

DAILY GEAR UP - Everyday Practices to Organize your energies toward worthy goal and Build energy.

1. **Vision. Build Consistency in your Burning Desire.**

Know Your Desire. Know what you want & Remind yourself where you are heading.

Imagine The Higher Vision for Yourself + What you are creating in your life. What is your Inspired Vision? What do you really want? (*Have a clear chief aim, your worthy goal... more in "Getting Clear Doc")

- **Imagination+ Burning Desire** Every Day.
Imagination = Form. Feeling = Power
This will help prime and organize your energy in life.
- Let your Emotions and Courage rise to the dream. Let the positive feelings grow. Have a vision that really INSPIRES YOU. You got to really want it!
- FAITH & Gratitude moving towards it.

2. **Affirm the SELF IMAGE.** Affirm the higher way of being you are embodying. Affirm yourself, your courage, your flow and energetic nature. ie.

- "I am strong. I am Capable. I am so worthy just as I am!" - Believe in yourself!
- "I am Creating so much wealth in utter abundance / Wealth is Mine / Wealth is Flowing to Me Effortlessly"
- "I Am Strong, Capable, and Willing. I am Fearless..."
- What's it FEEL Like to Live into your potential? Vizualize, What does it look like to move courageously and boldly?

".. To LIVE INTO my best self, that higher vision **now**?"

- Imagine yourself 2 years from now - Living in the highest vision you can see for yourself. Tap into his mindset, his self-imagine, his world.... Ask yourself How Would he Act right here today? Right where you are, as you are, Imagine & accept his consciousness into your body. Live into that higher vision of yourself ~ *Even if it's only for minutes, or only to make a single decision...*

From that place,

3. **Make a Strong Decision. Decide on your #1 Mission today.** The Strongest Action you could choose to move toward that goal. DECISION is KEY, we must be clear on the Mission we intend to Accomplish. The Mission that will lead you toward your Vision boldly.

A. DECIDE on MISSION for TODAY.

- Your action plan.
- At the beginning, choose Simple actions you can really achieve, yet push your edge (

B. SET INTENTION. (Intention for the Mission)

- Intention is Visualizing the Process. Setting your intent for HOW YOU want to be through your mission.
- Intention is in the FEELING you want to embody - The state of being you are living into. INTENTION work is **VIZUALIZING How you are** in the doing.
- This is goal setting through the Imagination . *(more in Repatterning Doc)*
- Visualize yourself Bringing **your All** to the table within that action. Giving your best. In the Flow state, connected to life.
 - Ie. The art project effortlessly flows out of you, with focus and fun.
 - "I see myself driving to the gym, ready and building energy. I see myself completely focus, giving my best and Enjoying the ability to use my body. I feel myself in the flow there"
- **Affirm** the FEELING. **CHOOSE your ATTITUDE** toward Life. (Your ATTITUDE / Your STATE of MIND is one of the few things you can control. ATTITUDE is your Set, your Priming for the Day. How do you want to move? Respond to the day)

WARRIORSHIP. Action from embodiment. Drop the mind and enter full engagement. Practice your Warrior, Get in your Body now! Take care of your life and practice HOW you are. Be READY to act. (See warriorship Doc and Practices)

- Practicing How you are in Every moment!
- Every action, every moment flows into the next moment. A interlaced chain of events & energies building momentum. By Practicing HOW you are - authentically expressing yourself and being connected to your body /engaged in this very moment - your presence will continue and grow into the next moment. This practice creates harmony in the being and integrates our often far off mind.... This process is the Key to Letting your intentions flow out of us effortlessly, and demolishing resistance in life..
 - Set your course, intend the actions, and then practice how you are - paying all attention to How you are in this present moment..
- *Sooo much could be said here. Watch my warriorship videos on youtube and my Flow state priming as well. Hopefully I will finished the expanded doc soon.*

..... In Summary

VISION & DESIRE. Your **ASPIRATION.**
AFFIRMATION of SELF IMAGE.
FAITH and Gratitude.
DECIDE on your Course of Action today.
INTENTION for the **MISSION**
ATTITUDE

Let it go, and enter flow.

FLOW + ACTION
WARRIORSHIP

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-----*Side Notes / Extras*-----

Know what you want. *What's it worth to you?*

Know What you will GIVE to get it.

Begin Immediately

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(Attitude ~ Warrior)

Know the Other you. That knows No obstacle. That knows no Defeat. That is Unstoppable. That is Unfuckwithable. EMBODY HIM. He is always there within.

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(Intention work) ~ *Good thought Pumps for creative work.*

- What does it look like to be at my best? Giving it my all?
- What does it look like to be Fully Engaged, and Fully me? ... To be in a deep Flow State?
- What is my true Creative Capacity in this?
- Where is your edge?
- What would it look like if I was ALL IN. Obsessed, and Unstoppable?"

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DUTY

What's My DUTY? My Duty today? My Duty to myself and My dreams? My DUTY to God?

FAITH

Faith that the Purpose of the Present moment is in direct alignment with your manifestation. FAITH; In Accomplishing / serving my duty - my dreams will manifest. My higher destiny will enter through strange doors when I follow my Duty in Faith.

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Many more Docs to come. Hope you enjoyed this basic training guide.

Email me for clarification, more resources or questions - kb@realityfiles.com