

Mindset - A State Of Mind will make your reality.

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I have struggled in this area for what feels like my whole life. I was not able to deal with the stress from home life to school life and at the young age of 14 I started to drink straight up whiskey and pints of beer in the pub! Surprising, as I wasn't exactly tall for my age and I clearly didn't look 18!

It was my way of escaping, and it was a way for me to express myself as I didn't know how to when I was a child. I would get into trouble a lot, though I very rarely shared my feelings as this was not something I knew how to do at the time.

I was putting garbage into my system, from food that was highly toxic, alcohol that was literally turning my brain into mush, and drugs that, well, had very little value to add to my life except to feel something rather than being numb to life.

What goes in must come out, so I was full of garbage and garbage was coming out of me. I would watch horror films sometimes on loop, action films and anything that would cause shock value.

Difficult to imagine the pain and suffering that boy was going through as he was numb most of the time.

I was living a life with no future in mind, I didn't think I was worth much. I had moments when I thought I was special and could do great things but this was overridden by a little voice that told me, 'You are not worth shit. You are stupid. You can't be successful. You are a fuck up!'... A wonderful guest to invite round for a cuppa!

We all have this little voice in our heads and some voices are worse than others. What is your little voice saying to you?

With all these destructive habits, garbage in and garbage out, I wasn't exactly attracting promising opportunities. I am surprised I didn't end up in prison, hospital or worse, death.

I went through a full 180 degrees though. It took a few years. I started to get out of my comfort zone and could see how I could achieve the visions I saw in myself. It happened for me when I felt I had hit rock bottom (a few times in my life). I would climb up out of the ashes and make something of my life. From Volunteering in Africa, to running night clubs in London, working in a tough sales environment like IT recruitment, to then saying no more living just for the weekends, and finally becoming a professional actor without any real

training. Just grit and determination. My book Acting Breakthrough describes my story of how you can become a paid word actor. Though, it comes with warnings - the odds of making a living as an actor are not good! I beat those odds, hence the book!

This was achieved with no help or formal training. I had to rely on my own instincts. I was not into personal development until I was 30. I met someone who introduced me to it. I guess I was more suggestible back then and I was hooked, so much so, that I became aware of the negative words I was reading as an actor. At the time, I was playing a suicidal drug addict about to blow up his ex-wife and two friends in a play called "Virgins Die Horny", playing a schizophrenic, claustrophobic prison warden for HMRC (Her Majesty's Prison Service.)

It had to be very realistic as it was to help train potential wardens. I had to play the same script for around 20 people a day for 17 weeks and at the same time I was shooting a music video for Amber Run - Just My Soul Responding - as an underground boxer. This was a highlight of my acting time. I was so busy, though, I was also changing to be rather.....aggressive. I didn't realise I was more method than I previously thought (method is a form of acting to create lifelike performances) . When you actually start to become the characters that you're playing (and with these characters it becomes a problem), you need to learn how to disassociate yourself from them. Just as in real life, personalities that we've developed that no longer serve us.

So, I became aware of what I wanted to put in my head, and I lost the passion for acting. And I also believe, the passion for the person who was in my life at the time. I had put her above my own needs and had taken what she valued and started to make it my own. Losing my own identity in the process. So, I lost my way and found that personal development resonated with me even more.

It was a tough transition to go from actor to becoming a speaker as everyone identified me as an actor. Another lesson learned from detaching yourself from your perceived identity.

It was like I was swimming against the tide but this time I was carried up the stream.

When I watch something, I usually get feelings in my stomach as I know I am going to be in the ring, and not as an observer. Literally doing just this when I was in Thailand and jumped into a Muay Thai fight after watching others do the same.

I joined Success Resources after attending UPW (Unleash The Power Within) – a Tony Robbins event. I was selling tickets to his show as I believed it assisted my mindset so I could coach others. The more I was "selling", the more I was really just listening and coaching clients through troubles they were having and they left elevated.

I became a coach by studying everyday which I still do. This was a big indicator of knowing I had really found what I was looking for.

Soon an opportunity came up to speak at a UPW preview and within 18 months I went from working in a call centre (where I was supporting myself as an actor) to speaking in countries around the world inspiring people, creating experiences that transformed their lives.

The rest as they say is history...well I am still working on it. My goal to be remembered in a 1000 years.

Chapter 1 - A clear mind needs clarity

How do you get what you want if you are not clear of what it is you do want?

If you don't have a target, then don't expect to hit the target.

