

YOUR EPIC IDENTITY

THE EPIC LIFE
X-ACCELERATOR



THE KEYS TO CATCHING
YOUR CRIPPLING
THOUGHT AND
BEHAVIOUR PATTERNS
AND CHANGE THEM
IMMEDIATELY



Please watch the corresponding video to implement this exercise:

'M1 - L3 - GRAVITY - 2 Your EPIC Identity - The Keys to Catching Your Crippling Thought and Behaviour Patterns And Change Them Immediately

When it comes to becoming the person capable of achieving the desires you have. You'll probably get more out of remedying your character flaws than attempting to take on productive habits. At least in the beginning. Remember the analogy of how to reduce your 100M sprint time? The most effective thing to begin with is removing your back pack with all the junk in it weighing you down.

Kingdom Result Driven Implementation

- How to Take a Baseline of Your Current Identity.
- How To Spot The 10 Hidden Delusions That Drive Your Unwanted Behaviour and Decisions
- A thorough evaluation of your belief systems.
- How to annihilate limiting and destructive habits that keep you from achieving success Leveraging God's Power to Set Yourself Free.
- Seeing Roses or Thorns | the power of positive thinking.

How to Take a Baseline of Your Current Identity

Your BELIEFS are the primary cause of success or failure. Our current culture has taught us to blame the events in our lives or our environment has made us who we are today. This is a lie. It is only our beliefs as to what those events mean that determine our destiny.

Write a few sentences to yourself that you will take total responsibility for your belief systems. Commit yourself to weed to out all destructive, negative, and limiting beliefs and commit to replace them all with good, strengthening, positive, constructive beliefs that will help you achieve total success.



How To Spot The 10 Hidden Delusions That Drive Your Unwanted Behaviour and Decisions

1. All-or-Nothing Thinking
2. Overgeneralizations
3. Distorted Mental Filters
4. Mind Reading
5. Fortune Telling
6. Magnification and Minimization
7. Personalization
8. Emotional Reasoning
9. Mislabelling
10. Discounting the Positive

Tick Which Ones You Identify With:



1. All-or-Nothing Thinking

Traits

- There is no in-between for all-or-nothing thinkers.
- Difficulty accepting anything less than what they want
- Unrealistically high expectations of themselves and other people
- Trouble acknowledging that we all make mistakes and that many things in life are actually learned through a series of small mistakes
- The belief that they or others must be either a total success or a total failure

Challenges

- Low self worth
- Procrastination
- Incomplete projects
- Exaggeration
- Suicidal thoughts
- Discouragement
- Pessimism
- Frustration

Think Rationally

- The wedding vow to “forsake all others... as long as life shall last” is central to a strong, secure, committed marriage.

Success Strategy

- Make a list on an index card, electronic device, etc. of all-or-nothing words you frequently find yourself saying.
- Always, never, must, everything, nothing, useless, horrible, terrible, awful, totally, and completely.
- (If you think of similar words that are in your regular vocabulary, add them to the list.) Then for a period of several days, keep track of how often you say those words.
-



Distortion:	Correction
<ul style="list-style-type: none"> • “I really can’t deal with rejection.” • “Now that I’ve eaten a cookie & blown my diet, I might as well eat the whole bag.” • “I’m too out of shape for this exercise program; guess I’ll give up.” 	<ul style="list-style-type: none"> • “I don’t like rejection, but I will get through it.” • “I’m sure glad I can stop at 1 cookie, since I can do that w/o gaining weight.” • “I can work up to this exercise routine, & just trying will have a positive impact.”

2. Overgeneralizations

Traits

- A form of unintentional exaggeration known as “overgeneralization.” People who overgeneralize tend to oversimplify reality, choosing to take on or two negative events as “pattern of life.”

Challenges

- Overgeneralizers tend to conclude that since something bad happened to them once, it will happen repeatedly for the rest of their lives.
- This cognitive error is based on the wrong assumption that if something is true in one case, it is true in all similar cases. The words “always” and “never” are also hallmarks of this distortion.
- Holding the generalization as fact rather than a hypothesis.
- Generalizing from too few instances.
- Fear of rejection
- Fear of trying new things
- Unnecessary suffering
- Anger
- Depression
- Despair
- Hopelessness
- Failure
- Doubt
- Anxiety
- Worry
- Tension

Think Rationally

- Healthy thinkers recognize that information is often incomplete or biased, so they make tentative conclusions and state them with care.

