



[G U I D E 0 3 . F R E E]

breaking the loop

the exact identity protocol to stop procrastinating and overthinking, once and for all.

.....
// 0 1 f o u n d a t i o n

understand this

everything stems from your **perceived identity** - what you believe about yourself. what you classify yourself as, attracts the life around you. if you classify yourself as a smoker, you will have a desire to smoke.

// 0 2 r e c o g n i z e

recognise the loop

every time you feel the pain and suffering of not making progress, of trying and failing - **recognize this loop**. tell yourself this isn't a productive thought and that it doesn't align with who you are now.

// 0 3 t h e o l d s e l f

find the identity running the loop

loops don't run themselves. there's a version of you keeping them alive - an old version of yourself that still identifies as someone who isn't their highest self yet. **find the identity that is fueling the loop**.

// 04 new identity

operate from your new identity

focus on the new identity, and cut off energy from the old one. even if you mess up and fall back to the old identity, **don't give it energy**. don't think of it negatively, and don't think that you are changing - think as if you are already your new self.

// 05 irreversible action

take irreversible actions, from the new self

do things you would never usually do - from the new identity. **make it feel normal**, not new or irregular.

// 06 self-trust

build an identity that trusts itself

the final step is to foster this identity through envisioning and constant repetition, until it feels so normal that **you won't even recognize your old thoughts and beliefs again**.

the initiation

most people who read this go back to waiting. don't be most people. **the initiation** is free to begin - week one is fully open to everyone, videos and all, no card required.

BEGIN FREE — [SKOOL.COM/THE-INITIATION-6142](https://skool.com/the-initiation-6142)

want more personal support? apply to work 1-on-1 - wa.me/918448018398