

Peace!



STOP: If you feel and think that your life is fine, and there's no need for change, this book is not for you. This book is only for those seeking self-improvement and transformation for a peace of mind and success. If that's you, please proceed.

Thank you for taking this journey to break cycles in your life. It is not an easy road to travel when it comes to changing your life and all those who will come after you in your family.

Coach Mike D.A. is a published author, wellness expert, and entrepreneur who transformed his life during and after his decade long experience in the federal prison system. He has dedicated his life to empowering others to improve their quality of life as he did his. He currently resides in Southern California but frequently travels to spread his energy and insight.

Coach Mike D.A.

TABLE OF contents

CHAPTERS

01

INTRODUCTION 07

Learn the “WHY” behind Coach Mike D.A’s development of this program. See how The Journey of Breaking Cycles manifested in his life, and his need to share it.

02

UNDERSTANDING 10

What do you believe about yourself and the world around you? Who shaped and molded those beliefs? Let’s identify them.

03

BREAKDOWN 17

In the process, you’ll need to question every moment of your life and every decision you’ve ever made.

04

ANALYZE 24

After breaking down every aspect of your life, past and present, it’s time to dig deep into each element for a better understanding.



TABLE OF contents



05 **FILTER** **32**
Now it's time to figure out which elements of your conditioning can be retained and strengthened, and those that need to be removed.

06 **DISPOSE** **40**
What's next, you may ask? Disposing of the unnecessary, unproductive pieces of your former self that are no longer acceptable

07 **AGGREGATE** **48**
we can now get to the fun part - designing a new you!



08 **REFINE** **57**
just like electronics periodically upgrade, you will need new iterations as well (YOU 3.0, YOU 4.0, and so forth).

TABLE OF contents



- 09** **EMBRACE** **66**
you need to embrace your choice to change and the purification that led to you discarded elements of your past.
- 10** **LIVE** **75**
We need you to beam brightly, so when we have our moments of doubt you can reinvigorate us and remind us of greatness.
- 11** **Conclusion: Empowerment** **82**
It's time to focus on your targets and variables that may affect reaching your goals.



How Did You
Get Here?

INTRODUCTION

From Pain To Peace

In 1994, when I was just 17 years old, I faced my first incarceration. Two years prior to that, I had begun a rapid descent into chaos. The good kid who once loved making music, drawing, and learning had disappeared. I'd replaced him with someone short-tempered, angry, and uncontrollable—someone who got involved in selling drugs, gang activity, and skipping school. Looking back, it's clear to me why I connected so much with comic book characters like The Hulk and Wolverine; I, too, felt like I was in a constant internal battle.

That year, I was sent to juvenile detention for one year for felonious assault. The only reason I didn't receive more time was because there was an element of self-defense in my case. I had fired an unregistered gun and fled before the police arrived. During my time in juvenile detention, I finished high school, went through therapy, and gave back to the community by volunteering at shelters and participating in public outreach programs. After my release, I left the gang, became a reborn Christian, and enrolled in community college. It looked like I was on the right path.

But life had other plans.

I returned to the same environment I had been in before: the same people, the same places, the same toxic surroundings. Even my college was in the same neighborhood. Nothing around me had changed, and because of that, neither had I.

grew up in a single-parent household. My mother was only 20 years old when she started raising me, following her divorce from my father. We were on public assistance, and I remember what it felt like to have the lights cut off or to pay with paper food stamps while others handed over cash. Life was tough, especially during the Crack Era.

But weekends were different. My grandparents lived in a middle-class suburb, and on weekends, I got a taste of another life. They were the first Black family to move to their neighborhood, and I spent those weekends playing with my suburban friends. Then, on weekdays, I returned to the hood.

At 10 years old, my father passed away, and we started receiving social security checks. We also got approved for Section 8 vouchers and moved to Warrensville Heights, a suburb of Cleveland, just as the area was being affected by "White flight"—a shift that changed everything. As I got older, I began hustling, working small jobs here and there. By the time I inherited some money from my father's death, I had a chance to live a better lifestyle, but the truth is, more money couldn't change me. I was still stuck in the same toxic environment.

Fast forward six years, and I had bypassed the adult penal system altogether. I went straight to federal prison, serving ten years for organizing unarmed bank robberies. Those years—from age 23 1/2 to 34—were my rock bottom. I was completely broken, lost in pain.

But through the pain, I learned. I began to study. My time in prison wasn't just about paying my debt to society; it became a time for transformation. I read everything I could on business, entrepreneurship, and personal development. I absorbed lessons from people like Robert Kiyosaki ("Rich Dad, Poor Dad"), Tony Robbins, Brian Tracy, and Napoleon Hill. I surrounded myself with others who were growing or who had already transformed their lives.

When I was finally released from federal prison, I had nothing—no money, no possessions, just my will to survive. I was in my mid-thirties, starting over from scratch. While most of my peers had established careers and families, I had a record. People thought I'd be lucky to just get a decent job and barely get by. But I wasn't going to let that define me. I had decided that I would make something of myself—by any means necessary (legitimately, of course). I wasn't willing to live my life on my knees; I was determined to rise.

The steps I'm going to share with you in this book are the very same ones that pulled me from the deepest, darkest pain to a place of peace and purpose. It hasn't been easy. In fact, it's been one of the hardest things I've ever done. But if you stay patient with yourself and trust the process, your transformation can be just as powerful.

“The standard
definition of
UNDERSTANDING
(noun form) is:
Mental process of a
person who
comprehends;
Comprehension;
personal interpretation.
(Dictionary.com)”

- COACH MIKE D.A.

UNDERSTANDING

Reclaiming Your Mind

Before we can change anything in our lives, we have to understand it. We need to know where we are, how we got there, and why we keep ending up in the same cycles. But understanding isn't just about knowing the facts. It's about recognizing how your mind has been shaped—by your experiences, your environment, and even by forces you might not be aware of. To truly transform, you first need to get a grip on how your mind works and what's influencing it.

Let's break this down by focusing on two key ideas: **perception** and **propaganda**.

Perception – The Lens Through Which You See Life

Perception is your personal filter on life. It's how you see and interpret everything around you. From the moment you're born, your mind is soaking up information, trying to make sense of the world. But here's the tricky part: what you perceive may not always be the truth. Your perception is shaped by the people around you—your parents, teachers, friends, and society at large.

For example, if you grew up hearing that “people like us never get ahead,” that idea might start to feel like a fact. You start to see everything through that lens—any setback, failure, or challenge seems to confirm that belief. Before you know it, you're trapped in a mental box, believing that no matter what you do, you'll never break free.

But here's the good news: perception can be changed. You can start looking at the world—and yourself—differently. You don't have to keep seeing life through the lens that others have given you. You can put on a new set of glasses, ones that help you see your potential and possibilities more clearly.

Think of it like this: your perception is like a pair of sunglasses. If the lenses are dark and dirty, everything you look at seems shadowy and unclear. But if you clean the lenses, the world looks brighter. The goal of this chapter is to help you start cleaning those lenses and see life—and yourself—in a new light.

Propaganda – The Lies You've Been Told

When most people hear the word "propaganda," they think of war posters or government campaigns. But in reality, propaganda is all around us. It's the ideas, beliefs, and messages that are constantly being pushed on us by society, media, and even well-meaning family and friends.

Propaganda isn't always intentional, but it can still be harmful. It's the message that tells you you're not good enough. It's the belief that success is only for certain types of people. It's the idea that you have to live your life a certain way to be accepted or valued.

We're bombarded with propaganda every day—through social media, television, advertising, and even conversations with people we trust. And the most dangerous kind? The kind that gets stuck in your subconscious, shaping how you think and feel without you even realizing it.

Ask yourself: What beliefs have you accepted as "truth" that might actually be holding you back? Have you been told that you're too old to make a change, that you don't have the right background, or that people like you can't succeed? These are all forms of propaganda, and they're designed to keep you in a cycle of limitation.

Breaking Free from Mental Traps

To begin transforming your life, you must first recognize where you've been trapped by these mental chains. You can't change what you don't acknowledge. And let's be honest—this part of the journey isn't easy. It's uncomfortable to admit that we've been believing lies or limiting ourselves based on someone else's view of the world. But this is where the real work starts.

There's a psychological concept called cognitive dissonance—when you hold two conflicting beliefs at the same time. For example, you might believe you're capable of achieving your goals, but deep down, there's another part of you that doubts whether you're truly worthy of success. This inner conflict creates stress, anxiety, and frustration, which can manifest in negative behaviors like overeating, lashing out, or sabotaging your progress.

The more you hold onto these conflicting beliefs, the harder it becomes to make lasting changes in your life. The key is to start identifying those areas where your beliefs don't align with your goals. Ask yourself: "What am I holding onto that's keeping me stuck?"

Rewriting Your Mental Story

Here's the empowering truth: you have the power to rewrite your story. It doesn't matter how many years you've been living under the weight of false beliefs or propaganda. Once you become aware of what's shaping your perception, you can begin to change it.

Start by questioning everything. Be curious. Don't take anything at face value. Just because someone told you something—whether it was a parent, a teacher, or society—doesn't mean it's true. Do your own research. Get new information. Surround yourself with people who think differently than you do.

And most importantly, practice seeing yourself in a new light. If you've been told your whole life that you're not capable of achieving greatness, start affirming the opposite. Say it out loud: "I am capable of success. I have everything I need to reach my goals."

This might feel awkward at first, especially if it goes against everything you've believed about yourself. But the more you challenge your old perception, the more your mind will begin to shift. Over time, you'll start to believe it, and once you believe it, you'll start to act on it.

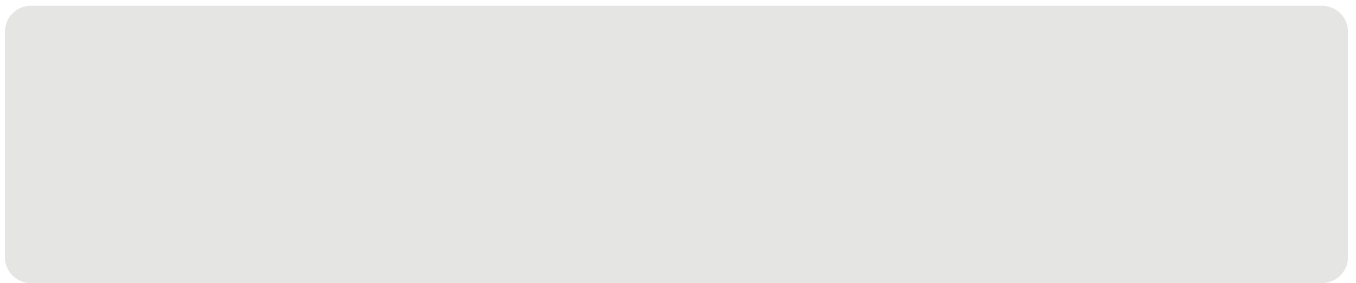
Understanding is the first step in breaking the cycles that keep us trapped. Once you become aware of the influences shaping your thoughts and actions, you have the power to change them. Remember: your perception is not permanent. It's time to clean those lenses and see the world—and yourself—for what they really are: full of potential.

Let's See What You Understand About Yourself

What do you believe about yourself and the world around you? Who shaped and molded those beliefs? Let's identify them.