Success Strategy

- The key is to recognize automatic thoughts, identify thinking errors (or cognitive distortions), and modify your thoughts accordingly





3. Distorted Mental Filters

Traits

- A distorted mental filter is focusing exclusively on certain negative or upsetting events while ignoring the positive.
- When we focus on minor aspects of a situation to the exclusion of others, we look through “mental filters.” Here’s how to be sure yours are clean.
- Your boss praises your report but wants a few changes. All you can do is dwell on the criticism.
- You feel so bad about yourself that you think that compliments directed your way are given out of pity.

Challenges

- Greater risk of depression
- Impaired immune system
- Increased risk of premature death
- Increased risk of fatal accidents
- More likely to contract heart disease, the flu, and other health challenges
- More frequent doctor visits
- More likely to be inactive
- A reduction in overall physical and mental health

Think Rationally

- Roll out of bed each morning and face the day with their mental and emotional operating systems completely clear of prejudices, negative memories, or other mental errors.
- Look at people close to them not as they are, but what they could become.

Success Strategy

- For 2 wks decide to say nothing critical or negative about anything or any person.
- Not one critical word is allowed to be spoken to others (not even “constructive criticism”)
- Speak to others using positive or neutral words or speak nothing at all (use the same rule for thoughts).
- If you slip up on any day during the 2 wks, you begin counting again until you achieve 14 consecutive days.
- Don’t get discouraged if you have to start over; things will get easier as you become more aware of your thoughts.
- Think on whatever is :True, Honorable, Pure, Lovely, Excellent, Admirable, Worthy of praise





4. Mind Reading

Traits

- Assume that people are reacting negatively to you when there's no definite evidence to support that view.

Challenges

- "If he really cared, he'd know that I'm too tired to go out tonight."
- "I know what you're thinking..."
- "You're only saying that because..."
- "You know what I mean..."
- "You would never do that unless..."
- "I just know they are talking about me right now..."

Think Rationally

- Note: 1Sam 16:7 "Man looks on the outward appearance, but God looks on the heart."

Success Strategy

- Avoid putting words into the mouths of others.
- Play the Mind Compatibility Game
- Listen to others and do not assume





5. Fortune Telling

Traits

- “Fortune-teller error” is a cognitive distortion in which a person concludes that his or her predictions are 100% accurate regardless of the probability that they might actually occur.
- People who commit fortune-teller error anticipate that things will turn out badly and feel convinced that their prediction is an already-established fact.
- “This project will turn out horribly!”
- “My life is over!”
- “My career is finished!”
- “I’ll never recover!”
- “I’ll never find anyone to love me.”

Challenges

- Doom and gloom mentality (everything’s bad)
- Pessimistic outlook on life
- Negative self-fulfilling prophecies
- Anxiety, excessive worry, and/or panic attacks
- Suicidal tendencies
- Jumping to conclusions
- Strain on personal relationships
- Tendency towards obsessive-compulsive behaviour
- Leads to an “end justifies the means” rationale
- Counteracts altruistic thinking
- Contributes to addictive behaviour
- Financial loss
- Failed businesses
- Divorce
- Disease

Think Rationally

- Remember, there are only two possible outcomes:
- The feared thing doesn’t come true, in which case undue worry has created misery over something that did not come to pass.
- The worst scenario does come true, in which undue worry has caused you to suffer the catastrophic experience multiple times in your mind, rather than just once.

Success Strategy

- Remind yourself that you don’t really know what is going to happen
- Remind yourself of the outcome of past worries.
- Re-wire your thinking
- Distract yourself when obsessive thoughts come (washing dishes, etc.)
- Write down some true thoughts to replace the obsession with, then only allow emotional reactions or behaviours that are completely true.





