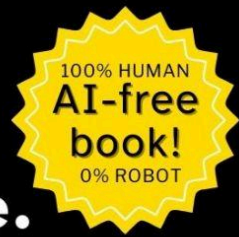


**You Are Not
Who You Think You Are.**



SHIFT:

**Ten Mindset Shifts
for the Great Awakening.**

Thomas Godfrey

FOREWORD BY WILL MELLORS-BLAIR

SHIFT:

“A must-read for anyone seeking to break free of what currently shackles them.”

“Life changing.”

“Gets to the core of existence in easy to understand language.”

“A thoughtful and rich exploration of the power of the mind.”

“Enlightening.”

“Inspiring and full of practical value.”

The Great Awakening is here.

SHIFT: gives you a framework of ten simple, powerful mindset shifts to take your place in the great awakening by becoming the version of yourself you always knew you could. It is not who you are that holds you back, it is who you think you are not.

Enjoy the journey.



Thomas Godfrey is a leadership mindset coach and long time student of human potential. He has helped hundreds of professional men and women transform their lives through the SHIFT: mindset method, whose principles and practices inspired this debut book. Thomas enjoyed corporate success without fulfillment

for many years until he made the shift to pursuing his purpose of helping others unlock their own potential. He lives in Somerset, England with his wife Clare, and their two sons.

FOREWORD:

In the ever-evolving realm of computational neuroscience, where the mysteries of the human mind are decoded through algorithms and neural networks, I have dedicated my career to understanding the intricate dance between biology and technology. My passion for this field stems from a profound curiosity about the inner workings of the brain and the incredible potential for harnessing this knowledge to enhance human experience. As advancements in psychology continue to unfold, we find ourselves at the precipice of a revolutionary understanding: the ability to transform our lives through meticulous mental modelling.

Mental modelling, grounded in both scientific research and experiential wisdom, offers a powerful framework for personal development. This process involves creating detailed representations of our thoughts, behaviours, and emotions, allowing us to simulate and refine our strategies for achieving desired outcomes. By engaging in mental modelling, individuals can systematically rewire their neural pathways, fostering new habits and perspectives that align with their aspirations. The science behind this is both fascinating and empowering, demonstrating that with diligence and intentionality, we can transcend our current limitations and manifest our highest potential.

My journey into this profound realization was significantly enriched through my encounters with Tom Godfrey. Over the past year, Tom and I have met weekly, co-creating a comprehensive framework for mental mastery. Our collaboration has been a testament to the power of shared vision and mutual respect. Tom, an author and founder of

remarkable insight, embodies a rare blend of diligence, self-awareness, and the ability to integrate both spiritual and scientific teachings. Witnessing the positive transformations in his life has been both inspiring and affirming.

Tom's approach to mindset coaching is not just theoretical but deeply practical. In our early discussions, he introduced me to his innovative mindset coaching framework, a system designed to unlock the latent potential within each individual. Through rigorous deliberation and creative exchange, it became evident that Tom was destined to champion a robust, duplicatable methodology that could be scaled worldwide. His commitment to this vision and his unwavering dedication to refining and perfecting the process have been nothing short of extraordinary.

It is with great honor and gratitude that I reflect on my role in this journey. The culmination of our efforts is encapsulated in the book you now hold in your hands: *SHIFT: Ten Mindset Shifts for the Great Awakening*. This work represents a new age iteration of *The Power of Awareness* by Neville Goddard, offering a fresh perspective on the timeless principles of personal transformation. Tom's SHIFT methodology is both universal and accessible, providing practical tools and insights that can be applied by anyone, regardless of their background or current circumstances.

The ten mindset shifts outlined in this book are more than mere concepts; they are actionable strategies for realigning your mental and emotional landscape. Each shift is designed to guide you through a process of self-discovery and empowerment, helping you to break

free from limiting beliefs and habits that no longer serve you. As you embark on this journey, you will find yourself equipped with the knowledge and techniques to create lasting change in your life.

