
Week 5: Step Four: Trust

SELF-REFLECTION

What if it is meant to be effortless? What if you didn't need to control everything, or judge everything, or know everything? What if every step you took through life's journey could be taken with the freedom of knowing that your step will be optimal?

Capture your beliefs here

The inquiry: What is in this moment?

There are 3 things that exist at this moment that your subconscious takes into account when it creates an optimal pattern. After watching Derren Brown's video on subliminal advertising, what do you believe these three things are:

1. _____
2. _____
3. _____

(Fill in the blanks)

Your vast _____ within = the sum total of all your _____ over your lifetime.

When you remove an old pattern, the subconscious has a chance to align you with your _____ and take you in that _____.

An optimal pattern takes care of _____ as it takes care of you.

SELF-REFLECTION

Optimal patterns don't just take care of you. An optimal pattern, takes an optimal action, and that optimal action supports everyone in the group.

Because we can't do this consciously (any conscious attempt to take care of the whole, only creates more problems), you need to let go and trust. This is a leap of faith that is best understood through experience.

Reflect on your breakthroughs so far in this program. How has your new optimal pattern taken care of everyone's needs?

Capture your findings here.

SELF-REFLECTION

I mentioned that when we try to solve problems consciously, we end up creating more problems. What's your experience? Have you ever tried to 'fix' something, only to find that you created another problem?

DISCOVERY SESSION NOTES

ACTIVITY #1: Daily Repatterning

This week repeat the same daily activity from last week. Twice a day, two patterns at a time, you will Identify (Step1), Own (Step2), Deconstruct (Step3) and then Trust in the moment to create a new pattern (Step4).

DAY 29

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #6					
Impact List #5					
Make Wrong List #7					
Impact List #8					

Tip of the day

The 4 Step Repatterning Technique invites you to take a step into the unknown, which is extremely challenging for our minds to do. Please don't underestimate the enormity of this task. To create a new pattern, you have first to let go of the old pattern, which requires your mind to take a leap of faith. Step Four acknowledges this leap. Although we could say Step Four is redundant (the moment the old pattern deconstructed, a new pattern was immediately birthed to take its place), the mind was unaware of that redundancy before it made that leap.

DAY 30

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #8					
Impact List #7					
Make Wrong List #6					
Impact List #5					

Tip of the day

Step Four acknowledges and calms our mind. There is nothing more required of it but to trust the moment. As we recite Step Four, we invite it to let go of the burden of responsibility it has been carrying around with it all this time. "Don't worry", Step Four informs your mind, "this moment will deliver", and into this understanding, our mind can relax.

DAY 31

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #4					
Impact List #3					
Make Wrong List #10					
Impact List #11					

Tip of the day

Although you cannot access it directly, tucked away in the unconscious regions of your brain is everything you have ever seen, heard, smelled, tasted, and touched. We call this the vast warehouse within.

Today reflect on how much data must be contained within you. That is what you are trusting on when you say, "I trust this moment to deliver the optimal pattern I need."

DAY 32

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #5					
Impact List #4					
Make Wrong List #9					
Impact List #9					

Tip of the day

The yogis have a saying, "Happiness is your birthright", by which they mean that all of life's experiences contain an undercurrent of joy. Even in our darkest moments, the optimal patterns deliver surprising and delightful results. It is still early day, but perhaps you have started to experience it for yourself.

DAY 33

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #7					
Impact List #8					
Make Wrong List #7					
Impact List #7					

Tip of the day

Patterns pulled from the past are always self-centered, meaning the primary focus is always on you and your needs (either in a positive way or, in a negative way). Optimal patterns are different. Being aligned with the present situation and moment, they deliver a holistic result. It is no longer only about "you" and your needs; it becomes about "us" and our needs.

DAY 34

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #2					
Impact List #2					
Make Wrong List #1					
Impact List #1					

The 4 Step Repatterning Instructions in audio format is available in the Hub. Today, give it a try. If you find it helpful, you can use it to support your daily Repatterning. If not, then carry on without it.

DAY 35

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #3					
Impact List #3					
Make Wrong List #4					
Impact List #1					

Tip of the day

If you have been following the recommended schedule, you are now at the five-week mark. This is the week that you can expect results to show up. Remember, the only proof is on the court. This week be on the lookout for changes that are occurring in your life and relationships.

If you are not getting results this week, something is off. The only way for me to support you is by listening to how you are applying the 4 Steps. Join a live coached program and we'll explore it together.

Congratulations on completing this week's activity.
Your next discovery session is now open