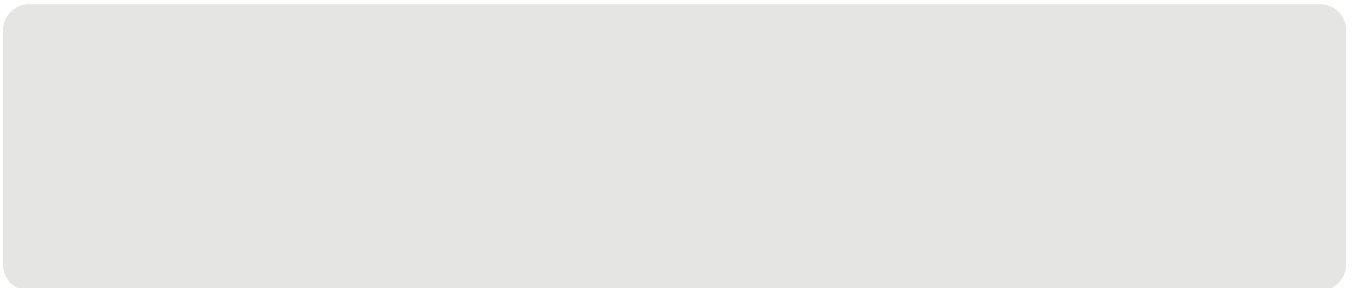
Question One

How would you describe your overall beliefs about yourself?



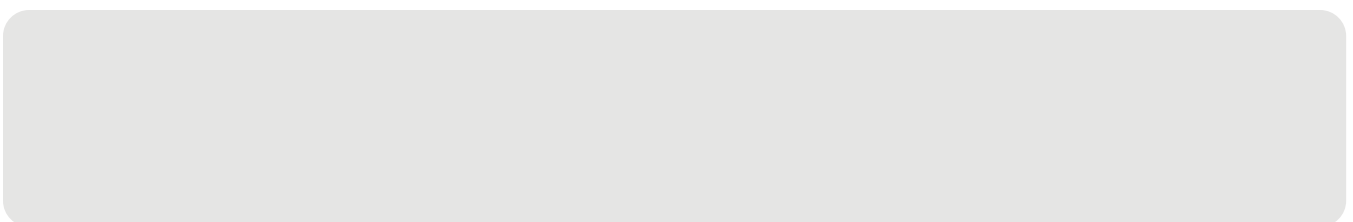
Question Two

Challenge the bad beliefs you have about yourself. Why are they wrong?



Question Three

Share what's good about you that you know to be factual.



“The standard
definition of
BREAKDOWN (verb
form) is:

To analyze or be
subjected to analysis.
To separate or cause to
separate into simpler
chemical elements;
decompose.”

BREAKDOWN

Facing The Truth About Yourself

Breaking down isn't just about falling apart. It's about getting real with yourself and dismantling everything that's been holding you back. You can't rebuild until you've taken a hard look at what's broken. But here's the truth—most of us avoid this part because it's uncomfortable. It's painful to look in the mirror and face our flaws, mistakes, and the things we've tried to bury.

But if you want to transform, if you want to live a life that's truly yours, you've got to be willing to break down the pieces of your life. Only then can you start building something better.

Why Breakdown Is Necessary

Life is like a race—except we didn't sign up for it. From the moment we were born, we were thrown into a world we didn't choose, with circumstances that weren't our fault. For some of us, those circumstances were tough—poverty, broken homes, toxic environments. Others may have had more privilege but still found themselves struggling internally. No matter where you start, we all face moments when we think, “Why am I here? What did I do to deserve this?”

It's easy to get stuck in that mindset. It's easy to feel angry, frustrated, or depressed about where life has taken you. But the moment you start asking yourself those questions—about your past, your decisions, and your environment—you begin the process of breaking down.

This process isn't just about remembering everything that's happened to you. It's about facing those moments head-on without making excuses or shifting blame. It's about being honest with yourself.

My Own Breakdown Moment

In 2000, I found myself sitting in a jail cell after being arrested for suspicion of organizing an unarmed bank robbery. I was in shock. This wasn't supposed to be my life. As I sat there, I couldn't help but ask myself the hard question: How the hell did I end up here?

That was the moment I started breaking down my life—piece by piece. I went back through my memories, my choices, my relationships, and the patterns that led me to that point. And you know what? Some of the memories made me laugh, realizing how foolish I had been. Other moments made me cringe with regret.

One of the first things that stood out to me was my relationship with marijuana. For years, I convinced myself that smoking weed wasn't a problem. I used the classic excuse: "It's natural. It comes from the earth." But as I started to break down my choices, I realized that being high had clouded so many pivotal moments in my life. I wasn't thinking clearly when I needed to most.

That night, in that jail cell, I made a life-changing decision: I quit smoking weed, cold turkey. It's been over 23 years since I last touched it. That decision wasn't easy, but it was necessary. Breaking down my life forced me to see the truth about how I was living, and it gave me the push I needed to make a real change.

Breaking Down Your Own Life

The breakdown process is about facing every part of your life—your decisions, your relationships, your habits—with brutal honesty. This isn't about beating yourself up or drowning in regret. It's about understanding how you got here so you can decide where you want to go next.

Take a moment and think about your own life. What choices have you made that led you to where you are now? What relationships have shaped you, for better or worse? What habits are holding you back?

Breaking down means letting go of the excuses and taking responsibility for your life. Sure, some things were out of your control. Maybe you were born into a tough situation. Maybe you faced abuse, neglect, or instability. Those things weren't your fault, but once you become aware of how they've shaped you, it's on you to do something about it.

It's okay to be angry. It's okay to be sad. But you can't let those emotions paralyze you. Use them to fuel your transformation.

Owning Your Past

One of the hardest parts of breaking down your life is facing the things you're ashamed of. We all have them—moments when we've hurt others, let ourselves down, or passed up opportunities because we were afraid or unsure.

But here's the thing: You can't change what you won't acknowledge. You have to own your past, the good and the bad. If you keep pointing fingers, blaming others, or ignoring your role in your life's story, you'll stay stuck. Growth only comes when you take responsibility for your life—every part of it.

I know this can be tough. It's painful to admit when we've messed up. It's easier to shift blame to someone else or to external circumstances. But the truth is, the power to change starts with accountability.

For example, think about the times when you've passed up opportunities or settled for less than you deserved. Maybe it was a friendship you should've let go of years ago, or a job that drained you but felt comfortable. Whatever it is, those decisions are part of your story now. You can't go back and change them, but you can learn from them.

Why This Process Hurts—and Why It's Worth It

Breaking down is uncomfortable because it forces you to step outside of the version of yourself you've become used to. It makes you confront the parts of you that you've been ignoring or denying. It's like pulling apart an old structure to rebuild a better one—you have to tear down before you can build back up.

This is not an easy process. It's messy. It's painful. But it's also powerful. You're not just breaking down for the sake of it—you're doing this so you can start over, stronger and wiser.

Remember, this isn't about getting stuck in regret. It's about learning from your past so you can shape a better future. Once you've faced your life head-on, you can decide what to keep, what to let go of, and how to rebuild from the ground up.

The Power of Breaking Down

Breaking down your life is the first step toward rebuilding it into something better. It's about getting clear on the choices you've made, the patterns you've fallen into, and the changes you need to make. It's not an easy process, but it's a necessary one if you want to break free from the cycles that have been holding you back.

Remember, the goal of this breakdown isn't to stay stuck in the past. It's to understand it, learn from it, and use that knowledge to create a future that's aligned with who you truly want to be.

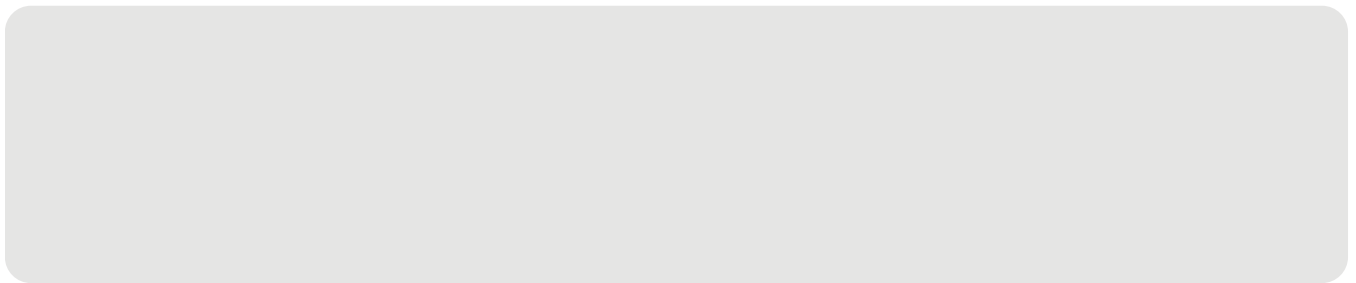
You've made it this far—don't stop now. The real work is just beginning, but so is your transformation. It's time to tear down the old you and rebuild something stronger.

Let's Break Down What You Know About Yourself

In the process, you'll need to question every moment of your life and every decision you've ever made.

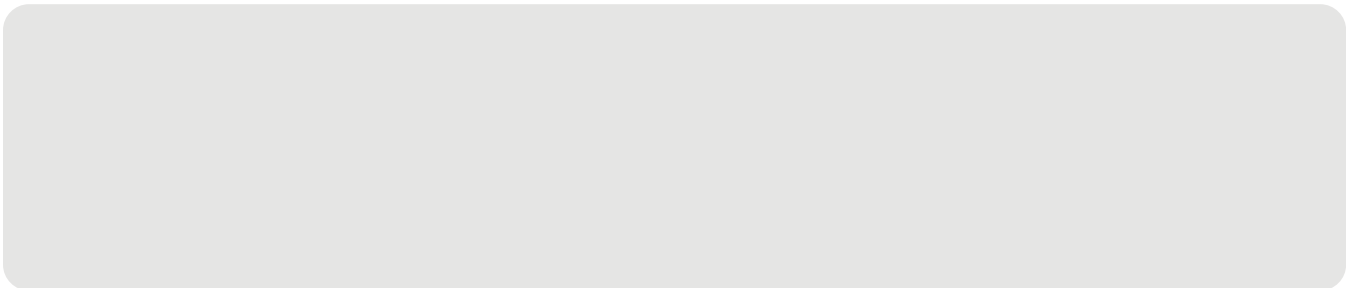
Question One

Write down key moments/decisions that have shaped who you are today



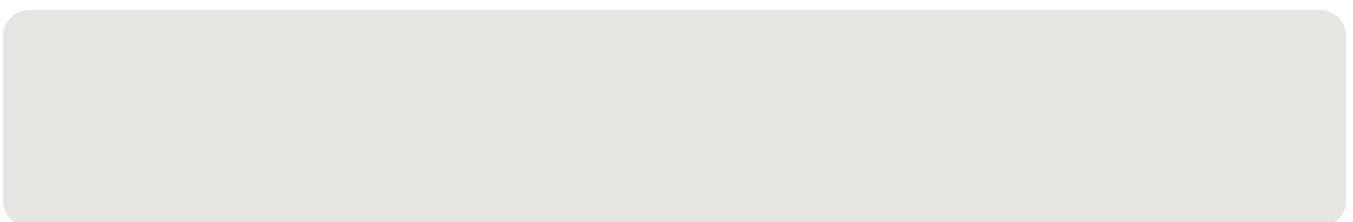
Question Two

Do you recognize any patterns that keep emerging in your life?



Question Three

What role did you play in them? What needs to change?



“The standard definition of **ANALYZE** is:
To examine critically, so as to bring out the essential elements or give the essence of;
To examine carefully and in detail so as to identify causes, key factors, possible results, etc.”