6. Magnification and Minimization

Traits

- A mental distortion that inappropriately alters the size of one’s circumstances, events, or comments.
- You blow things out of proportion—or shrink them below their size—either way you’re in trouble. Here’s how to avoid both; to balance your view.
- Catastrophizing (making mountains out of molehills)
- Low Frustration Tolerance (LFT)
- Egotism or an inflated sense of pride
- Trying to be noticed
- Craving attention
- Itching for compliments
- Needing to be important
- Detesting the idea of being submissive
- Loathing the idea of admitting to wrong-doing
- Being strongly opinionated
- Being argumentative
- Wanting control over others
- Being argumentative
- Demanding your way
- Wanting control over others
- Flaunting your individual rights
- Refusing advice
- Being critical, yet resenting criticism
- Thinking you have excellences you don’t have

Challenges

<u>Magnification</u>	<u>Minimization</u>
<ul style="list-style-type: none"> • Lack of patience • Pride • Stress and anxiety • Can lead to depression • Obsessive-compulsive disorder 	<ul style="list-style-type: none"> • Ignoring the red flags • Poor social relationships • Undervaluing others • Risk of financial failure • Pessimism

Think Rationally

“When trials arise that seem unexplainable, we should not allow our peace to be spoiled. However unjustly we may be treated, let not passion arise. BY indulging in a spirit of retaliation we injure ourselves.”

Success Strategy

- Downgrade your description
- The power of re-wording



Instead of	Replace With
<ul style="list-style-type: none"> • I must... • I mustn't... • I shouldn't... • I can't stand it... • This is unbearable... • You always do this... • You never do that... 	<ul style="list-style-type: none"> • would like to... • would prefer not to • would rather not • This is difficult... • This is very difficult... • It seems like you always do this... • It seems like you never do that...

7. Personalization

Traits

- Blaming yourself 100% for bad outcomes because you might have had some small role to play in it.
- With this type of cognitive distortion, we blame ourselves for things we couldn't have avoided or aren't primarily responsible for.

Challenges

- Blame themselves for things they couldn't have avoided or aren't entirely responsible for.
- Blame others for things they are partly responsible for.
- Interpret the comments, questions, and behavior of others as attacks on their own esteem.
- Reject constructive criticism that was important for them to hear.
- Make assumptions about what other people think.

Think Rationally

- Was I negligent in important details that caused this bad situation?
- Did I know what the negative consequences of my actions would be prior to the incident?
- Do other people consider me at fault for these circumstances?
- If my best friend were in this situation, would I consider him guilty?
- Were there any key factors that I had no control over, such as other's actions or unpredictable natural events?
- Can I do anything to correct any damage?

Success Strategy

Questions to ask before personalizing:

- Is he really picking on me, or is there another explanation?
- Is so-and-so really my personal blood enemy, or is she, for whatever reason, simply behaving badly at this particular time in her life?
- Consider any other plausible explanation for what is going on before assuming it is a personal attack?





8. Emotional Reasoning

Traits

- Individuals engaged in emotional reasoning take their emotions as evidence that whatever they feel is really the way things are.

Challenges | **People that reason Emotionally conclude that because they FEEL:**

- Like a loser, they must be a failure
- Guilty, they must have done something bad
- Inadequate, they must be a worthless person
- Overwhelmed and hopeless, their problems must be impossible to solve
- Lazy, they might as well stay in bed.

Think Rationally

- When emotions begin to rise up, practice impulse control.
- Stop and ask yourself, "What is the truth here, and what is the evidence for that truth?"

Success Strategy

- The goal should be to elevate feelings to an analytical level and replace emotional reasoning with true, powerful thoughts that bring peace in the midst of a storm.





9. Mislabelling

Traits

- Mislabelling is describing oneself or others with words that are heavily loaded emotionally and not completely true.
- Mislabelling involves the use of inaccurate, inflammatory descriptions to label oneself or another person.

Challenges

- Escalation of angry, upset feelings
- Polarized relationships
- Verbal and physical hostility
- Political and military conflicts
- Reduced hope for change
- A damaged sense of self-worth

Think Rationally

“Christ looks upon...souls, not as they are in themselves, but as they may be if they will yield themselves to him in sincerity, as did the thief on the cross.”

Questions to ask:

- Is the label true and completely accurate?
- If the label is accurate, is there anything to be gained from using it?
- Are you labelling an error (this is safe), or a person (passing judgment)?
- Is this label truly instructional, and does it allow for positive change?