Tom Godfrey's ability to decode complex ideas and present them in a clear, relatable manner is one of his greatest strengths. His holistic approach bridges the gap between spirituality and science, offering a comprehensive roadmap for personal growth. Through his teachings, you will gain a deeper understanding of how your mind works and how you can harness its power to achieve your life's desires.

I am excited for you, the reader, to embark on your own journey of transformation. The principles and practices contained within this book have the potential to shift your life in profound ways. As you engage with each chapter, I encourage you to approach the material with an open mind and a willingness to experiment with new ways of thinking and being.

In conclusion, *SHIFT: Ten Mindset Shifts for the Great Awakening* is more than a book; it is a guide to unlocking your full potential. I am confident that, through diligent application of the SHIFT methodology, you will experience the great awakening that Tom Godfrey envisions. May this book serve as a catalyst for your personal evolution and a beacon of hope on your path to self-mastery.

With sincere gratitude and appreciation.

Will Mellors-Blair

This book is dedicated to:

Clare, for believing in me when I didn't.

Oscar and Oliver, for teaching me to be kind.

Will, for showing me what I couldn't see.

You dear reader, you are enough.

SHIFT:

**Ten Mindset Shifts
for the Great Awakening.**

PROLOGUE: Lost to found

ONE: Thinker to observer

TWO: Excuses to accountability

THREE: Motivation to consistency

FOUR: Victim to creator

FIVE: Reacting to responding

SIX: Adding to letting go

SEVEN: Fear to faith

EIGHT: There to here

NINE: Me to we

TEN: Knowing to unknowing

EPILOGUE: Judgment to discernment

By Thomas Godfrey

PROLOGUE:

From lost to found

“Please, help me God.”

I'd never cried out to God before; I was never religious, I'd grown up being highly sceptical of organised religion. Right now though, I had run out of ideas. I'd broken down crying, I was at home alone sat on our bed and I'd had enough. I don't know whether I found God in that moment, but when I was completely lost as to what to do next, face to face with despair, I called out for him.

I was unhappy, unfulfilled, lost. I was grateful for Clare, my beautiful wife, and for our two young sons, Oscar and Oliver, but because I wasn't happy, I felt I didn't deserve them. I felt ungrateful and unworthy, because I *should* have been happy. I had a beautiful family, a good job, I was close to my brothers, I had a few close friends – Many acquaintances, a respectable career – but it all felt so hollow. What was it all about? What was I missing?

I'm not sure what happened after this moment, but I don't think I ever felt that desperate again. I certainly opened my

mind and my heart to God after this, how could I not? Perhaps in this moment I also acknowledged my own weakness. By asking God for help, I finally took the pressure off myself to have all the answers, and surrendered to something far greater.

The eye of the storm

I've never found the courage, or perhaps felt free from the shame, to be able to share this before. It's time. This needs to be shared, it's important. I know what it's like to think you want to end your own life. I don't share this lightly, I don't mean to disrespect anyone, I am merely sharing this from truth, in the hope that this will resonate with you as you are reading it. If this one thing can have a light shined upon it, it might make a difference simply by bringing someone back from the brink of total darkness, and into the light.

There is a suicide epidemic in the western world. I don't pretend to know the reasons for it, but I do know what it's like to get to that point where all you want is for the suffering to end. How can I possibly say this? Because I've been to that point in my mind. I cannot say that I would have ever had the courage to go through with ending my own life, that would seem like a hollow claim, since I'm

writing this now. What I can say for certain is that I've experienced a place of such despair inside of my own mind, that I believed I was left with a very simple choice, perhaps the most simple of all choices; Continue, or don't. I guess I was where alcoholics refer to as rock bottom. It couldn't get any simpler could it?

I love my Wife, I am deeply grateful to have met such an amazing woman, and that she would choose to spend her life with me, I am blessed. I love my sons, I love my family. This wasn't about being ungrateful for my life outside, this is about acknowledging that there's an entire world inside of your mind, that if you fall into the trap of getting lost in, it's possible that you might end up in that same place I did, that place so many never come back from.

The peace of the void

The tragic irony here that I will attempt to articulate, is that perhaps the very thing that finally convinces someone to end their own life - the longing for peace amidst despair - is itself only possible by feeling that very peace in the first place (by imagining the ending of your own life).