ANALYZE

Digging Deep Into Your Life

Now that you've broken down your life and faced the hard truths, it's time to analyze what you've uncovered. This step is critical because it helps you understand why you've made certain choices and what has truly shaped your life up until this point. It's not enough to recognize that you've been stuck in a cycle—you need to figure out why.

Analyzing means going beyond the surface. It's about getting to the root causes of your behaviors, habits, and decisions. This is where real transformation begins, because once you understand the “why,” you can start making different choices for your future.

Why Analysis Is So Important

When you analyze something, you're breaking it down into its essential parts. It's like taking apart a machine to see how it works, only in this case, you're taking apart your life. This process helps you spot the patterns, habits, and influences that have been running your life—often without you even realizing it.

Let me be clear: analyzing isn't about wallowing in your past or beating yourself up. It's about gaining clarity. You want to understand the deeper reasons behind your behaviors so that you can change them. Think of it like this: you wouldn't try to fix a car without first figuring out what's wrong with it. The same goes for your life. You need to know what's broken before you can start fixing it.

How I Analyzed My Own Life

After breaking down my life, I realized that I had to go deeper. Sitting in that cell, reflecting on how I'd ended up there, I started analyzing the decisions that had led me down the wrong path. It wasn't enough to just remember the moments—I needed to understand the why behind them.

One of the biggest things that stood out to me was how much my environment had influenced my choices. Growing up in a tough neighborhood, I was surrounded by negative influences—drug dealers, gang members, and people who weren't going anywhere in life. These were the people I looked up to as a kid, and they shaped my perception of success.

I thought the hustlers with flashy cars and jewelry were the ones “winning” in life. I didn't want to be like the people struggling with minimum-wage jobs or stuck in the system. So I chased the fast money, not realizing that the very people I admired were trapped in their own cycles of self-destruction. The more I analyzed my environment, the more I understood that I had been playing a losing game from the start.

This wasn't about making excuses. I wasn't blaming my environment for my decisions. But analyzing my life helped me see how much my surroundings had shaped my beliefs—and how those beliefs had driven my actions.

Your Environment Matters

Take a look at your own life. How much has your environment influenced your choices? Who did you look up to as a kid? What messages were you receiving from the people around you—your family, friends, teachers, or community?

Our environment plays a massive role in shaping who we become, especially during our formative years. If you grew up in a household where you were constantly criticized or told you weren't good enough, that likely affected how you see yourself today. If you were surrounded by people who believed that life was just about survival, not thriving, those beliefs may still be holding you back.

Analyzing your environment doesn't mean blaming others for your circumstances. It's about understanding the influences that have shaped your mindset and behavior. Once you're aware of those influences, you can start to shift them.

Recognizing Patterns

One of the most important parts of analyzing your life is recognizing patterns. Look at the choices you've made over the years—are there any recurring themes? Do you keep finding yourself in the same types of relationships, jobs, or situations? Do you react to challenges in the same way, even when you know it's not serving you?

When I analyzed my life, I saw a clear pattern of chasing the wrong things—whether it was money, status, or validation. I was constantly looking for shortcuts to success, thinking that fast money or hustling was the way out. But every time, it led me right back to square one. I had to confront the fact that my mindset—what I valued and prioritized—was driving me in the wrong direction.

The same might be true for you. Maybe you keep ending up in toxic relationships because deep down, you don't believe you deserve better. Or maybe you've been chasing a career path that doesn't fulfill you because you think it's what you're "supposed" to do. Whatever the case, the patterns are there—they've been shaping your life. Now is the time to spot them.

Going Beneath the Surface

Surface-level analysis won't cut it. You need to dig deep. If you keep making the same mistakes, there's usually a deeper reason behind it. Ask yourself these key questions:

- What beliefs have I held onto that no longer serve me? – These might be beliefs about yourself, others, or the world in general.
- What habits have I developed that are keeping me stuck? – Whether it's procrastination, avoidance, or seeking validation from the wrong sources, you need to identify these habits.
- What role have I played in creating my current circumstances? – This is where accountability comes in. You need to own your part in your life's story, even if it's uncomfortable.
- What fears or insecurities are driving my actions? – Fear is often the root cause of self-sabotage. Whether it's fear of failure, rejection, or the unknown, identifying your fears is key to breaking the cycle.

The Role of Trauma

For many of us, trauma plays a significant role in shaping our lives. Trauma doesn't have to be something extreme like violence or abuse—though it certainly can be. It can also be smaller, cumulative experiences, like constant criticism, neglect, or feeling unloved. These experiences leave emotional scars that often dictate our behavior long after the events have passed.

In my own life, I realized that much of my anger and aggression stemmed from the pain of losing my father at a young age and the instability of my home environment. I didn't know how to process that pain, so I acted out. Analyzing this helped me understand why I had been so self-destructive and why I needed to heal that old wound if I ever wanted to change.

If you've experienced trauma, it's crucial to acknowledge it. Ignoring it won't make it go away. In fact, unprocessed trauma often manifests in unhealthy ways—through addiction, depression, anxiety, or destructive behaviors. The good news is, once you recognize the impact trauma has had on your life, you can begin to heal from it.

The Power of Analysis

Analyzing your life is like shining a light into the darkest corners of your mind. It's not always comfortable, but it's necessary if you want to break free from the cycles that have kept you stuck. Once you understand the forces shaping your decisions—whether they're rooted in your environment, your beliefs, or your past—you can start making different choices.

Remember, awareness is the first step toward change. The more clearly you see yourself, the more power you have to shape your future. Don't rush this process—take your time to really dig deep and understand who you are, why you've been making the choices you have, and where you want to go next.

You've already done the hard work of breaking down your life. Now, through analysis, you're laying the foundation for the person you're becoming. The next step? Filtering out what no longer serves you and focusing on the things that will fuel your transformation.

Let's Analyze What You Know About Yourself

After breaking down every aspect of your life, past and present, it's time to dig deep into each element for a better understanding.

Analysis One

Write down any recurring patterns you've noticed in your life.

Analysis Two and Three

How has your environment influenced your decisions?

How do you typically respond to challenges or setbacks?

“The electronics and computers definition of **FILTER** is:

A circuit or device that passes certain frequencies and blocks others.

An algorithm that categorizes, sorts, prioritizes, or blocks data through rule-based protocols.”

FILTER

Separating What Helps From What Hurts

Now that you've broken down your life and analyzed the forces that have shaped you, it's time to filter. Think of this step as sorting through everything you've uncovered to figure out what's worth keeping and what needs to go. Not everything from your past is bad, but not everything is helpful either. To move forward, you need to be clear on which parts of your conditioning are serving you and which are holding you back.

This is where the transformation really starts to take shape. Filtering means you're deliberately choosing what kind of person you want to be, rather than letting old habits, beliefs, or environments decide for you.

Why Filtering Is Important

Imagine your mind is like a computer. Over the years, it's been programmed with all kinds of data—some of it useful, some of it not. You've absorbed messages from your family, your environment, your friends, and the media. But like any computer, your mind can get cluttered with information that slows it down or leads it in the wrong direction.

Just as a computer uses a filter to block out junk and keep only the useful data, you need to apply a mental filter to your life. This means sifting through the beliefs, habits, and relationships that have shaped you and deciding what to keep and what to discard.

How I Filtered My Life

After breaking down and analyzing my life, I knew I needed to make some serious changes. But it wasn't just about getting rid of bad habits or cutting ties with toxic people—it was also about keeping the parts of myself that were worth building on. I had to figure out what was helping me grow and what was holding me back.

For example, I knew my temper was a major issue. My short fuse had gotten me into countless fights and landed me in trouble more times than I could count. But as I looked deeper, I realized that my anger wasn't just a bad habit—it was a symptom of deeper pain and frustration that I hadn't dealt with. While my temper was something I needed to work on, I didn't want to throw away the passion and drive that came with it. Instead, I had to learn how to channel that energy into something positive.

At the same time, I recognized that some of the people in my life were like anchors, weighing me down and keeping me stuck. These were people who weren't growing, who weren't looking to improve themselves, and who were perfectly content living in cycles of dysfunction. It was hard, but I knew I had to distance myself from them if I wanted to change.

Filtering my life wasn't just about letting go of the bad; it was also about recognizing what was good and building on it. It was about creating a new version of myself, based on the best parts of who I was and who I wanted to become.

What to Filter

When you filter your life, you're essentially asking yourself, "What is serving me, and what is not?" Here are some key areas to focus on as you begin this process:

- **Your Beliefs:** Take a close look at the beliefs you've been holding onto. Are they empowering you, or are they keeping you stuck? For example, do you believe that success is only for certain types of people? Do you believe that you're destined to fail? These kinds of limiting beliefs need to be filtered out. On the other hand, beliefs that encourage growth, like "I am capable of learning and improving," should be kept and strengthened.
- **Your Habits:** We are creatures of habit. Many of the things we do every day—without even thinking—are either helping us move forward or keeping us stuck. Look at your daily routines. Are there habits that drain your energy, waste your time, or damage your health? It could be something as simple as scrolling through social media for hours, procrastinating on important tasks, or not taking care of your body. Filter out the habits that don't support your goals and replace them with healthier ones.
- **Your Relationships:** The people you surround yourself with have a profound impact on your life. Take a close look at your relationships. Are the people around you lifting you up, or are they pulling you down? Do they encourage your growth, or do they reinforce your old, unhelpful patterns? It's not easy, but sometimes you need to distance yourself from people who aren't aligned with where you want to go.
- **Your Environment:**

- Your physical and social environments play a big role in shaping your behavior and mindset. Are you living in a space that inspires you or drags you down? Is your workplace or social circle filled with negativity, or does it encourage growth and positivity? Sometimes, filtering your life means making changes to your environment—whether it’s cleaning up your living space or finding new places to spend your time.

How to Filter Effectively

Filtering isn’t about making drastic changes overnight. It’s about awareness and intentional choices. The goal is to become more mindful of what you’re allowing into your life and what you’re holding onto. Here’s how you can start filtering your life effectively:

- **Be Honest:** The first step in filtering is being brutally honest with yourself. It’s easy to justify bad habits or toxic relationships because they feel familiar or comfortable. But if you’re serious about transforming your life, you have to be willing to face the truth. Ask yourself: What is really serving me, and what is holding me back?
- **Start Small:** You don’t have to make massive changes all at once. Start with small adjustments. Maybe you stop hanging out with that one friend who always brings you down. Maybe you replace an hour of TV time with reading or exercising. Small changes, when done consistently, lead to big results.
- **Prioritize:** Not everything needs to be filtered out right away. Prioritize the areas that have the biggest impact on your life. If you’re surrounded by toxic people, that might be the first area to address. If your daily habits are getting in the way of your goals, start there. Focus on what will make the most difference.

- **Be Patient:** Filtering is an ongoing process. You won't have everything figured out in one day, and that's okay. Give yourself time to work through this step. As you grow and change, you'll continue to refine what's important to you.

Filtering in Action: My Experience

When I first started filtering my life, I realized I had been carrying around a lot of beliefs that weren't mine. These were beliefs handed down to me by my family, my environment, and society. For example, I grew up hearing things like, "People like us don't make it," or "Success is for other people, not for us." These beliefs were so deeply ingrained in me that I didn't even question them—they just felt like facts.

But once I started filtering my beliefs, I realized that these "facts" were actually just opinions, passed down through generations. They weren't true, and they weren't serving me. So, I made a conscious decision to let go of those limiting beliefs and replace them with new ones—beliefs that supported my vision of success and growth.

