimping on workouts?
- Are you increasingly taking more and more shortcuts?
- Is the quality of your work deteriorating?
- Are you still on track or losing focus?



**It's during
this phase
that we
reach our
goal**



**Or find that
we are back
at level two...
LIFT-OFF!**



**What comes after
stability?**

**Take the present
game to the
next level**

Choose a new goal

WARNING!!!

**Once we set
new goals or
decide to take
our game to
another level...**

ENTER: Monkey Mind

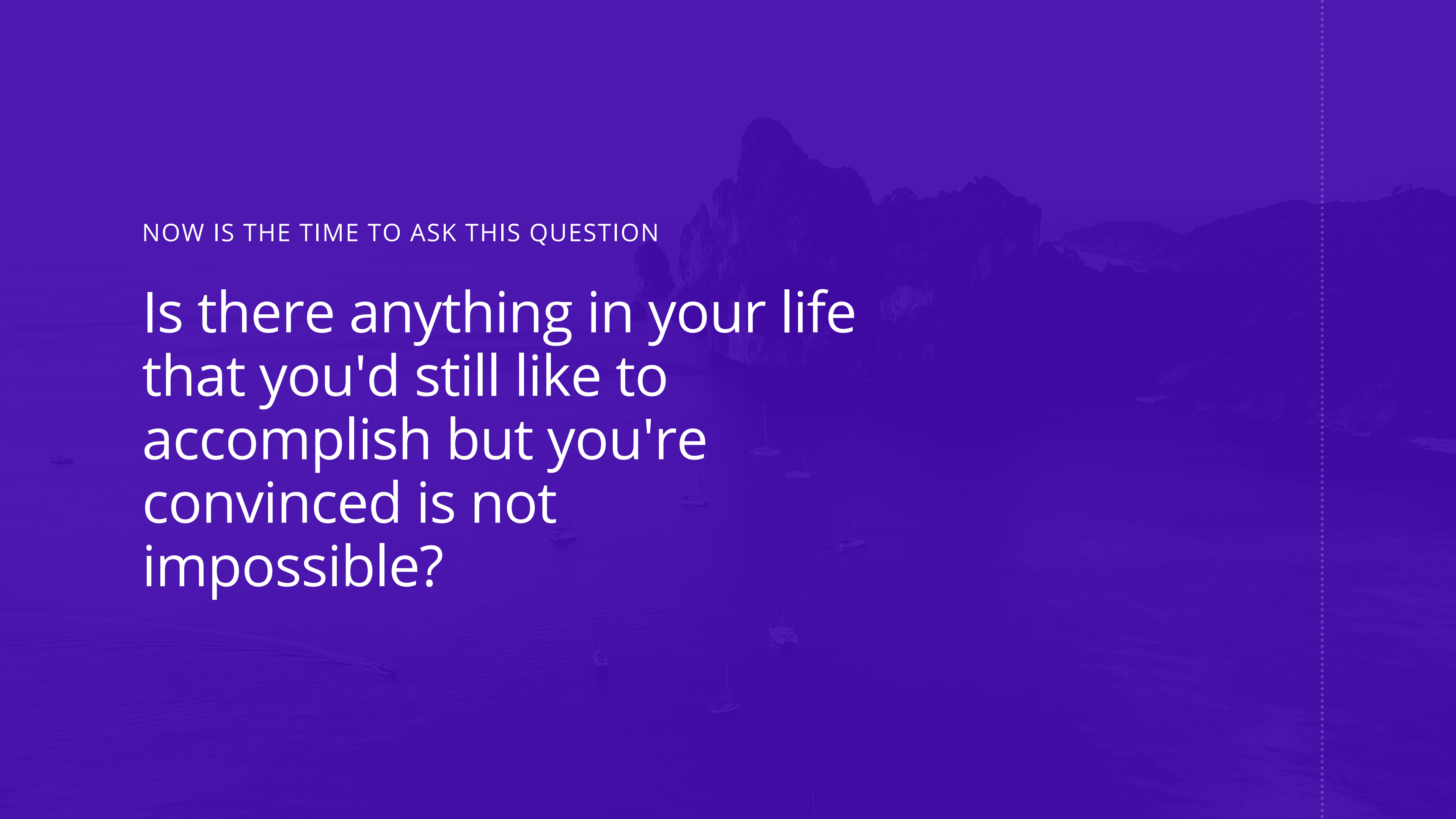


Stage Five - **BREAKTHROUGH**





**of all the ways
you've been
doing things and
living your life up
until now...**



NOW IS THE TIME TO ASK THIS QUESTION

Is there anything in your life
that you'd still like to
accomplish but you're
convinced is not
impossible?