When I imagined what it would be like to let everything go, to no longer be afraid, confused, lost, overwhelmed, when I allowed my mind to venture to that place out beyond

suffering, that place beyond everything I knew, and to face that place that *seemed* to be called death, in that moment is where I found pure peace, silence, calm. Nothing and everything. The endless void of oneness. Pure light. Pure bliss. Except death had nothing to do with it, because whilst experiencing that great release in all its perfection, I was still right here.

Here's the irony then; thinking of death is what brought peace, so the assumption could understandably be that the only way to find peace is through death. My conclusion was different; I experienced that pure peace whilst I was still alive, if only for a split second, I still experienced it within me, I felt it. Then I reasoned that if I had experienced it once, I could experience it again. Peace existed within me, it was right here, right now. And I instinctively knew it had nothing to do with "me" the human that is known as Thomas Godfrey.

Perhaps now I'm articulating it for the first time, this is indeed the driving force for this entire book, and my reason for helping people as a coach; To shine a light on this one simple idea; the world of your mind is not real, and leveraging this idea to serve humanity is at the heart of this book. I always knew that the peace I found within me had nothing to do with me, which is why I knew it was

so powerful, and could therefore somehow be leveraged to serve humanity.

So, here we are, and here is SHIFT: this is the truth that sits at the heart of everything I've done since that moment; if you can imagine it, you can experience it. I'm here to say that the world of the mind is not as real as it seems, that the choice between despair and peace does not have to be the choice between life and death. And this was the great discovery I made; that Inner peace isn't the end, it's the beginning. And it's within you right now, whenever you're ready to stop looking out there, and look inside.

It doesn't even matter how you get to this point, as by then it's kind of immaterial isn't it? If this is the place you end up, this is the part that matters most; realising that this place called peace, is found right here in this thing called life, not just imagined to be found in that thing called death. That's true liberation, however you come to it.

The identity trap

How I came to this point seems to me to also be immaterial, but us humans seem to like a backstory, so I'll share what feels relevant; I had been playing a character and I was exhausted by it. Not in a disingenuous sense as if I was intentionally deceiving people. It was more that I

didn't ever consider that I didn't have to follow the path I had been following for so long. To continue along the path on which I had found myself, meant maintaining the character I had developed along the way. I didn't like who I had become, but I also didn't know how to change. I felt stuck, like I was in too deep, but I couldn't see a way out. I thought that was my lot, I never considered I could change it. It felt terrifying to consider the possibility I don't really know who I am. Who am I if I'm not this character I've become? Welcome to the identity trap.

Is this it?

I'd always felt like I was missing the point somehow, for as early as I can remember I struggled to understand what it all meant. At school; memorise this information, repeat it back, get a gold star. Is this really it? Then at work; turn up to your job on time, don't upset anyone, complete this task, get your pay cheque. For so long I'd been following this path which I thought I was supposed to follow, which I thought was the path of success. Basically measured by job title and salary.

I was a 25-year corporate employee and I had worked hard to achieve career success. At least I'd worked hard building the character who was able to play the corporate

success game well. I had a varied career path through Management accounting, Commercial analysis, Sales leadership, Mental Healthcare, I was always seeking that next thing, as if I'd know it when I found it, but all I knew for sure was I hadn't found it yet. "I don't know what it is but I know this isn't it."

I had climbed the corporate ladder, held budget responsibility for hundreds of millions of pounds of revenue. I finally made six figures (which I couldn't have believed as a teenager who fell out of school with a couple of poor A-Levels) I was proud for a moment, then I realised how hollow I felt. What was I chasing after? I realised I was going to get to the end of my life, and ask myself;

What if I'd found out what I was really capable of?

Looking ahead to the prospect of looking back on life with regret, hit so hard that I couldn't continue. Not regret at the mistakes I'd made, as much as regret at never finding out who I *could* have become. Regret at all the things I could have done but didn't have the courage to. Something had to change but I had no idea what that looked like.

My fear of the unknown, was for the first time ever eclipsed by something greater, by the fear of future regret, of never finding out. So I stepped away from my safe

respectable career into the void of the complete unknown, determined to find out one way or the other what I had to offer the world, on my own terms.