It wasn't easy, and it didn't happen overnight. But as I continued filtering my life—my habits, my relationships, and my environment—I began to feel lighter, more focused, and more in control of my future.

The Power of Filtering

Filtering your life is about becoming intentional with what you allow to shape you. It's not about rejecting everything from your past, but about choosing the parts that serve your growth and letting go of the rest. By filtering your beliefs, habits, relationships, and environment, you create space for the new version of yourself to thrive.

Remember, filtering is an ongoing process. As you continue to grow and evolve, you'll refine what's important to you. Stay mindful of what you let in, and make sure it aligns with the life you're building.

You're now at a pivotal moment in your transformation. You've broken down and analyzed your life, and now you've begun filtering out what no longer serves you. What's next? It's time to start disposing of the things you've filtered out so that you can move forward without the weight of the past holding you back.

Let's Filter What You Know About Yourself

Now it's time to figure out which elements of your conditioning can be retained and strengthened, and those that need to be removed or minimized.

Action Steps For Filtering Your Life

Write down a belief you've been holding onto that no longer serves you.

Take a look at your daily habits. Which ones are helping you move forward, and which ones are keeping you stuck?

Think about the people in your life. Who lifts you up and supports your growth? Who drains your energy or keeps you stuck in old patterns?

Look around your physical environment. Does your space inspire you, or does it feel chaotic and stressful? What changes would you make?

“The standard
definition of **DISPOSE**
OF is:
To get rid of; discard.
To do away with;
destroy.”

DISPOSE

Letting Go of What No Longer Serves You

By now, you've broken down your life, analyzed the parts that make you who you are, and filtered through the beliefs, habits, and relationships that either help or hinder your growth. Now comes one of the hardest but most essential steps: disposing of the things that no longer serve you.

Letting go can feel uncomfortable. Even when we know something is bad for us, we hold onto it because it's familiar. But if you truly want to transform, you have to be willing to release what's holding you back. You can't create a new version of yourself while clinging to the old one.

Why Letting Go Is So Difficult

Think about how hard it is to throw away something you've had for years. Even if it's broken or outdated, it's still tough to let it go. Why? Because you've developed an attachment to it. The same thing happens with our beliefs, habits, and relationships. Even when they're no longer serving us, we cling to them out of fear or comfort.

There's a part of you that might be afraid of letting go because you don't know what will happen next. You might worry that if you dispose of a bad habit, you'll have nothing to replace it with. Or maybe you're afraid that letting go of certain people will leave you feeling lonely. But here's the truth: growth requires space. You can't make room for new, positive things in your life if you're still holding on to the old, negative ones.

How I Let Go of What Was Holding Me Back

When I first started my journey of transformation, I had a lot to let go of. One of the biggest things I had to dispose of was my attachment to certain people. Some of the friends I grew up with were like family to me. We had been through a lot together—good times and bad. But as I started changing, I realized that these relationships were keeping me stuck.

These weren't bad people, but they weren't growing. They weren't working on themselves, and they weren't trying to make their lives better. Every time I was around them, I felt like I was being pulled back into the old version of myself—the version that made bad decisions and stayed stuck in cycles of dysfunction.

I knew that if I was serious about changing, I had to distance myself from these people. It wasn't easy. In fact, it was one of the hardest things I've ever done. But I also knew that holding onto these relationships would prevent me from becoming the person I wanted to be.

In the same way, I had to let go of certain habits that had been a part of my life for years. I had to dispose of my short temper, my unhealthy coping mechanisms, and my tendency to procrastinate. These habits had served a purpose in my past, but they had no place in the life I was trying to build.

The process of letting go wasn't instant. It took time and effort. But as I gradually disposed of the things that were holding me back, I felt lighter, freer, and more in control of my future.

What You Need to Dispose Of

When it comes to disposing of what no longer serves you, it's important to focus on the key areas we've been discussing: beliefs, habits, relationships, and your environment. Here's how you can start letting go in each of these areas:

Beliefs:

- We often hold onto beliefs that don't support our growth because they feel safe. Maybe you've been carrying around the belief that you're not smart enough, capable enough, or deserving enough to succeed. It's time to let those beliefs go.
- Start by recognizing that these beliefs are not facts. They're just stories you've been telling yourself based on past experiences or what others have told you. To dispose of these beliefs, replace them with new ones. Instead of saying, "I'm not capable of success," start saying, "I have everything I need to succeed."

Habits:

- We are creatures of habit, and unfortunately, not all habits serve us well. Whether it's procrastination, unhealthy eating, negative self-talk, or wasting time on distractions, these habits keep you stuck in old cycles.
- To dispose of these habits, you need to consciously replace them with healthier ones. For example, if you tend to procrastinate, start breaking tasks down into smaller steps and focus on completing just one step at a time. If you struggle with negative self-talk, start practicing affirmations or journaling about your strengths.

Relationships:

- This is one of the toughest areas to address, but it's also one of the most important. The people you surround yourself with have a huge impact on your growth. If there are people in your life who drain your energy, criticize your progress, or pull you back into old habits, it's time to reevaluate those relationships.
- You don't have to cut everyone off completely, but you do need to set boundaries. Distance yourself from people who aren't aligned with the new version of you. Surround yourself with those who support your growth and push you to be better.

Your Environment:

- Your physical environment can either support your transformation or keep you stuck in old patterns. If your living space is cluttered, disorganized, or filled with reminders of your past, it's time for a change.
- Start by decluttering your space. Get rid of items that no longer serve you or remind you of a version of yourself you're trying to leave behind. Create an environment that reflects the person you're becoming, not the person you used to be.

The Emotional Side of Letting Go

Letting go isn't just a physical act—it's deeply emotional. You might feel a sense of loss or grief as you dispose of old beliefs, habits, or relationships. This is normal. You're letting go of things that have been a part of your identity for years, and that's not an easy process.

But remember, you're not losing—you're gaining. Every time you let go of something that no longer serves you, you create space for something better. You're making room for new beliefs, healthier habits, and more positive relationships. You're freeing yourself from the chains of the past so you can move forward into a brighter future.

The Freedom of Letting Go

Letting go of what no longer serves you is one of the most powerful things you can do for your transformation. It's not about abandoning everything from your past—it's about releasing what's holding you back so you can make space for something better.

Remember, this is your journey. You're in control. By disposing of the beliefs, habits, and relationships that are keeping you stuck, you're taking a major step toward becoming the person you were always meant to be.

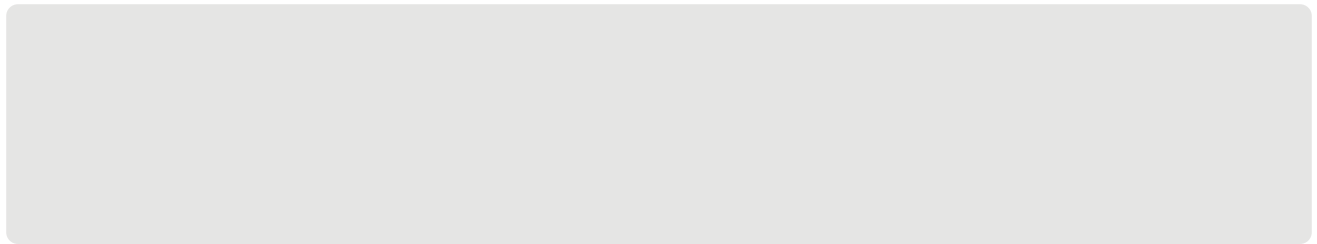
The next step in your transformation? Aggregating the best parts of yourself and your life to build something new. It's time to take the pieces you've chosen to keep and start creating a version of yourself that's stronger, wiser, and more aligned with your vision for the future.

Let's Dispose Of The Negative Things No Longer Serving You

What's next, you may ask? Disposing of the unnecessary, unproductive pieces of your former self that are no longer acceptable

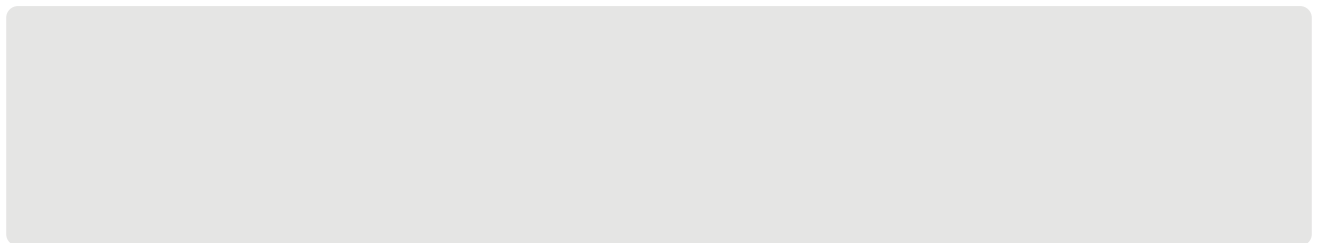
Identify What Needs to Go:

Make a list of the beliefs, habits, relationships, and environmental factors that are holding you back



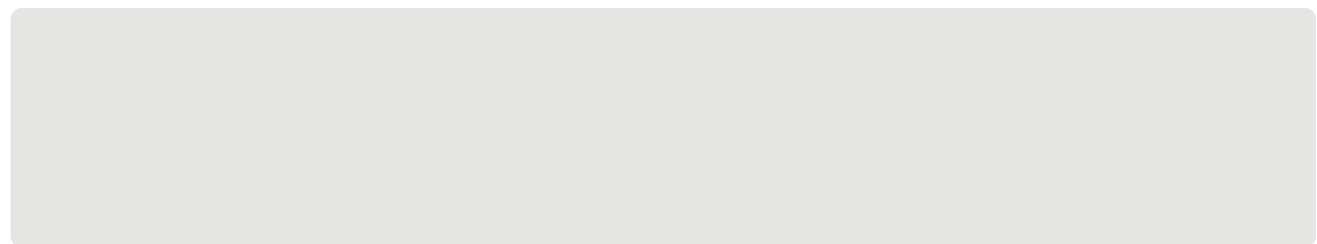
Release Old Beliefs:

Choose one limiting belief that you've been holding onto. Write it down, and then write a new, empowering belief to replace it.



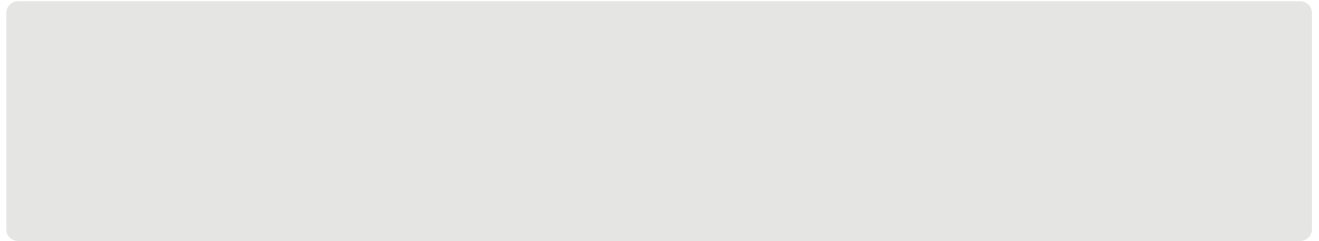
Replace Unhelpful Habits:

Pick one habit that's holding you back, and decide on a new habit to replace it.



