

The Spirit of Wealth *mastermind* AND *masterclass*

WITH AMIRA ALVAREZ

Changing Beliefs and Old Scripts

Transformative Strategies for Overcoming Inaction

Exercise #1: The Clarity Process

Let's see what we're working with and gain some clarity.

- 1 Where are you not taking action?
List all the small and large tasks, projects, conversations, experiences, etc. that you are not acting on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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2

What are your reasonable (or unreasonable) excuses for not acting?

Write out all the reasons you haven't acted yet. Please ignore the letters to the left of the boxes for now.

1

C _____
H _____
D _____
P _____

6

C _____
H _____
D _____
P _____

2

C _____
H _____
D _____
P _____

7

C _____
H _____
D _____
P _____

3

C _____
H _____
D _____
P _____

8

C _____
H _____
D _____
P _____

4

C _____
H _____
D _____
P _____

9

C _____
H _____
D _____
P _____

5

C _____
H _____
D _____
P _____

10

C _____
H _____
D _____
P _____

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- 3 When you look at your reasonable reasons for not acting, what kind of issue do they stem from?
Is it a clarity issue? A how-to/knowledge issue? Is it a discomfort issue? Or a priority issue?
Oftentimes there are multiple issues at play. Next to each box indicate what % of your reasons for not acting fall into each of each type of issue.

C = Clarity Issue **H** = How-to/Knowledge Issue **D** = Discomfort Issue **P** = Priority Issue

- 4 What are all the clarity issues?
Put the clarity issues for each inaction in separate boxes.

1		6	
2		7	
3		8	
4		9	
5		10	

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5 Pick your top inaction that if you actually did would have the biggest positive impact on your business. What are all the discomfort issues related to this particular inaction?

1		6	
2		7	
3		8	
4		9	
5		10	

6 Describe your discomfort issue. Why does this make you uncomfortable?
Go back and write this in the boxes above.

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7

Let's go back to Desire. What is it that you actually want that this action is in service of? Why do you actually want this? What's important to you about this? *How will doing taking this action help you? (Go deep!)*

8

And if you had that/created that what is the bigger impact? What else does it help and create?

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- 9 Is any part of this discomfort because there's clarity work that needs to be done? If so, what do you need to get clear on?

- 10 Go back to your answer to #6, what are you making this discomfort mean? What's the story you're telling yourself about it?

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- 11 When you look at what you're making this mean, what does this show you about what you believe to be true about yourself, others, and the world? *List out your beliefs.*

- 12 What could also be true? What alternative meaning and beliefs could you hold?

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- 13 Does this alternative belief feel better in your body? *Yes/No*
If no, go back to #11 and dig deeper and find a belief that when you think it feels better to you.

- 14 Does it free you up to take action? *Yes/No*
If no, why? Most likely this is because you haven't gotten to the root cause/belief and haven't found a new belief that is true for you. Sometimes it's just inertia and you will have to take action anyway.

- 15 What action will you take? *This is time for a decision.* What's the decision you need to make? What will you do? When will you do it? How will you stay accountable?

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16 What happens if you don't do it?

17 Are you committed? Yes/No

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Exercise #2: Locking in The Desire

- 1 Go back to questions 7 and 8 of the previous exercise and tap into your desire.
How does it feel?

- 2 What's the snapshot of you experiencing this outcome? *(Think of a short reel or reels. Who are you with? What are you doing? Can you feel it?)*

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In summary, to breakthrough inaction based on old beliefs stored in your subconscious mind, you must:

- 1 **Get Clear.** *What's actually happening? What kind of issue is it?*
- 2 **Solve Any Outer Game Issues.** Often there's a clarity or a 'how' issue. Get clear, get help, make decisions.
- 3 **Recognize Belief Barriers.** This too is essentially a clarity process. If you don't know what you're dealing with, it's very hard to address the correct issue. Coaching and many of the processes I take you through in these IGE workshops help with this.
- 4 **Tap Into Desire.** This is your reason why you do anything. Without a strong enough desire, it's very hard to overcome your old way of thinking, feeling, and acting. *"You've got to want it badly enough."*
- 5 **Use Your Imagination.** Tap into that snapshot / reel frequently. Keep going back to this whenever "stuff" comes up. (*Stuff = doubt, worry, fear, reality showing you evidence that it's not working, etc.*) Keep going back to this when you read your Creation Playbook. **Feel as you imagine.**
- 6 **Embody The Outcome.** Live as the woman who already has the outcome. Act as her now. Make decisions as her now. Move, speak, communicate, relate, breath as her now.