Success Strategy

1. Cultivate an atmosphere of respect.
2. Be a model of respectful behavior.
3. Explain to others why name-calling is harmful.
4. Avoid name calling as entertainment.
5. Correct or walk away.
6. Keep track of your progress





10. Discounting the Positive

Traits

A negative thinking pattern which can lead to the following negative effects:

- Drags down self-worth
- Takes the joy out of living
- Decreases motivation
- Decreases accomplishments
- Leads to depression
- Leads to actions that brings on more negativity

Challenges

- Marginalizing positive experiences and personal achievements by insisting “they don’t count.”
- Turning good things into negative experiences.
- Acknowledging the good but believing it is of no value.
- Lack of motivation in achieving attainable goals.

Think Rationally

Real change is a marathon, not a sprint. But if you’re willing to apply these principles, you can win the race....

Success Strategy

- The best weapon against discounting the positives is believing the truth.
- True beliefs can be positive thoughts that take root and spring into action.



A Thorough Evaluation of Your Belief Systems.

Below write as many of your beliefs as possible. Separate them into two lists. “**Good Strengthening beliefs**” and “**Beliefs that limit and destroy.**” from the above 10 delusions. Try to cover every area of your life- your spiritual beliefs in God, church, the Bible, and morality, your general beliefs about people, work, politics, money, and life; your personal beliefs in ethics, right and wrong, truth, fashion, sex etc. A few examples are given to get you started.

Good Strengthening Beliefs	Beliefs That Limit and Destroy
I believe the Bible is a guide for successful life. I believe life is great I believe I can make a difference	People are stupid I can't afford it I can't do it



Now go through the list of beliefs that limit or destroy on the previous two pages. Select five of the most destructive ones and wrote them in the 5 spaces below. Then to the right of each one, destroy the destructive belief by writing the answers to the following questions.

1. Why is this belief just plain foolish and senseless?
2. Was whatever or whomever that taught me this belief worth following?
3. If I hold on to this belief, what will it cost me spiritually, emotionally, physically, financially – and what will it cost my relationships

1.	
2.	
3.	
4.	
5.	



Now take the 5 top beliefs that limit or destroy and replace them with new, strengthening beliefs. For example, if one of the 5 was, "I feel depressed," ask yourself, "What do I have to do in order to feel depressed? I have to believe things won't get better, feel sorry for myself, believe there is no hope, etc." Then, write down a replacing belief. For example, "I believe this too shall pass. I believe if I volunteer at the church or hospital I won't have time to wallow in self-pity. I believe the Bible says we have great hope in Christ!"

5 TOP LIMITING OR DESTROYING BELIEFS	5 REPLACEMENT BELIEFS
1.	
2.	
3.	
4.	
5.	

After this, begin daily to condition your mind to those new replacement beliefs by using the corresponding success strategies for the particular delusion you're susceptible to.



How to Annihilate Limiting and Destructive Habits That Keep You from Achieving Success Leveraging God's Power to Set Yourself Free

Specifically **ritual negative words, rules and internal emotions**. How to master these and replace them with positive empowering rituals.

What is a ritual? A ritual is simply a ceremony that we do over and over until it has become programmed in our mind by repetition and is a permanent part of daily life. It is literally a neuro pathway that is physically established in our brain.

You are the creator of all your emotions, and the rituals that cause you to experience them. That is one of the most important things you will ever discover.

“It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words.”

“If the thoughts are right, then as a result the words will be right.”

In this lesson we want to deal with habits that affect our daily rituals, rules, words, and thoughts.

RITUALS

Below write three negative or disempowering rituals you do daily. For example, waking up grumpy, complaining, talking about problems, watching too much TV, being depressed, etc.

1.

2.

3.



Now, write the recipe of how you perform these rituals. For example being depressed, how do you do it? (Write) "I put my head down, I shuffle my feet, I cry, I frown, I think negative thoughts, I think of all the people that hurt me, and how life is so unfair, I remember all my failures, etc."

What did you learn about yourself? In a nutshell, you have just learned that **YOU** are the creator of all your emotions and the rituals that cause you to experience them!

Below, write three positive, empowering rituals you experience. For example, loving, helping others, prayer, etc.