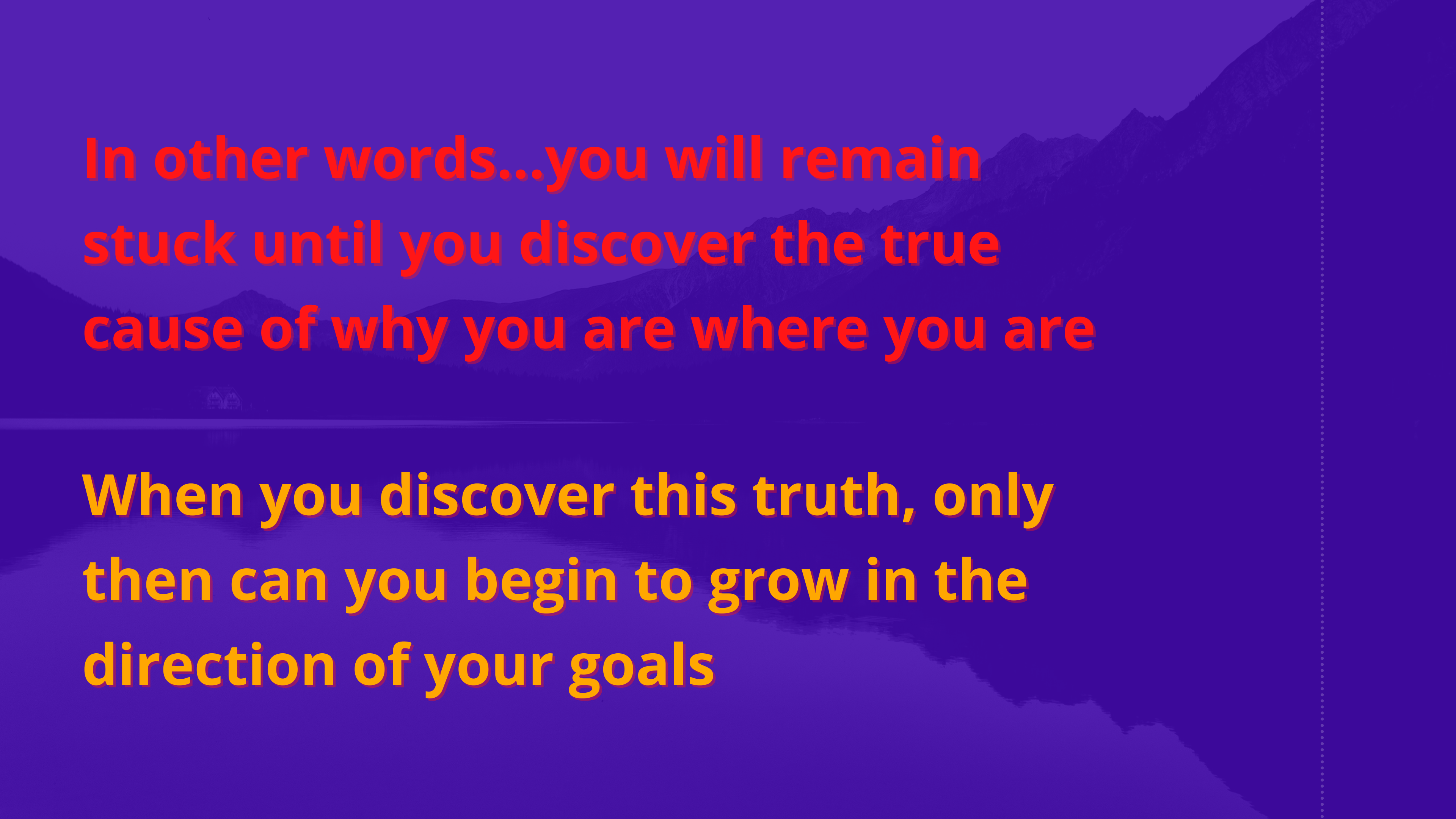
Consider what might
be still holding you
back. Is it...

YOUR EXCUSES
YOUR STORIES
NEGATIVE HABITS
YOUR BELIEFS
YOUR BEHAVIORS
YOUR ATTITUDE
ALL THE ABOVE?



If you're **striving,**
struggling or
stuck in any area
of your life...

you are probably working
on the symptoms and not
on the ROOT cause



**In other words...you will remain
stuck until you discover the true
cause of why you are where you are**

**When you discover this truth, only
then can you begin to grow in the
direction of your goals**



**Not sure what to
do next?**



**You can't read the label
from inside the jar**

*You can't effectively identify
or solve your own
problems because you're
just too close to them.*

I can help you - just click the link below

www.gisellehudson.com/contact

**When you find the solution that is in alignment with who you are at core, your
goals will begin to materialize.**

