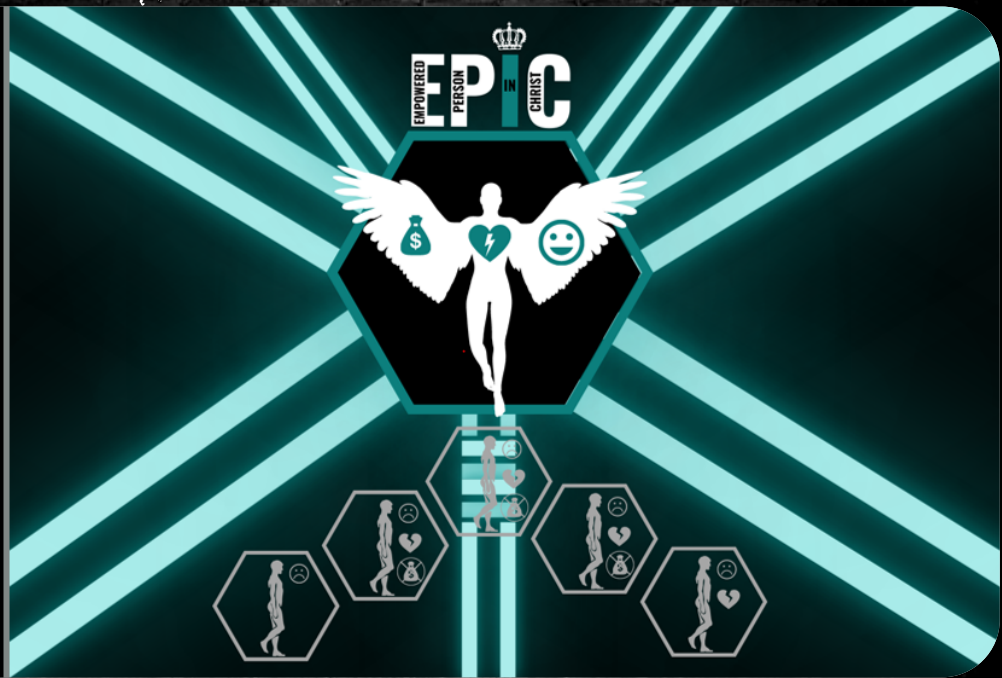


# YOUR EPIC IDENTITY

THE EPIC LIFE  
**X-ACCELERATOR**



HOW TO HARNESS GOD'S  
POWER TO TRANSFORM  
YOUR HEART COMPELLING  
YOU INTO OBEDIENT  
KINGDOM ACTION



Please watch the corresponding video to implement this exercise:

**'M1 - L3 - GRAVITY - 2 Your EPIC Identity –  
How to Harness God's Power to Transform Your Heart  
Compelling You into Obedient Kingdom Action -**

In this exercise we will establish:

**3 Power Standards that Will Deliver You to Your EPIC Lifestyle**

Discover the three types of Standards in your life. Work out conflicting Standards that are destroying your success and organise Standards to put you on the road to your EPIC Lifestyle.

70% of people go through life wishing for success. 10% develop their wishes to the point of desire. 8% develop their wishes and desires into hope. 6% translate that hope into belief. 4% percent crystallized their wishes, desires, and hopes and beliefs, into action, and finally 2% make a plan and actually carry it out and succeed.

**There are 10 primary characteristics of successful people**

1. They have a definite goal and purpose.
2. They manage circumstances and resources well.
3. They are willing to take risks.
4. They always assume personal responsibility for their life and actions.
5. They always learn from their mistakes.
6. They are always willing to go the second mile
7. They have control of their appetite and physical health.
8. They have a positive mental attitude.
9. They are constantly expanding their knowledge by reading and talking to other successful people.
10. They have a strength of character, based on their belief in God.

**There are 10 primary characteristics of unsuccessful people**

1. They have no goal and purpose.
2. They are controlled by circumstances and environment
3. They form their ideas about life from TV or the opinions of others
4. They make the same mistakes over and over and never learn from them.
5. They only do enough in life to get by and they lack motivation.
6. They let their habits control them instead of controlling their habits.
7. They always have negative mental attitudes and always blame others
8. They never want to do anything to improve their situation.
9. No matter how many people tell them, they know it all.
10. They always make excuses and complain



**If you have a standard for something, you place importance on it.** The direction of your life is controlled by your Standards. It's very important to understand that there are three kinds of life's Standards.

First are **Strategic Standards** – Standards that help us get to our EPIC Lifestyle.

The second are **EPIC Lifestyle Standards** – **the things** that bring us happiness or good feelings our Ultimate Bliss.

And third, **Ultimate Bliss Standards** – the Standards we ultimately seek in life such as love, success, freedom, intimacy, security, happiness, fun, power, passion, health, spiritual life, personal peace, approval, and satisfaction, letting people down, defeat, etc.

