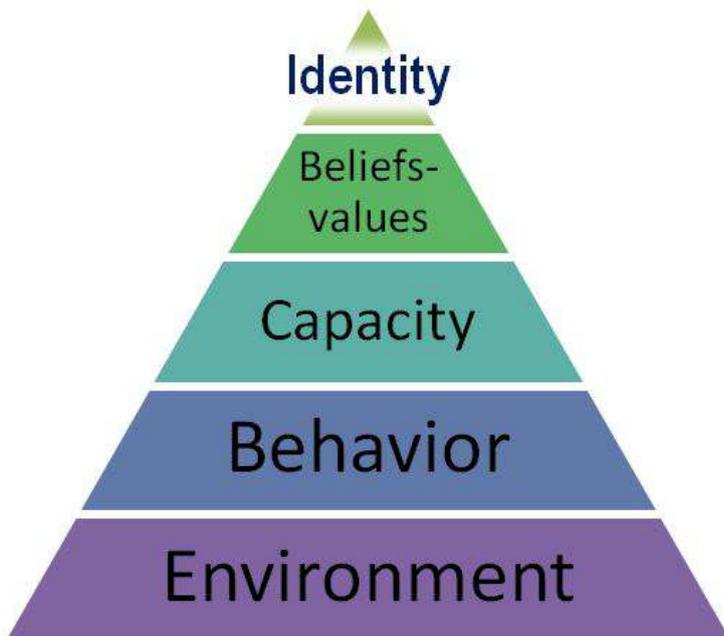




Day 4: *Your story creates your identity*

*It's not who you are that holds you back.
It's who you think you are not. - Denis Waitley*



Neurological Levels of NLP:

"No problem can be solved from the same level of consciousness that created it." Albert Einstein

Our story creates who we think we are and what we can or can't do. It becomes our IDENTITY.

To change a problem in your "beliefs" area, you can reprogram your new beliefs with repetition. The faster way though, is to change your identity, or who you think you ARE.



My personal story:

I came home from school with a “Work & Travel Australia brochure when I was 17. I got told to put it away and “be realistic”.

“We are normal people”.

You have to pick a career, work hard and make money.

We all do “normal” things, just settle for it! Go to work, marry, get kids and build a house.

I was struggling with normal life. Who was I, to even ask for more? I didn't see myself as anything special. I didn't see myself as world traveller. I surely didn't see myself as a business owner.

How you see yourself = Your identity

In 2013 I wasn't sure who I even *was* anymore.

What was truly ME, what were society's expectations?

To find and form myself again, I quit my safe job, left Germany with a one-way-ticket to Africa, travelled around the world twice and started my own business.

The rest is history.

**Today my identity is the one of an adventurer, leader, visionary,
CEO and world traveller.**

My old business story:

“I have nothing of value to offer.

I am new to this, and I'm struggling.

This can't be that easy. It takes years to build a business.



I don't want anyone to see it before it's perfect.
I will never make THAT much money. That's crazy, who would even WANT that much.

I AM not good enough yet to charge premium pricing.
I'm not Taylor Manning.
I'm not Amanda Frances.
I'm not Tony Robbins.
I'm just lucky that I got a couple of clients.
IT'S HARD TO RUN A SUCCESSFUL BUSINESS.”

My new business story:

- > Consistent 5-figure months, even whilst I focus on personal growth events and traveling full-time
- > A group of 12,000 Location Independent Biz Babes, that grows on auto pilot
- > Events, programs and freebies that I truly LOVE to run, to make a difference in this world
- > Getting paid JUST for being me
- > Changing people's lives.

**More value = More impact
= More income, not the other way around.**

How did I get there?

Self-reflection, coaches asking me the right questions, surrounding myself with a mastermind of people who are aiming HIGH and believe that running a 6-figure business is the most normal thing in the world.

Who you surround yourself with, is who you become.



HOMework

1. Go through the following deep dive journaling questions.
This is for yourself, don't hold back. No need to share this with anyone.

What would your parents, friends or colleagues say if you would tell them you want to run a successful 6-figure business?
Are there any negative or doubtful voices out there?

What's your story? How would your parents or grandparents describe where you "come from"? How do they see you?

How has this influenced how you see yourself?
What do you believe about yourself?

What do you believe about your ability to create an extraordinary life?
Where is the limit that you see for yourself?

How have you been justifying this limit?
"I don't want that much money anyways"
"These people are all ____"
"I should just be happy with what I have"

What would be a more empowering story?
What if you could rewrite your story and become who you want to be?

2. REPEAT AFTER ME:

"Now that I release all the bullshit from my past, I'm so excited to step into the new incredible story of my life."

Repeat out loud 5 times with conviction and like you mean it!



3. Sharing is caring:

For today's Instagram post, share something that you choose to be part of your NEW empowering story! Who are you from now on?

To participate in the draw for 5x \$100, don't forget to use the hashtag #dreamlifedeluxe and tag 5 friends including myself @dreamlife_deluxe