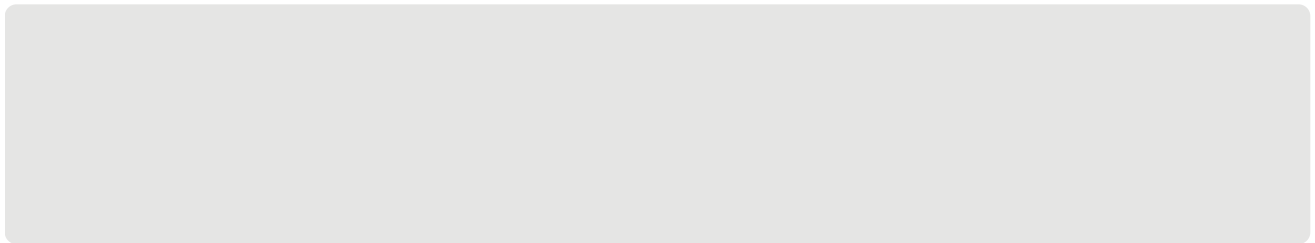
Set Boundaries in Relationships:

Are there any relationships that are holding you back? Decide how you can create distance or set boundaries with these individuals



Transform Your Environment:

Take a look at your physical environment. Is it supporting your growth, or is it keeping you stuck in the past?



“The standard
definition of
AGGREGATE is:
To bring together;
collect into one sum,
mass, or body.
To combine and form a
collection or mass.”

AGGREGATE

Building the Best Version of You

Now that you've let go of what's holding you back, you're ready to aggregate—to bring together the best parts of yourself and your life to build something stronger. This step is about combining the positive habits, beliefs, relationships, and aspects of your environment to create a new, upgraded version of yourself. It's about gathering the pieces that serve you and using them to construct a life that aligns with your highest potential.

Think of this chapter as the beginning of a rebuilding process. You've already done the hard work of breaking down, analyzing, filtering, and letting go. Now, it's time to gather the best of what's left and start creating the version of you that's ready to thrive.

What Does It Mean to Aggregate?

The word “aggregate” means to collect and combine. In the context of your life, it means identifying the aspects of yourself that are worth keeping and reinforcing. These are the traits, habits, and beliefs that contribute to your growth. Aggregating is about making these parts stronger and integrating them into your daily life.

But this process isn't just about keeping what works; it's also about bringing in new elements that align with the person you're becoming. Now that you've made space by letting go of old patterns, you can actively seek out new experiences, people, and ideas that will help you grow.

My Experience with Aggregating

After I let go of the toxic relationships and self-sabotaging habits that had kept me stuck, I knew I had to rebuild. But this time, I was determined to build a life that reflected the best version of me. That meant bringing together everything I had learned during my years of self-reflection and growth, and it also meant adopting new habits and surrounding myself with positive influences.

One of the first things I did was focus on my health. I had always valued fitness, but during my time in prison, I took it to another level. I realized that taking care of my body wasn't just about looking good—it was about mental clarity, discipline, and feeling strong inside and out. So, I signed up for personal training certification courses, studied fitness on my own, and surrounded myself with people who were dedicated to living a healthy lifestyle. I made health a core part of my new identity.

At the same time, I began to aggregate new beliefs that supported my growth. I let go of the limiting belief that “people like me can't succeed” and replaced it with “I am capable of creating my own success.” This new belief became a driving force behind my actions, and it allowed me to approach challenges with a completely different mindset.

I also started seeking out positive influences—people who were focused on their growth and success. I surrounded myself with those who inspired me, pushed me, and held me accountable to my goals. These were the types of relationships that fueled my transformation, and they became part of the new foundation I was building for my life.

What to Aggregate in Your Life

When you start the process of aggregating, you're essentially collecting the tools, people, and habits that will help you succeed. Here are some key areas to focus on:

Positive Beliefs:

- After letting go of limiting beliefs, it's time to reinforce the beliefs that support your growth. These are the beliefs that tell you you're capable, worthy, and strong. Start by writing down the beliefs you want to hold onto, and remind yourself of them daily. The more you reinforce these beliefs, the stronger they'll become.
- For example, if you've let go of the belief that you'll never succeed, replace it with the belief, "I have the ability to achieve my goals." Repeat it to yourself, write it down, and act on it. Beliefs are powerful because they shape how you see the world—and yourself.

Productive Habits:

- Your habits create the framework for your life. Now that you've disposed of the habits that were holding you back, it's time to focus on the ones that move you forward. These might include habits related to your physical health (like exercise and healthy eating), your mental health (like meditation or journaling), or your productivity (like setting goals and staying organized).
- Start by identifying one or two habits that have had a positive impact on your life. Then, make them a regular part of your routine. Over time, these habits will become second nature, and they'll help you build momentum toward your goals.

Supportive Relationships:

- The people you surround yourself with are a crucial part of your success. You've already identified and let go of the relationships that weren't serving you. Now it's time to focus on building and strengthening relationships with people who inspire and support your growth.
- Seek out mentors, friends, and peers who are on a similar path. Surround yourself with people who challenge you, encourage you, and hold you accountable. These relationships will help you stay focused and motivated on your journey of transformation.

Nurturing Environment:

- Your environment plays a significant role in your mindset and behavior. Now that you've decluttered and let go of negative influences, focus on creating an environment that supports your growth. This could be as simple as organizing your workspace, adding inspirational quotes to your walls, or spending time in places that make you feel positive and energized.
- Create a space where you can focus, reflect, and be productive. Surround yourself with reminders of your goals and the person you're becoming. Your environment should reflect the new, upgraded version of you.

How to Aggregate Effectively

Aggregating isn't just about collecting the pieces and hoping for the best. It's about being intentional and making sure each piece supports the life you're building. Here's how to do that:

Be Selective:

- Don't just keep something because it's familiar or comfortable. Keep it because it serves your growth. If you're holding onto a belief, habit, or relationship, ask yourself, "Does this help me become the person I want to be?" If the answer is no, let it go. If the answer is yes, make it a priority.

Be Consistent:

- Consistency is key to aggregating the new version of yourself. It's not enough to adopt a habit or belief once and expect it to stick. You need to reinforce it daily. Make it a regular part of your routine. The more you practice, the stronger these new elements will become.

Stay Open to Growth:

- Aggregating isn't a one-time process. As you grow and evolve, you'll continue to bring in new beliefs, habits, and relationships that support your transformation. Stay open to new experiences, new ideas, and new people. Be willing to adapt and adjust as you learn more about yourself and what you need to succeed.

Celebrate Your Wins:

- As you start to aggregate the best parts of yourself and your life, take time to celebrate your progress. Acknowledge the positive changes you've made and the growth you've experienced. This will reinforce your belief in yourself and keep you motivated to continue the journey.

Building the New You

Aggregating is the process of bringing together everything you've learned, everything you've become, and everything you want to be. It's about consciously creating a new version of yourself—one that is stronger, wiser, and more aligned with your goals.

By reinforcing positive beliefs, habits, relationships, and environments, you're laying the foundation for the life you've always wanted. You're not just reacting to life anymore—you're actively creating it.

Remember, this is an ongoing process. As you grow, you'll continue to refine and add to your foundation. Stay intentional, stay consistent, and stay focused on the person you're becoming.

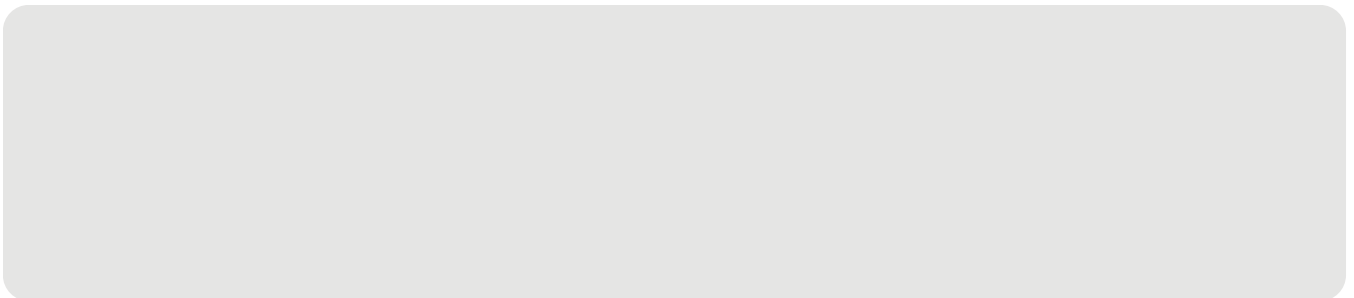
The next step? It's time to refine. You've built the foundation—now, let's polish it until it shines.

Let's Aggregate The Best For A New YOU

You have gone through the alleviating process of filtering out the undesirable aspects of your previous programming, we can now get to the fun part - designing a new you!

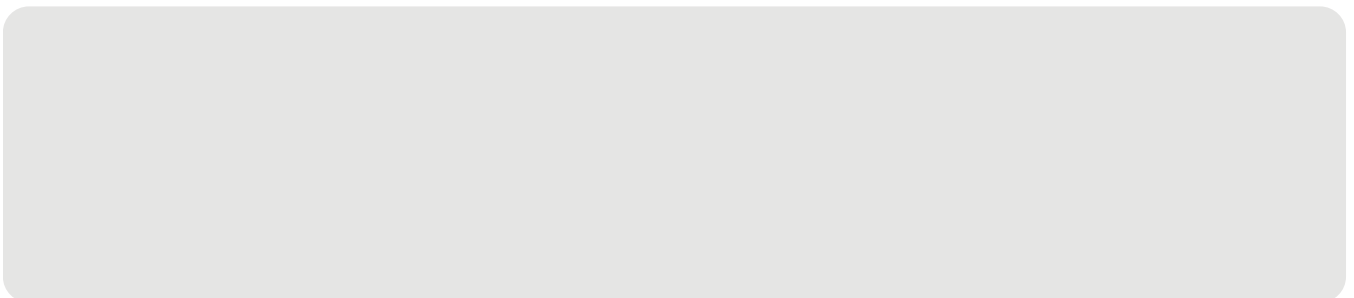
Reinforce Positive Beliefs

Write down three beliefs that support your growth and success.



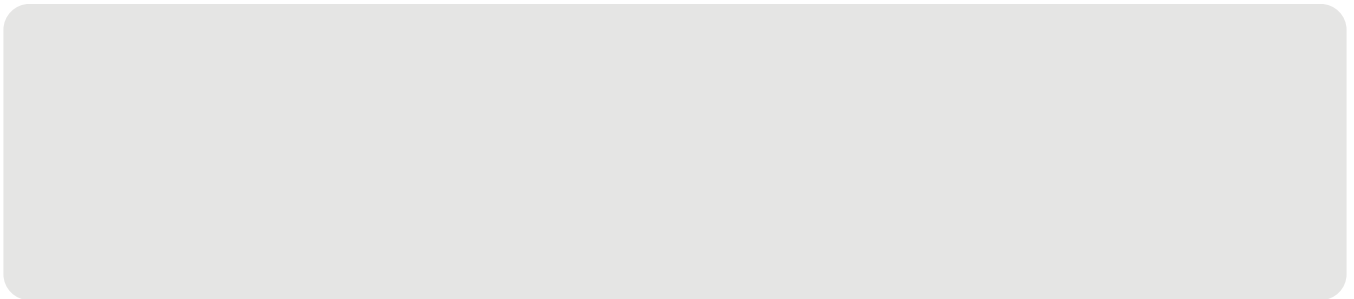
Establish Productive Habits

Choose one habit that has had a positive impact on your life. Make a commitment to practice this habit daily for the next 30 days.