1.
.....

2.
.....

3.
.....



Now, write the recipe you follow to perform these three rituals.

What did you learn? Mainly, you've learned the keys of how easy it is to follow positive empowering rituals. Remember those keys.

From the previous page, take three negative rituals and write them on pg. 18. Now, let's follow the usual three steps to do away with them.

1. Write down all the pain and discomfort the negative ritual has brought to you and others. Write what that negative ritual is costing you now and will in the future in every area of your life. Then write all the benefits and pleasure you will receive by not performing that ritual any more.

2. When you catch yourself in entering into a negative, disempowering ritual, interrupt it immediately in any way you choose- a prayer, a Bible promise, a song, etc.
3. Create a new ritual to replace the old, using the keys you just created. For example, if you have a ritual of acting depressed, replace it with a new ritual. Smile, stand up straight, breathe deeply, and say, "I'm going to live life to the full today, and begin by thanking God for every blessing in my life!" Do these three steps on the following page.



Ritual THOUGHTS that will destroy you:

"I can't,

That's a problem,

That's not fair,

I won't

It's been tried before

Never

Stupid

It won't work

It's too hard

Impossible

Its hopeless

I'm not good enough

Hate, I'll get even"

Negative Ritual #1

i.

.....

ii.

.....

iii.

.....



Negative Ritual #2

i.

.....

ii.

.....

iii.

.....

Negative Ritual #3

i.

.....

ii.

.....

iii.

.....



Ritual Habits In Our WORDS

Below in the left column, write down five words or phrases you use regularly – words that make you feel lousy, discouraged, frustrated, angry etc. Then change them to positive, empowering words. A few examples are given.

Negative, disempowering words I could kill him... I'm such a failure! I'm frustrated ...	Positive, empowering words That guy needs prayer! I'm sure learning from my mistakes! I'm challenged

Transforming our words has an incredible impact on our lives! Below, in the left column, select 5 good words you use, but on the right, select even better ones. A few examples are given.

Five Good Words I'm doing good. I'm strong. I'm determined	Five even better words! I'm doing great! I'm invincible! I'm unstoppable!



Be conscious of the words you use. Step by step; weed out the negative and replace them with good empowering words.

“The difference between the right word and the almost right word. Is the difference between lightening and the lightening bug.”

Ritual Habits In Our RULES

In this lesson we have discussed your personal rules. Most of us have created lots of rules that are impossible to meet, and therefore we feel bad. Few of us have created rules that make us feel good. So, take time to rearrange your personal rules in the following areas. Design your rules so you are in control, and don't let the outside determine this. Write them so they are easy to achieve, and so it's hard for you to fail. Specifically write your rules based on good principles.

Rules In My Spiritual Life

Rules In My Physical Life

Rules in my business / career / life



Rules in my Relationships

Rules In my Financial Life

Rules In My Achievement



Seeing Roses or Thorns | The Power of Positive Thinking.

The conscious and subconscious mind and how they relate. Harness this knowledge to experience the power of a positive mental attitude to dramatically improve the quality of your life.

Now I want you to consider this, and put away your distrust your worrying your fears ... God has spoken to you words of encouragement, grasp them, act upon them... . Do not listen to Satan's lies, but recount God's promises O how many walk a dark path, looking to the objectionable, unlovely things on either side of them when a higher are the flowers."

Getting control of your mind and developing a positive attitude is one of the most powerful assets you will ever possess. Realizing the power of your subconscious mind, and that it drives all your actions, let's begin to become aware of what is going into it.

Write below the answer to the question, what do you think about all day long? What thoughts dominate your mind most of the day? Be real honest.

Now look at these thoughts and ask yourself, "Are these thoughts limiting my life, or destroying it? Are they enhancing my success and making me a high achiever or am I more negative than positive? What dominating thoughts need to be changed?"

Today, realize that God operates on fixed laws. Everything in the universe runs on fixed laws. If you obey them, you reap the blessings. If you disobey them, you reap the painful consequences. The universal law is that you reap what you sow. Whatever you sow in your relationships, your finances, your spiritual life, your body, or your mind is what you will reap.



