

You are the Specialist of You

What Do You Know?

- big blocks. (general)
- Medium blocks. (knowledgeable)
- Geek blocks. (specialist)

Be specific.

What Do You Want to Know?

- Big blocks
- Medium blocks
- Geek blocks

— WHO DO YOU ADMIRE ?

— WHY DO YOU ADMIRE THEM ?

Be specific.

WHAT DO YOU FEAR?

- **list your challenges**
- **List your limiting beliefs**
- **Name the messages, committee, people**

Identify Your Now - Study as a Master

Are the fantasies of what you aren't, greater than the fantasies of what you could be?

Somewhere in the middle, is where you are -

Find your NOW balance -

Return to step 1 - What Do You Know?

Then, step 2 - What Do You Want to Know?

Can you begin to see that much of what you want, you already know?

You might just need to explore more deeply about what you already know....

What you seek, perhaps is not "the ability to do", or the 'knowing how" to do it .. Perhaps, just perhaps, you seek to experience the feeling of it happening, more deeply - a deep connection to understanding what you are doing, might lead you toward feeling free in your experience in the moment. Repeat this, and you are studying as a master studies.

An Open Supple Mind

Your SuperPower lives in your willingness - willingness to be aware - to release self judgement - to address your fear of incompetence, your outdated beliefs about your skills, talents, abilities and liabilities. Your resistance to change lives here.

Use your self awareness to your advantage - there is always a superpower within Stay alive in your curiosity of what you do not yet understand fully.

Distinction - Knowledge is not the same as knowing.
Understanding can lead you to deeply knowing.

Want freedom in your expression?

Trust come with exposure to that which you fear, whilst improving upon your compromises.

Now, practice trust.