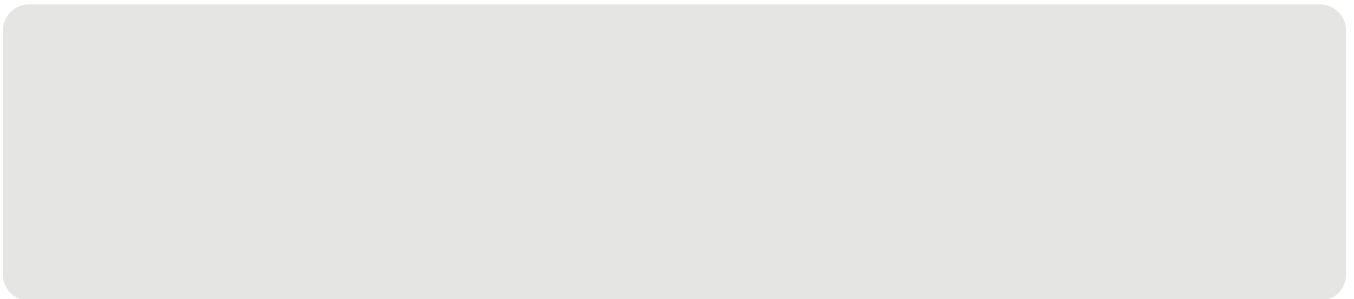
Strengthen Supportive Relationships:

Reach out to someone who inspires or supports you. Let them know how much you appreciate their influence in your life



Create a Positive Environment:

Take a look at your environment and make one change that supports your growth.



“The standard definition of **REFINE** is:
To bring to a fine or a pure state; free from impurities.
To become more fine, elegant, or polished.”

REFINE

Polishing the Best Version of You

Now that you've aggregated the most important aspects of your life—the beliefs, habits, relationships, and environments that align with your vision—it's time to refine. This step is about fine-tuning, improving, and polishing the new version of yourself.

Refining means you're not settling for "good enough." You're striving for excellence in every area of your life. You've already laid the foundation; now, it's about making sure each piece is the best it can be. Just like an artist carefully refines a piece of work until it becomes a masterpiece, you'll refine yourself until you become the person you've always wanted to be.

The Importance of Refinement

Think of the process of refining as leveling up. After you've done the hard work of breaking down, analyzing, filtering, disposing of, and aggregating, it's tempting to think the journey is over. But refinement is what takes you from being functional to being exceptional.

When a diamond is found in its raw form, it's rough and unpolished. It has potential, but it needs to be cut, shaped, and polished to reveal its true brilliance. The same is true for you. You've already brought together the best parts of yourself, but to shine at your highest potential, you need to continuously refine those parts.

Refining is about small adjustments that make a big difference. It's about improving your habits, sharpening your focus, and continually pushing yourself to be better. This process ensures that you don't just grow once—you keep growing, evolving, and leveling up in every area of your life.

My Journey of Refinement

When I first started this journey, I thought that once I had let go of my past and started building new habits, I would be “done.” But I quickly learned that real growth doesn't stop. Every time I reached a new level in my life—whether it was improving my fitness, starting a business, or strengthening my relationships—I realized there was always more I could do to refine those areas.

For example, when I became a personal trainer, I was passionate about fitness and helping others, but I knew there was more to learn. So, I didn't settle for just being “good” at what I did. I studied more, took additional courses, and sought out mentors who were experts in the field. I refined my skills, my knowledge, and my approach to training, and as a result, I was able to help my clients in even more impactful ways.

The same was true for my mindset. After letting go of limiting beliefs, I thought I had conquered my mental blocks. But as I continued to grow, I realized that new challenges brought new doubts and fears. So, I kept refining my mental toughness, learning how to navigate setbacks with resilience, and continually working on my self-discipline.

Refinement is an ongoing process. You're never “finished,” but each step of improvement brings you closer to your highest potential.

What to Refine in Your Life

When it comes to refining, the goal is to optimize every area of your life. Here are some key areas to focus on:

Your Habits:

- By now, you've identified and reinforced positive habits that support your growth. But refinement means taking those habits to the next level. Ask yourself: How can I improve my consistency? Can I push myself to be more disciplined or efficient?
- For example, if you've built a habit of exercising regularly, refine it by focusing on better nutrition or pushing yourself to achieve new fitness goals. If you've developed a habit of journaling or reflecting, refine it by digging deeper into your thoughts and emotions or setting clear intentions for your future.

Your Mindset:

- Your mindset is the foundation for everything you do. Refining your mindset means continually challenging yourself to think bigger, stay positive, and push through obstacles. Are there areas where you still doubt yourself? Are you holding back because of fear or uncertainty?
- Refinement requires you to push past those mental barriers and develop a mindset of unshakable confidence. If you're still carrying any lingering doubts or insecurities, now is the time to work on them. This might mean practicing affirmations, seeking guidance from a mentor, or continuing to invest in your personal development.

Your Relationships:

- Strong relationships are essential to your growth. But even positive relationships need refinement. This means improving your communication, setting clear boundaries, and being intentional about how you invest in the people around you.
- Take a look at your closest relationships—are there areas where you can strengthen your connection? Are you showing up as your best self in these relationships? Refining your relationships means making sure they're balanced, healthy, and aligned with your values.

Your Goals:

- If you've been working toward specific goals, refining them means being more precise, focused, and intentional. Are your goals clear? Do you have a specific action plan? Are you tracking your progress regularly?
- Refining your goals also means adjusting them as you grow. As you evolve, your vision may expand or shift. Stay flexible and allow your goals to change with you, while remaining focused on your long-term vision.

Your Environment:

- Your environment plays a critical role in your growth. Refining it means making sure it continually supports your journey. This could mean decluttering your space, creating new systems of organization, or adding elements that inspire you, like motivational quotes, vision boards, or reminders of your goals.
- Refine your environment so that it not only reflects who you are but also who you are becoming.

How to Refine Effectively

Refining is a process that requires focus, commitment, and attention to detail. It's about finding the small tweaks that make a big impact. Here's how you can start refining your life effectively:

Set High Standards:

- Refinement means raising the bar for yourself. Don't settle for "good enough." Aim for excellence in everything you do. Whether it's your habits, your work, or your relationships, commit to always improving and becoming the best version of yourself.

Be Consistent:

- The key to refinement is consistency. It's not about making huge changes all at once; it's about making small, intentional improvements every day. Over time, these small refinements add up to significant progress.

Seek Feedback:

- Refinement often requires an outside perspective. Don't be afraid to seek feedback from others—whether it's from a mentor, a coach, or a trusted friend. Feedback helps you see areas where you can improve and gives you new ideas for growth.

Stay Adaptable:

- As you continue to refine, be open to change. Life will throw new challenges your way, and you'll need to adjust and adapt. Stay flexible, and be willing to refine your approach as you encounter new obstacles or opportunities.

Celebrate Small Wins:

- Refinement is a long process, but don't forget to celebrate your progress along the way. Every small improvement is a step closer to your goals. Acknowledge your growth, and use it as motivation to keep pushing forward.

The Power of Refinement

Refining your life is about striving for excellence. It's about taking the pieces you've already built and making them even better. As you continue to refine your habits, mindset, relationships, goals, and environment, you'll start to see significant improvements in every area of your life.

Remember, refinement is an ongoing process. You're never finished—you're always growing, learning, and improving. By committing to continual refinement, you'll ensure that you're always leveling up, always evolving, and always becoming the best version of yourself.

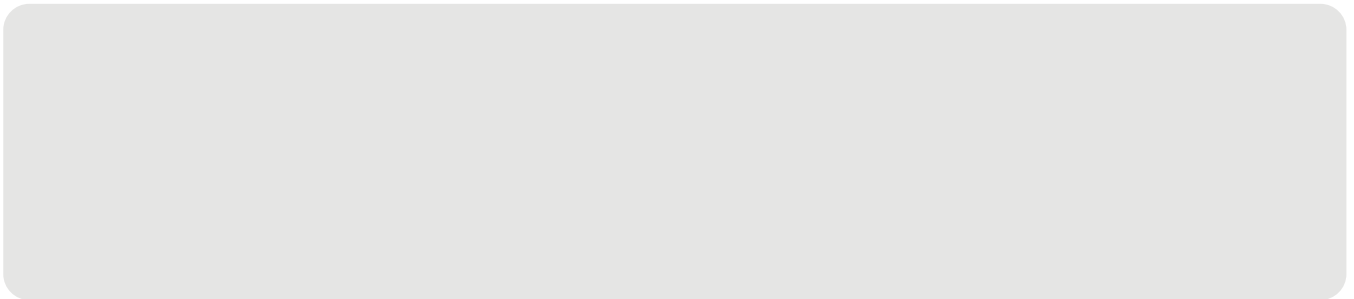
The final step? It's time to build. You've refined the pieces—now let's put them together and create the life you've been working toward.

Let's Refine The New YOU

Now that you have learned what refinement is, and why it's important, it's time to see how much you know about the process. Let's identify areas that you can refine within yourself.

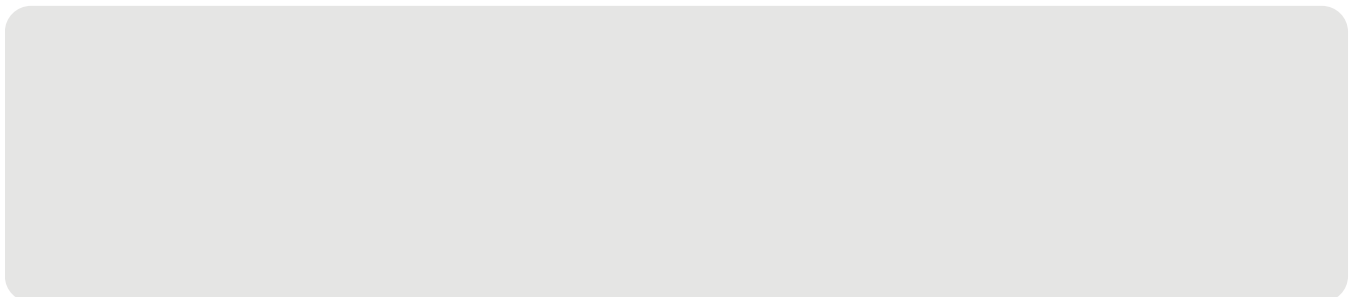
Refine One Habit

Choose one habit that has already been helping you grow, and find a way to take it to the next level.



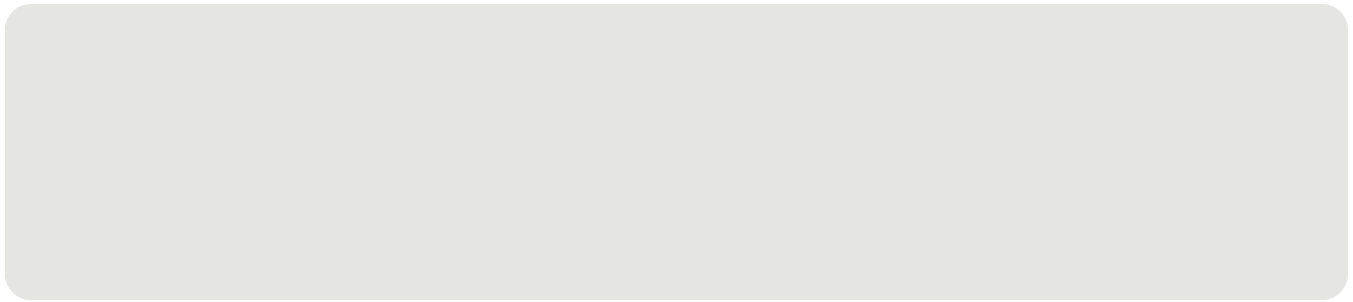
Challenge Your Mindset

Identify one area of your mindset that could use improvement. Commit to working on this area by practicing positive affirmations, seeking guidance, or journaling about your fears.