Human potential

I had long been fascinated by the power of human potential, this idea that we each hold an immense creative energy within us, a remarkable force that most of us have never really been shown how to access, how to harness.

Potential by it's very definition has to be unlimited, since it represents everything that can be imagined, that has not yet been realised. By extension then, it seems reasonable that you have direct access to unlimited creative potential through your own mind. If this feels a grandiose claim, try and think of something which cannot be conceived of in your mind. It isn't possible!

So, if you can think of it, it is possible that you can realise it. Everything which exists in the physical world, first existed in someone's mind, it had to. It couldn't be any other way. Everything that has ever existed in human history - architecture, art, engineering, technology - has been created twice. First on the mental plane as an idea in someones mind. Then, on the physical plane as a tangible reality. Thought comes first, matter follows. Believing is

seeing. The mind is such a remarkable tool of infinite creative potential. And you have it at your disposal right now, just awaiting your instruction.

The greats

I studied the great teachers of human potential for many years, Neville Goddard, Bob Proctor, Abraham Hicks and too many others to mention. Inspired by their teachings and placing faith in something I couldn't quite articulate then, and perhaps still can't now, I decided to qualify as a transformational mindset coach. It was time to help others to unlock their own unique potential from within. I launched my coaching practice armed with nothing more than the belief that the answers we are seeking, can always be found within us, we just need to be ready to ask the right questions.

Perhaps you too have fallen into the identity trap to some degree? Falsely limiting your true potential by your stories, your memories, your labels, your beliefs, your personal narratives about who you are not. How many times have you said *I'm not one of those people who...*? Probably far more times than you realise. What is it that makes that statement true, that you are indeed not someone who... other than your insistence on saying it, and acting like it?

Today

As a professional mindset coach writing this today, I have had the absolute privilege of helping hundreds of people to ask the right questions of themselves to unlock their own unique potential from within. I've worked with professionals from all over the world, from CEO to intern, from all backgrounds, with all levels of experience, across many business sectors, people of all ages, and both genders. Witnessing the transformative experience of so many of my coaching clients, has enabled me to write this book in the absolute faith that a great many more people who read it will resonate with and benefit from the shifts contained herein.

Clarity is your birthright

This book gives you, dear reader, a blueprint for clarity. Clarity of yourself primarily, which has to come first, since you experience the world through your own unique lens, your own personal collection of beliefs. The outer world you find, is so often little more than the one you expect to find, the one that you believe exists. Clarity of self, it turns out, is as much about realising that you are simply not the

person you thought you were, as it is about discovering your true nature and purpose.

“You are not who you think you are.”

- Ben Hawkes

When you begin to find clarity of yourself, you open yourself up to finding clarity of others, since underneath the character, the habits, the beliefs, the stories, the hopes, fears, and dreams, it becomes apparent that we each have the same pure unfiltered awareness at the very core of our being.

Then comes clarity of purpose. When you begin to understand yourself, which allows you to understand others, you finally get to understand how you can best leverage your unique energy to make an impact, so that others can benefit. You are here to share your gifts with the world, to add value to the collective, to make an impact in the way that only you can. Escaping the identity trap then, brings clarity of your true potential, and with it your true nature. If you are seeking your true nature, dear reader, then you are ready.

Welcome to SHIFT:

The next ten chapters serve as a framework of ten mindset shifts you can make right now, right here, today. They come from three primary sources of inspiration;

- (i) The aforementioned great teachers on whose shoulders this methodology was built.
- (ii) My own experience of lasting personal transformation.
- (iii) Emboldened and deepened by the personal transformations of my coaching clients.

Many of my coaching clients have reached a point of somewhat desperation when we work together. Perhaps my greatest realisation as a coach – where my clients finally come face to face with their own vulnerability so they can grow from it, grow with it – is that at the very essence of our being, we are the same.

We all have strikingly similar limiting beliefs holding us back, most of which are the result of us falling into the trap of identifying with the character we have built, that identity trap again. One thing is for certain, you don't have to wait for desperation like I did to make changes. Take action today, and you will never regret it, I promise you.