Your culture has taught you to blame to everyone and everything. Even religious people often use God or Satan as their excuse for when good or bad happens to them. Today, you must take full responsibility for your mind and what goes in it. Quit allowing the TV industry, the movie industry, the music industry, the fashion industry, the fast food industry, and everything else to access to your mind. Make a solid decision you will control from this day forward what goes in your mind and only put in things that are good, loving, kind, excellent, pure, wholesome, educational, fun exciting, positive and true. Get in control and stop letting everyone and everything else control you.



Let's remember a few important things.

At birth you received two sealed envelopes, as it were – one labelled “Rewards” and the other labelled “Penalties.” The first contains all the benefits you will receive if you take control of your mind. The second contains all the painful consequences you will experience if you neglect to control your mind.

If you open the one labelled “Rewards,” you will attract circumstances that make you successful. You will enjoy physical and mental health, financial independence, a life of fulfilment serving and blessing humanity, peace of mind, faith and confidence that conquers all fears, lasting friendships, longevity, and abundant life, wisdom, and even immortality!

If you open the one labelled “Penalties,” you will end up in poverty and misery, mentally and physically bankrupt, mediocre and limited, fearful and filled with hate, with many enemies and a few friends, full of worry and doubt, unable to control your life, and you will end up another wastes life.

To help you choose that envelope of “Rewards,” let's do an exercise that will make it fun and a permanent part of your life. Answer the 6 questions below.



1. What can I do today that will make life more wonderful than ever before?

.....

2. What am I really excited about in my life right now?

.....

3. What is there to be really thankful for in my life right now?

.....

4. What am I really proud of in my life right now?

.....

5. Whom do I love most, and who loves me?

.....

6. What can I do to make someone else happy today?

.....



For the next 5 days, come up with two new answers to each of the 6 questions. You can do this on the following page. Continue this in the days ahead, and your subconscious mind will pick up on it automatically, while the success and quality of your life will literally explode!

6 QUESTIONS

Day 1

1. What can I do today that will make life more wonderful than ever before?

2. What am I really excited about in my life right now?

3. What is there to be really thankful for in my life right now?

4. What am I really proud of in my life right now?

5. Whom do I love most, and who loves me?

6. What can I do to make someone else happy today?



Day 2

1. What can I do today that will make life more wonderful than ever before?

2. What am I really excited about in my life right now?

3. What is there to be really thankful for in my life right now?

4. What am I really proud of in my life right now?

5. Whom do I love most, and who loves me?

6. What can I do to make someone else happy today?



Day 3

1. What can I do today that will make life more wonderful than ever before?

2. What am I really excited about in my life right now?

3. What is there to be really thankful for in my life right now?

4. What am I really proud of in my life right now?

5. Whom do I love most, and who loves me?

6. What can I do to make someone else happy today?



Day 4

1. What can I do today that will make life more wonderful than ever before?

2. What am I really excited about in my life right now?

3. What is there to be really thankful for in my life right now?

4. What am I really proud of in my life right now?

5. Whom do I love most, and who loves me?

6. What can I do to make someone else happy today?



Day 5

1. What can I do today that will make life more wonderful than ever before?

2. What am I really excited about in my life right now?

3. What is there to be really thankful for in my life right now?

4. What am I really proud of in my life right now?

5. Whom do I love most, and who loves me?

6. What can I do to make someone else happy today?



Key Result Driven Action | Ritual Patterns in Your Thoughts

Let's also begin today a mental cleansing. Let's erase mental habit patterns that hold you back, and install new ones to propel you forward. It takes an average of 66 consecutive days to permanently scratch out old thought patterns and install new ones. So for the next 66 days, make a decision to follow these 4 steps.

1. For the next 66 days, claim victory over and negative, wrong, disempowering, discouraging, or detrimental thoughts, words, questions, etc.
2. When you catch yourself beginning to dwell on these negative things (it will happen), immediately replace the thought with a presupposing question such as, "What needs to be changed in this?" What good could come out of this? How would Christ deal with this?"
3. During this 66 day period, focus only on solutions to the thoughts, not on the problems.
4. If you make a mistake and find yourself dwelling on a negative or detrimental thought, don't get on yourself. Just turn the mistake into a victory by acknowledging it, and turn it around using points 2 and 3.