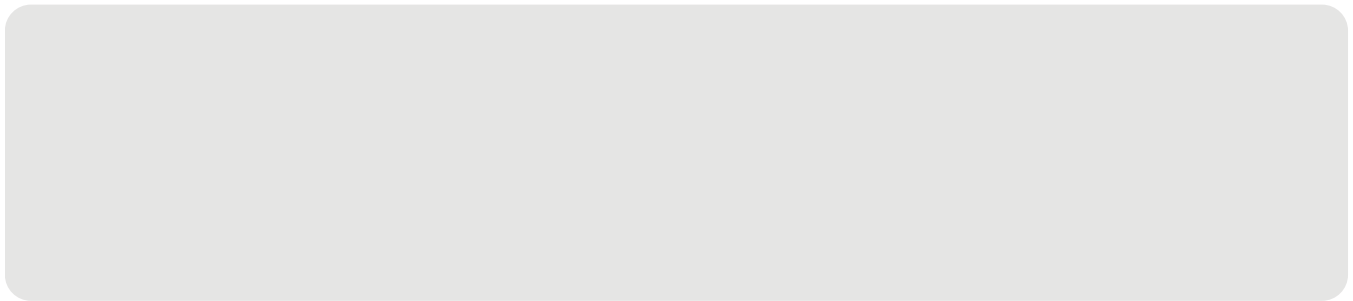
Sharpen Your Focus On A Goal

Choose one goal you're currently working toward and refine your action plan. Are there ways you can be more specific or focused? Break your goal down into smaller steps, and track your progress more regularly.



Enhance Your Environment

Take a look at your physical environment. Identify one way to refine it so that it better supports your growth. This could mean decluttering your workspace, creating a vision board, or adding motivational reminders to your surroundings.



“The standard
definition of **EMBRACE**
is:

To take or receive
gladly; accept willingly.
To take in with the eye
or the mind.”

EMBRACE

Living the Life You've Built

You've broken the cycles that held you back. You've taken control, analyzed your past, let go of what no longer serves you, and built a new version of yourself. Now, it's time to do the most important thing: embrace your new life.

Embracing your new life means fully living it. It's about accepting the person you've become, appreciating the journey that brought you here, and stepping into the future with confidence. This is the part of the journey where you stop striving and start being. You've done the hard work of transformation; now it's time to enjoy the life you've created and let it unfold.

What It Means to Embrace

Embracing your life means accepting and owning every part of it—the good, the challenging, the growth, and the transformation. It's about recognizing that you are in control, that you've made intentional choices, and that you have the power to shape your future.

Too often, we reach a point of transformation but hesitate to fully embrace it. We worry about whether we're "ready" or whether we deserve the life we've built. But embracing your life means letting go of those doubts. It means accepting that you've earned this, that you are worthy of your success, and that it's time to fully live the life you've worked so hard to create.

My Journey to Embrace My New Life

When I first completed the process of breaking down, analyzing, letting go, and building, I still struggled with one thing: embracing the person I had become. For years, I had been trapped in cycles of self-sabotage and doubt, and even though I had transformed my life, a part of me still held onto the old version of myself.

I realized that even though I had done the work to change, I wasn't allowing myself to fully enjoy the new life I had created. I was still carrying the weight of my past, still questioning whether I deserved to live a life of freedom, success, and fulfillment. But eventually, I had to confront that mindset.

I had to remind myself that I wasn't the same person anymore. I had grown. I had changed. I had earned the right to live a different life. And once I started embracing my new identity—once I fully accepted the person I had become—everything started to shift. I found more peace, more joy, and more confidence in the life I was living.

Embracing your new life is about releasing the last remnants of doubt and fear. It's about stepping into the present and fully owning the person you've worked so hard to become.

Why Embracing Is Essential

You've done the hard work to change, but embracing that change is what allows you to truly live. Without embracing the person you've become, you risk falling back into old patterns or never fully enjoying the results of your transformation.

Think of it like crossing the finish line of a marathon. You've run the race, but crossing the finish line doesn't mean much if you don't take a moment to celebrate, breathe, and appreciate the journey. Embracing your life is like that celebration—it's the moment where you honor everything you've been through and everything you've become.

How to Embrace Your New Life

Embracing your new life is a mindset. It's about choosing to live fully in the present, without being weighed down by the past or overly worried about the future. Here's how you can start embracing the life you've built:

Accept Who You Are Now:

- You're not the person you used to be, and that's something to celebrate. Let go of any lingering doubts or regrets about the past. Accept that you've changed, that you've grown, and that you're worthy of the life you've created.
- Reflect on your journey. Take time to acknowledge the progress you've made and the challenges you've overcome. This will help you fully embrace the person you've become.

Live in the Present:

- One of the biggest obstacles to embracing your life is living in the past or worrying about the future. Instead, focus on the present moment. Every day is an opportunity to live your new life fully.
- Practice mindfulness. Whether it's through meditation, journaling, or simply taking time to be still, find ways to ground yourself in the present. This will help you appreciate the life you're living right now.

Celebrate Your Wins:

- Don't wait until you've achieved all your goals to celebrate. Embrace every milestone, big or small. Whether it's reaching a personal goal, improving a habit, or strengthening a relationship, take time to celebrate your progress.
- Celebrating your wins reinforces the mindset that you're worthy of success. It helps you stay motivated and reminds you of how far you've come.

Let Go of Perfection:

- Embracing your life doesn't mean everything has to be perfect. It's about accepting the journey as it is—messy, imperfect, and beautiful. Don't wait for things to be “just right” before you start enjoying your life.
- Release the need for perfection. Understand that growth is ongoing, and you're always evolving. Embrace the process, and give yourself permission to live fully, even when things aren't perfect.

Trust Yourself:

- Embracing your life means trusting that you have everything you need to continue moving forward. You've built a strong foundation, and you've developed the tools and mindset to succeed. Trust yourself to make the right decisions and navigate whatever challenges come your way.
- Confidence in yourself is key to embracing the life you've created. The more you trust yourself, the more empowered you'll feel to live fully and authentically.

The Power of Embracing

When you embrace your life, you step into a space of ownership and confidence. You're no longer looking back, questioning your worth, or waiting for permission to live fully. You realize that the life you've built is yours, and you deserve every part of it.

Embracing your life means you stop worrying about what others think, stop doubting yourself, and stop holding back. It's about living authentically, with the knowledge that you've earned the right to enjoy your journey and continue growing.

This step is not about settling—embracing doesn't mean you stop striving for more. It means you're at peace with where you are while still being open to the possibilities of the future. You've broken the cycles of your past, and now, you get to live in the present, with all the joy, success, and fulfillment that comes with it.

Embracing the Future

Embracing your new life is the final step in breaking the cycles that once held you back. It's about fully stepping into the person you've become, appreciating the life you've built, and living with confidence, joy, and purpose.

Remember, this journey isn't just about breaking old cycles—it's about creating new ones. By embracing your life, you're setting the stage for continued growth, success, and fulfillment. You're choosing to live fully in the present, while remaining open to the endless possibilities of the future.

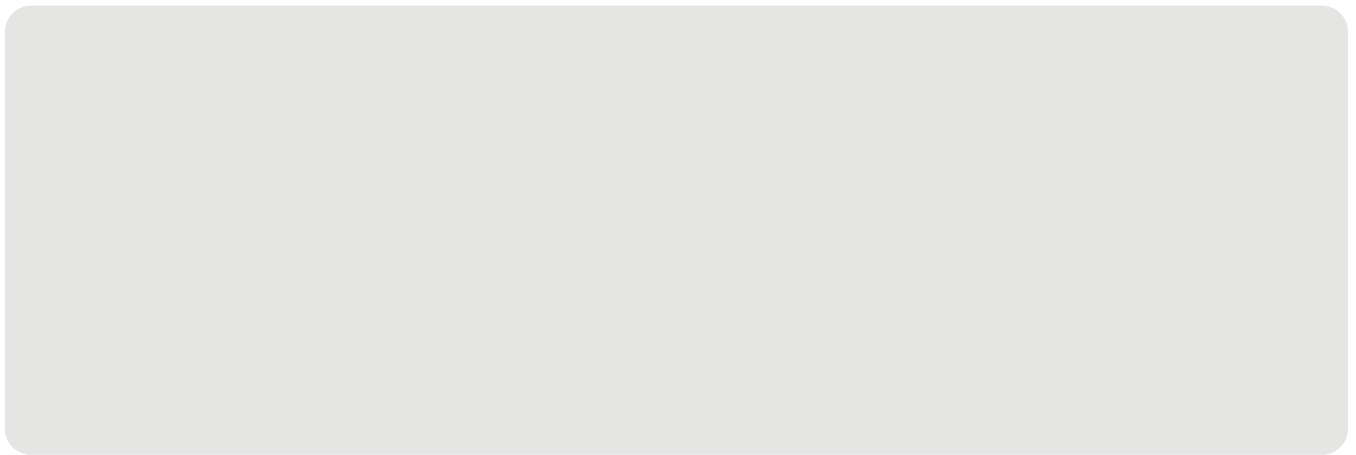
You've worked hard to get here. Now, it's time to embrace everything you've earned, everything you've built, and everything you are. Your life is yours to live—embrace it fully, and watch it flourish.

Let's Embrace The New YOU That Has Been Created.

You need to embrace your choice to change and the purification that led to you discarded elements of your past.

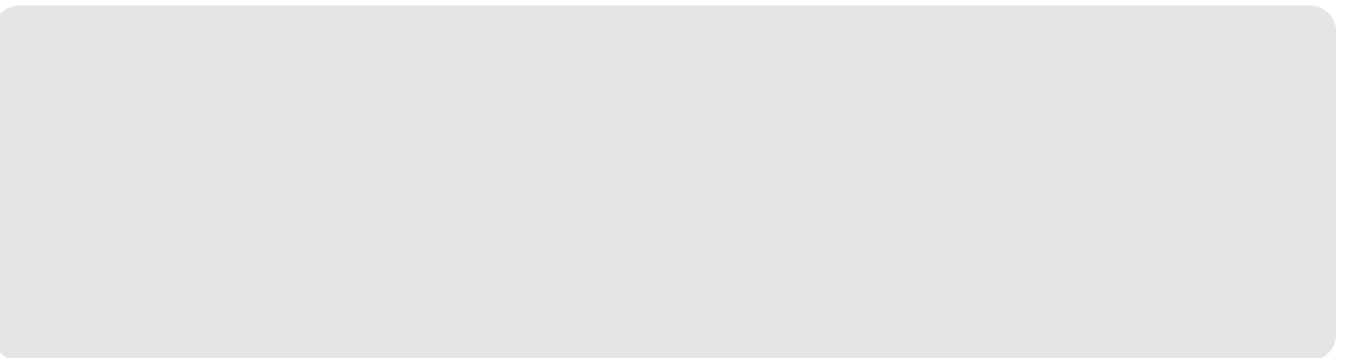
Reflect on Your Journey:

Write down the key moments in your journey—the challenges you've overcome, the lessons you've learned, and the progress you've made.