The power of awareness. The foundation of the SHIFT: methodology, and the title of Neville Goddard's seminal 1952 book. Everything from here is rooted in the power of your awareness, and this first shift could have been a book on it's own. I remember having my mind blown wide open the first time I heard this. Something resonated so deeply within me that I knew immediately I had found truth. And as I have since learned, truth is felt, not understood.

Practice embodying this one shift and it may just hold the key to unlocking your next chapter of life, your next unfolding of consciousness. It's entirely possible this one shift alone will be enough to blow the lid off your awareness like it did to mine, so much that you can put this book down after chapter one and pick it up again in a few weeks / months / years when you're ready to continue. So here it is:

"You are not your thoughts,

you are the observer of thought."

Eleven words that might just change your life forever.

Are they really *your* thoughts?

Every thought that enters your mind, every thought that you notice, that you become consciously aware of, you might label as “*my thought*”. You might also assume the thought is unique to you, that it arises within you, comes from someplace called your mind, and is therefore in some way yours, a part of who you are, even. An understandable assumption to make perhaps, but does it align with your experience?

When you notice the sound of a dog barking in the distance; the soundwaves arrive in your awareness via your ears, you register it as sound, yet you can place it’s source outside of yourself. You hear a sound, you recognise it as *dog barking*, you locate it’s origin as *over there*, separate from yourself.

When you notice a thought arising however, you are unable to place it’s source outside of yourself, since you don’t hear it with your ears or see it with your eyes. It doesn’t arrive in your awareness via your five senses, which might lead to the assumption; “*I think it with my mind*”. This assumption places the thought’s source of origin within you, inside of you, a part of you. “*My thoughts.*”

Your thoughts, or simply “thought”?

Consider this; Do your ears *hear* the sound of the dog barking into existence, or do they *receive* the sound from the dog? Does your mind *think* the thought into existence, or does your mind perhaps also *receive* the thought?

Since you have as much control over which thoughts appear in your mind at any moment, as you do over which dogs you hear barking at any moment, it doesn't seem entirely inconceivable to consider; that which you assume is "*my thought*" could be just as easily merely "*thought*". By extension then, the source of "*thought*" may not arise from *within you* at all.

"If you want to find the secrets of the universe,

think in terms of energy, frequency and vibration".

-Nikola Tesla

Everything is energy. Sound is energy, light is energy, matter is energy. Thought too, is just energy. This initial shift in perspective, then makes it far more accessible to consider the idea that you are not your thoughts (in the same way, you are not the sound of a dog barking). Instead, you are simply the one who observes thought, in

the same way you are simply the one who observes the sound of the dog barking.

Mindfulness

Many mindfulness practices help to embody this idea of separating your self-identity from the activity of thought, which then creates the space to consider the idea that you are simply not obliged to identify your own self image with the content of any thought, whatsoever.

That's right, as the ever present observer you don't have to jump aboard every single thought train that arrives at the platform in the station of your mind. You can let them depart on their way without you, without them taking your awareness away for a ride.

Practice is the word here, and this will take practice for sure, because the chances are you, like most of us, have become unconsciously identified with thought for so long, that you don't even notice it any more. You think it is you.

So the practice begins by simply noticing the activity of thought, without *becoming* the thought. The practice of remaining as the observer of thought, remembering you are the one who is sat on the platform, the one who

observes the thought trains coming and going. And they will continue to come and go - with or without you.