Have you ever asked yourself “where did my Standards come from?” Are they the result of my personal good choices, or the results of society, my home, my teachers, the television, or church? Ask yourself, “how did these Standards become installed in my mind?”

Change your Standards, and you will change your life. If you were to really be the designer of your own life, and if you were able to create a set of Standards that would change your destiny to the ultimate destiny you desired, **what would your Standards need to be?**

First are **Strategic Standards** – Standards that help us get to our EPIC Lifestyle.  
Use the 10 Primary Characteristics of Successful People as Inspiration:

The second are **EPIC Lifestyle Standards** – **the things** that bring us happiness or good feelings our Ultimate Bliss. *(We'll do this in the IMAGINATION Lesson in detail)*



“It is a law of the mind that will narrow or expand to the dimensions of the things to which it becomes familiar ... It is a law of the mind that it gradually adapts itself to the subjects upon which it is trained to dwell.”

## Standards List

<b>Adventure</b>	<b>Independence</b>
Authenticity	Integrity
<b>Balance</b>	<b>Intelligence</b>
Beauty	Kindness
<b>Career</b>	<b>Leader</b>
Creativity	Love
<b>Community</b>	<b>Loyalty</b>
Compassion	Making a Difference
<b>Confidence</b>	<b>Marriage</b>
Courage	Money
<b>Education</b>	<b>Organized</b>
Excellence	Passion
<b>Excitement</b>	<b>Patience</b>
Environment	Peace of Mind
<b>Family</b>	<b>Personal Growth</b>
Fairness	Power
<b>Faithfulness</b>	<b>Professional</b>
Fitness	Positive Attitude
<b>Freedom</b>	<b>Purpose-Driven</b>
Friends	Respect
<b>Fulfilment</b>	<b>Security</b>
Fun	Spirituality
<b>Generosity</b>	<b>Teamwork</b>
Gratitude	Tradition
<b>Happiness</b>	<b>Wealth</b>
Health	Work
<b>Honesty</b>	
Humour	



In the space below, write down the answer to this question: “What things are most important to me in my life?” Use the Standards List provided.

Be sure to write **Ultimate Bliss** – type Standards. Not the “strategy” or “means” by which you seek them. For example, the most important things in life are not money or to be married.

Your **Ultimate Bliss** Standards are what money and marriage will give you, such as freedom, the ability to contribute, security, love, etc.

In the left column write these Standards in relation to your business, career, marriage, home, health, spiritual life, finances etc. Be honest with this list in relation to where you are right now in your life, even if there are things that are not what they should be.

List of my “Ultimate Bliss” Standards	List in Priority
Finances:	1.
Business:	2.
Career:	3.
Marriage:	4.
Home:	5.
Health:	6.
Spiritual Life:	7.
Relationships:	8.
	9.
	10.
	11.
	12.
	13.
	14.
	15.
	16.
	17.
	18.
	19.
	20.

When you are done, arrange the list in order of priority in the right column. This list will show you exactly who you are, and where you are currently going in life.



In the left column below, write down your **Dismissive Standards**. These are emotions and things that are most important for you to avoid experiencing. For example, things like rejection, guilt, loneliness, etc. You will not be living by this list, it is just to help you discover who you are, and where your life is at this point.

"Dismissive Standards"	List in Priority
	1.
	2.
	3.
	4.
	5.
	6.
	7.
	8.
	9.
	10.
	11.
	12.
	13.
	14.
	15.
	16.
	17.
	18.
	19.
	20.

When you are done, arrange this list in order of priority in the right column.



## Conflicts.

As you review the last two pages, you probably have some major conflicts between your **Ultimate Bliss** Standards and your **Dismissive** Standards.

For example, if you put “Success” as a high-priority **Ultimate Bliss** Standard but “Rejection” as your top **Dismissive** Standard, then you have a conflict that is going to manifest itself in your life’s achievements. **Because if you are trying to achieve the pleasure of success without the discomfort of rejection, you will simply never succeed!** If you are ever going to succeed at the highest level, you are going to have to be willing to risk a lot of rejection!

As you review the two lists in this light, it will help you understand why you do what you do, and what force is creating your present and future.

**Remember, change your Standards, and you will change your life!**

Below, create two new master lists of Standards, asking yourself this question: “What do my Standards need to be in order to create my ultimate desired destiny? And what Standards do I need to add or eliminate on my list?” Create a list that does not conflict

Master List of NEW “Ultimate Bliss” Standards	Master List of NEW “Dismissive” Standards
<p>Do this list first.</p> <p><b>In the days ahead you will use this list to live by so take your time and do it with much thought and care. Your future success depends on it.</b></p>	<p>Do this list last.</p> <p>Note: this list may remain blank, however there are some “Dismissive” Standards that can be beneficial.</p> <p><b>Just be sure it does not conflict with your ultimate Bliss Standards.</b></p>

Now with your list of new Standards, you can actually change your destiny! You can now live your life by your priorities. Review this daily so as to condition your mind, and use this daily to guide every decision you make.