Practice Mindfulness:

Start incorporating mindfulness into your daily routine. Whether it's through meditation, deep breathing, or journaling, take time each day to focus on the present moment.



Celebrate Your Progress:

Make a list of the wins you've experienced in the past few months—no matter how small.

Release Perfectionism:

Identify one area of your life where you've been striving for perfection. Let go of the need to have everything “just right.” Instead, embrace the progress you've made.

Trust in Yourself:

Write down three things you trust yourself to handle in the future.

“The extended
definition of **LIVE** is:
To direct or regulate
one’s life;
To experience or enjoy
life to the fullest.”

LIVE

Living the Life You've Built

You've done the work. You've broken the cycles that kept you stuck. You've built new habits, embraced your growth, and created a vision for your future. Now, it's time to live. This chapter is about more than just surviving or getting by—it's about fully living the life you've worked so hard to create.

Living means stepping into every moment with intention, purpose, and joy. It's about making the most of your days, cherishing the present, and continuously striving to be the best version of yourself. This isn't the end of your journey—it's the beginning of a life lived on your own terms, where you are fully engaged, fully present, and fully alive.

What Does It Mean to Truly Live?

To truly live is to wake up each day with a sense of purpose and excitement. It's not about waiting for "someday" or putting off your happiness until you've achieved all your goals. It's about finding joy in the here and now. Living fully means you're not just going through the motions—you're actively creating a life that aligns with your values, passions, and dreams.

Living doesn't mean life will always be easy. There will still be challenges, setbacks, and obstacles. But the difference is that you're now equipped to handle them with grace, resilience, and confidence. You've built a strong foundation, and you know that no matter what comes your way, you have the tools to keep moving forward.

How I Learned to Live Fully

For a long time, I thought living fully meant waiting until I had “made it”—until I had achieved all my goals and reached some final destination. But as I went through my own transformation, I realized that real living doesn't happen at some distant point in the future. It happens in the small, everyday moments.

When I was released from prison, I had to rebuild my life from the ground up. At first, I was focused solely on survival—getting a job, finding a place to live, and staying on the right path. But once I had established a foundation, I realized that surviving wasn't enough. I wanted to live. I wanted to experience life to the fullest, to be present in each moment, and to find joy in my journey, no matter where I was.

Living fully meant finding purpose in my work, even when the tasks seemed small or insignificant. It meant building relationships that brought meaning and depth to my life. It meant taking time to appreciate the progress I had made, instead of always focusing on what I hadn't achieved yet.

I learned that living fully isn't about chasing some future version of yourself. It's about embracing who you are right now and making the most of the life you've built, one day at a time.

How to Live Fully Every Day

Living fully isn't something that just happens—it's something you choose every day. Here's how you can start living your life with intention, purpose, and joy:

Be Present:

- One of the biggest obstacles to truly living is being stuck in the past or constantly worrying about the future. Living fully means being present in the here and now. It means appreciating the moment you're in and making the most of it.
- Practice mindfulness. Take time each day to ground yourself in the present moment. Whether it's through meditation, breathing exercises, or simply taking a walk outside, find ways to bring yourself back to the present. This will help you appreciate the beauty of the life you're living
- right now.

Find Purpose in Your Daily Actions:

- Living fully means finding meaning in the things you do every day. Whether you're working on a big project, spending time with loved ones, or simply going through your daily routine, look for the purpose behind your actions.
- Ask yourself: How does this contribute to the life I want to create? How does this align with my values and goals? Finding purpose in your daily actions will help you live with intention and stay connected to your vision for the future.

Prioritize Joy and Fun:

- Life isn't just about working toward your goals—it's also about finding joy in the journey. Make time for fun, laughter, and the things that bring you happiness. Whether it's a hobby you love, spending time with people who make you laugh, or simply enjoying a quiet moment to yourself, prioritize joy in your life.
- Remember, living fully means embracing both the serious and the playful sides of life. Don't wait until you've "earned" joy—make it a regular part of your life right now.

Connect with Others:

- Living fully means building strong, meaningful connections with the people around you. Whether it's friends, family, mentors, or new acquaintances, take time to nurture your relationships. These connections bring richness and depth to your life.
- Be present when you're with others. Listen fully, share openly, and make an effort to connect on a deeper level. These moments of connection are what make life meaningful.

Stay Open to Growth:

- Just because you've completed this journey doesn't mean your growth is finished. Living fully means staying open to new experiences, challenges, and opportunities for growth. Keep learning, keep evolving, and keep pushing yourself to be the best version of yourself.
- Embrace change as part of life's journey. Don't fear it—welcome it as an opportunity to expand your horizons and live even more fully.

The Freedom of Living Fully

When you choose to live fully, you're giving yourself permission to experience life in all its complexity. You're no longer waiting for the "right moment" to be happy or fulfilled. You're embracing the ups and downs, the successes and challenges, and finding meaning in all of it.

Living fully also means accepting that life is not perfect—and that's okay. It's about letting go of the need for everything to be exactly as you planned and learning to enjoy the beauty of the unexpected. It's about trusting that, no matter what comes your way, you have the strength, resilience, and wisdom to handle it.

This is the ultimate freedom: the freedom to live life on your own terms, without being held back by fear, doubt, or the weight of the past. You've done the hard work of transformation, and now it's time to live in the fullness of what you've created.

Living Fully Means Living Freely

To live fully is to live freely. It's about stepping into your life with open arms, embracing every moment, and allowing yourself to experience all the joy, growth, and possibility it has to offer. You've done the work to break free from the cycles of your past, and now you get to live in the freedom of your present.

Living fully is about more than just checking off goals or getting through the day—it's about waking up each morning with purpose, intention, and a sense of excitement for what's to come. It's about making the most of the life you've built, one day at a time.

Remember: this journey isn't about perfection. It's about being present, finding joy in the process, and staying open to all that life has in store for you. You've earned this life, and now it's time to live it fully, with all the energy, passion, and gratitude you can muster.

You've reached the end of this cycle, but your journey doesn't stop here. Life is constantly evolving, and so are you. Keep living fully, keep embracing the present, and keep moving forward with confidence, knowing that you have the power to create the life you want—one moment, one choice, and one day at a time.

CONCLUSION

Empowerment

Now that you've journeyed through the stages of transformation, it's time to take control and build a new way of living. Transformation is not just about changing your thoughts but creating a new set of habits and practices that align with the person you want to become. True empowerment begins with a foundation of self-reliance. As the saying goes, "You can't help others until you've helped yourself."

To begin, start by evaluating how you spend your time. With 24 hours in a day, it's essential to understand where your energy and focus are going. Break your day into categories: work, personal time, meals, entertainment, and rest. This isn't just about tracking your time—it's about understanding what your current habits are building and if they align with your goals.

Here are some questions to reflect on as you map out your day:

- How many hours do you spend working? What are you earning for that time?
- What do you do after work?
- How much time do you spend preparing meals or relaxing?
- How much time is dedicated to entertainment or activities like studying, if applicable?
- How much sleep do you get?

Daily

USE CALCULATOR

Time to see how you've used every hour of your day for past habits and behaviors. Let's determine what will be changed.

S

Total Work Hours

M

Total Family/Social
Hours

T

Total Self-Care Hours

W

Total Self-Care Hours

T

F

Total Sleep Hours

S

These questions may seem simple, but understanding the flow of your day will help you recognize where you're productive and where you're wasting time. If you say, "I want to improve my life," then break that down: what does "improving" mean to you? Be specific. Vague desires lead to vague results.

Many people talk about wanting to start a business or achieve big goals, but they fail to define what that means. They don't know the industry they want to enter, the market they want to serve, or even what success looks like. Ambition without clarity is like setting out on a journey without a map. You need specifics, and you need direction.

Empowerment is about taking full ownership of your life. This means planning, understanding your strengths and weaknesses, and deciding where you want to go. I learned this lesson the hard way. When I moved to Atlanta, I relied on others, trusted promises that weren't kept, and soon found myself stuck. The moment I took full responsibility for my life, my circumstances started to change.

You must do the same. Begin by setting a vision for your life and breaking that vision down into actionable steps. Whether it's improving your finances, health, or relationships, clarity is key. Sit down with yourself and map out a plan, understanding that real transformation comes from consistency and discipline.

To truly live an empowered life, you need to build habits that reinforce your goals, align your spirit with your daily actions, and embrace the challenges ahead with resilience and confidence. Empowerment isn't about being perfect; it's about being committed to the process and continually pushing yourself toward growth.

Now is your time. Use the remaining exercises to establish your focus and new habits.

Personal S.W.O.T. Analysis (Part 1)

The Personal S.W.O.T. Analysis is all about HONESTLY assessing what tools, opportunities, and threats you have so you can positively apply all that you have learned.

Strengths	Weaknesses

Personal S.W.O.T. Analysis (Part 2)

Opportunities	Threats

Monetary Value Calculator (Part 1)

One of the greatest steps in improving your life is knowing your monetary value. This will help with removing the obstacle of financial instability and the poverty mindset.

Monthly Expenses	Monthly Income

Monetary Value Calculator (Part 2)

Annual Expenses Total	Annual Income Total
2x Income Total 50% 25% 15% 10%	Weekly Income Total
Daily Income Total	Hourly Income Total

New Daily

USE CALCULATOR

DATE

S

Total Work Hours

M

Total Family/Social
Hours

T

Total Self-Care Hours

W

T

Total Self-Care Hours

F

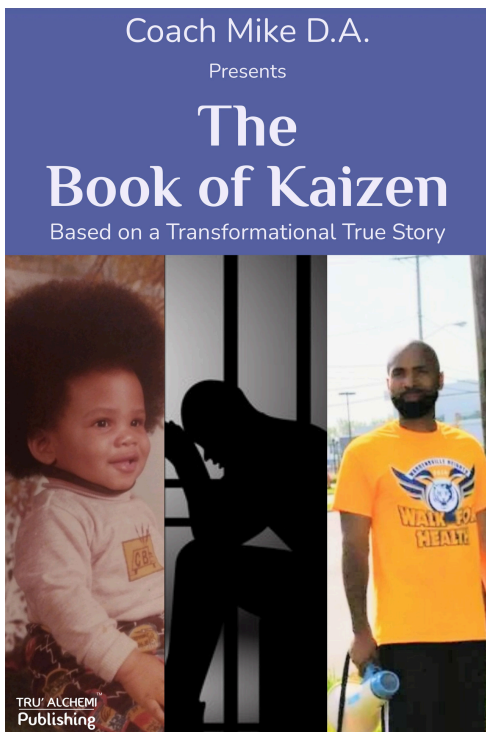
Total Sleep Hours

S

Congratulations!



You've made it to the end of this workbook, and you should be proud! Are you? Show yourself some love and respect for what you've accomplished. However, this is just the beginning. Don't get too comfortable. There is much more work to do. **YOU GOT THIS!**



UP NEXT: Take a journey into the life of renowned transformation leader Coach Mike D.A. as he shares his story of overcoming trials and tribulations to become a wellness expert and published author. This story is presented in a blend of fictional names and interviews with real events. Learn how Coach Mike D.A. dealt with the loss of his father at 10 years old, survived the drug-infested and gang-controlled streets of Cleveland, Ohio, and used more than a decade in prison to reshape his life like the man he looked up to as a young man - Malik El-Hajj Shabazz a.k.a. Malcolm X.

Coach Mike D.A.