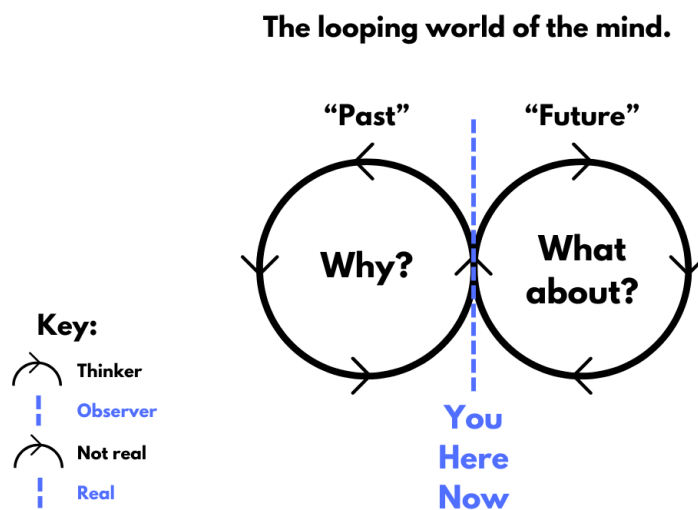
I learned from a truly wonderful mindfulness meditation teacher (Thank you Nada Bouari from Amman, Jordan.) whose teachings introduced me to the life-changing power of this one idea.

You are the observer of thought

Observe. Simply notice the activity of thought from your perspective as the ever present observer. Notice the thought patterns, thought trains, thought loops. Notice how easily your awareness gets swept away by them, it's not a problem, you've been doing it for your entire life. It is what it is, have some fun with it.

Simply practice anchoring your awareness right here in the present, the infinite now. This eternal space right here between thoughts. The infinite silence within. There are many methods of anchoring, find one which works for you and practice it. Paying attention to breathing is a wonderful place to start. The moment you find yourself in the past or the future, you have exited the present and entered the illusory world of the mind. It isn't real. Breathing is real, the body is real.

As the ever present observer of thought you get to consciously determine which thoughts are accurate, which thoughts are helpful, which thoughts are worthy of your attention and focus, and of course which thoughts you act upon. Really this becomes the *only* practice, awareness of self.



Thought loops

What I noticed when I first began to explore this idea, is just how ruthlessly repetitive and unoriginal my thought loops really were. Since exploring this deeper with so many of my amazing coaching clients it has become apparent there are only really ever two types of thought loop:

1. Replaying the past

First the past thought loop, where you replay past experiences over and over again and call them memories. Here's the thing with the stories of your past; no matter how many times you replay them;

- (a) Nothing ever changes
- (b) You learn nothing
- (c) You feel the same each time, and the real kicker is;
- (d) It probably didn't even happen at the time, in the same way that you now remember it.

The implications of this are manifold;

- 1) The experience itself happened only once, in real-time in the body, in the present, you were of course "here and now" as you experienced it.
- 2) The experience was then stored as a memory of "the past" in your subconscious mind.
- 3) Now, each time the memory is ever accessed by you, the ever present observer, it is accompanied by
 - a) A feeling in the body and
 - b) An accompanying narrative in the mind.
- 4) It happened once as an experience in the body, interpreted through the five senses, in the present. It was real that one and only time it actually happened.

- 5) Since then, the only place it has ever existed in the entire universe is as a memory stored within you.
- 6) You access the memory from time to time in the present, by replaying it as a past thought loop.

How real is any of it?

In the same way that you would not claim to be the *situation itself* as it happened, neither would you claim to be the *memory* of the situation right now. You are not your thoughts, you are the observer of thought. You are not your memories, you are the observer of the replays of your memories.

So you are the observer of your familiar and repetitive past thought loops, and as the observer you get to choose which thought loops you invest your awareness into. You get to choose which old stories you continue replaying. Which past you continue re-living.

Re-telling your story, or not

I used to assume this was just me. It is only since coaching hundreds of men and women; I have learned that without exception we are all re-telling our own personal “*story of me*” over and over again on repeat. Consider this

for just a moment; no matter how many times you re-tell it, every single time without exception the story always ends in the same place; here and now. The same place you were before you started telling it. You are not your story, you are the conscious re-teller of your story.

If then, whether re-telling the story, or not re-telling your story, you find yourself in the same place, what is the purpose of re-telling your story over and over? What if you just skipped to the end of your old story, permanently? Welcome back to the present, the only place you've ever really been, and will ever be. The infinite now.

Transmuting the past

Now of course there's value in replaying the past, if you can learn and grow from it, if you pay attention to it as it is replayed. How do you do this? By subtly shifting from fearing the past, to facing it and feeling it. And ultimately, forgiving it. Having glimpsed the inner world of so many of my clients I have come to recognise the vital role "the past" plays in the present, and by extension the future.

With love and Grace

This might be triggering, but there's no avoiding this one, so I share it with compassion. The past serves one purpose, to stay with you right here and right now, in your body, in the present, stored as a memory, until you are ready to face it, feel it, and forgive it. Until that moment, it will continue to reside within you right here and right now, as a memory that you feel in the very cells of your body, with an attached narrative in the mind. You will continue to bring it with you into each new day, until you are ready to process it, integrate it, release it.

Face it, feel it, forgive it.

2. Creating the future

The second type of thought loop is the future thought loop. All 100% hypothetical and based around either fear of the future, or faith in the future. Consider this; the only place the future exists right now is in the world of your mind. Something bad might happen, something good might happen, both exist only in the world of the mind.

"We have at every moment of our lives the choice before us which of several futures we will have."

-Neville Goddard

Fear and faith is expanded on later in this book. For now, simply consider that both a fear based future and a faith based future require the same amount of energy from you, both require the same amount of focus from you, both require the same amount of awareness from you.

As the ever present observer of thought, begin to notice which future you are thinking about most. A fear-based future is no more real right now than a faith-based future. As always, you get to choose.

Subconscious self-talk

As I practiced becoming the observer of thought, I became consciously aware of my old subconscious self-talk. The internal narratives I held about myself, would appear when triggered by external events, accompanied by feelings in the body that I had previously labeled as stress or worry.

I began to recognise which self-talk narratives in the mind were accompanied by which feelings in the body. From the perspective of the ever present observer, for the first time it became possible to observe my own thought and feeling patterns objectively.

This is the heart of the SHIFT: philosophy; Objective, non-judgmental self-awareness. Simply viewing the activity of your own mind from your true perspective as the ever-present observer. With curiosity, without judgment. From presence, with love.

When you view your old subconscious programme then, with curiosity and without judgment, you can see yourself clearly for the first time. Your old self-image, your old story, your very own “story of me”.

Many of my clients share the same reflection when we bring this process to the coaching space:

"It's like I already knew this, I've just never said it out loud. I feel much lighter and clearer now."

I've heard this shared hundreds of times and it never gets old. It's such a beautiful, deeply profound reflection. The process of articulating thoughts and feelings into words, codifies it from a nebulous subconscious weight you carry everywhere, into conscious present clarity and lightness.

My interpretation of what's happening here is simple; your conscious awareness is being directed for the first time at your subconsciously held thoughts, feelings, and behaviours. Old stories, fixed beliefs, looping narratives.

This practice allows you to find truly objective clarity of self. The power of awareness.

“I am...”

When we are talking about *yourself* here, what we are really talking about is your old "*story of me*" with which you have become falsely identified, rather than the ever-present observer, the true "*I am.*" who you really are. When you realise this, you can also consider that whenever you say "*I am...*" you are not describing who you are, you are in fact instructing who you'll become.

"*I am...*" is an instruction to your future self, not a description of your past self. You get to choose. Having been through this realisation myself, and with a great many of my coaching clients, I can't express enough how important it is to be kind to yourself throughout this shift. It can be a sobering realisation when you begin to see all of your old habitual behaviour patterns clearly for the first time. It's like they are so familiar, yet they've somehow been happening without you. Until now.

Make the shift from thinker to observer today

This exercise comes courtesy of the late, great Bob Proctor; Draw a tiny pencil dot on the wall in front of your desk, or somewhere you can practice daily. Set a one minute timer, sit and stare at the dot.

See how long you can simply stare at the dot without thinking, a few seconds might be a good start. Notice how competing thoughts vie for your attention, desperate to give you something else to think about. Anything but that little dot.

When you notice you have stopped staring at the dot, do it again tomorrow. Begin to notice your relationship with your own awareness.

Do it every day for one minute. See how many days it takes to reach one minute without thinking. This isn't a test to pass or fail, it's simply a practice to become the observer.

Enjoy, your journey has begun.

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TEN: Knowing to unknowing

EPILOGUE: Judgment to discernment

By Thomas Godfrey