If we hold onto the past, then you will be throwing that past in your future and nothing will change. All you'll get is the same.

To create space and new opportunities, means letting go. I read a book called, "Letting Go", just so I could really let go. However, the book, though very impactful on how I would think about letting go, didn't work the way I wanted.

I still had pain about someone in my life and I was desperately looking to let go of all the baggage attached to this person. The guilt, the small person I thought I was in their eyes, and the pain of not having that person in my life.

It took a long time to let go. What helped was creating space and focusing on others and not myself. Adding value to other people's lives.

I will give you a few exercises to do to help clear your mind. If you know a little of quantum physics, you will know there are no guarantees in life. With sequential strategy, you can increase the odds of achieving your goal by giving yourself more than one choice to reach that goal. Which I will be giving you!

Is there something that is filling time and space in your head right now?

A someone, a situation? It is usually because you are seeing one side of the coin, and so, you are living an illusion.

If you resent someone, it is because you see more negatives than positives. If you are infatuated by someone it is because you see more positives than negatives. Does this make sense? Dr John De Martini made me aware of this in 2016.

Action Step

First exercise -

What are you highly charged about right now? Be honest. Who is it that you know that is still in your head and so you are foggy? What situation? What health problem? Whatever it is write it down here:

Why does it affect you?

List what you see is a problem with this.

Now, let's spin this upside down!

What is the good in it? There must be a complete opposite. Benefits that are positive, as you can't have one without the other as that is what causes the suffering and fills your mind up. Go to that moment and see how it serves you and how something you may be guilty about, actually served them too. Free yourself up now.

Keep going until you have really done this!

Now, if you have done this properly you will feel a sense of gratitude for that person, illness or situation.

You will have freed up a part of something that concerned you. With less energy and focus here, you can free yourself up to focus on something you want.

What is it you want to focus towards now?

Great, this is far more productive time spent than worrying or feeling guilty about things you can't change.

Second Exercise -

Making up with people from your past, owning up and taking responsibility for your actions so you go and strengthen your mind.

You have an idea of the past from the previous exercise.

Now it is time to call someone from the past and just recognise them and how they had an impact on your life and how grateful you are. I am not saying create a new relationship with them, that is your decision. They may take your call or they may not, but this is for you to make the peace.

You can find more in my book under family/social.

Third Exercise -

Food takes a lot from us, the most exhausting thing for the body is digesting food.

If you were to take a break and detox your body, you will free yourself up and clear your mind.

This will entail a 3 day fast where you only have water for 3 days.

You can break the fast with a glass of fresh lemon water (squeezed.)

What dates could you commit to for a 3 day fast?

Please check with a physician.

Chapter 2 - Overcoming the voice to not be a slave

You may or may not know that there is a voice in your head! Now, do not be alarmed. You will not have to go and see someone to stop this voice as we all have it!! The incessant noise that follows us around, every single second of every day. Commenting, judging others, our selves. Beating you up if you get something wrong. Recognise it?

Often this voice has got a lot more punishing since our childhood, because as we grew up, we would hear the word NO at least 50,000 times. Our caregivers would project their fears and insecurities onto us. Our existence is literally under threat as our sole survival as we perceive it at the time relies solely on them. So, if they took a toy away, or sided with someone else, or where there are real extremes, it leaves a lasting effect. So, everything was magnified, every action seemed to threaten us and some with real reasons. A lot of traumatic moments lead back to this voice, possibly your caregivers who raised you. It's now their voice in your head. Never leaving you alone.

We are constantly living in fear. When something happens to us, we become fearful but it's not what's outside of us that is fearful, it's how we perceive it. The fear is inside of us. You may get scared of a spider but someone else picks it up without any apprehension. Was it the spider that caused fear? Or was it a trigger to something that was already inside you? We do our best to hide it, but it doesn't go away. The voice of fear rises up and keeps us where we are.

Bring awareness to that which you fear. There will be triggers that elicit a feeling in the body that will then send signals to the mind and the chatter begins. Be aware of where it starts and follow the thread. You have a small window of 90 seconds as your body releases cortisol and lowers testosterone. Stop, take a deep breath and count down from 90 seconds. That's it. Keep it simple so you can remember it in times of potential crisis. Though you will be triggered by external situations, you can choose to move in spite of the fear, and you are able to grow as a person. This growth is what brings you happiness. If you are not growing beyond your fear and limitations, then by the laws of nature, that which is not growing is dying. You have probably seen it in your own life and how some people who are much older seem to be sprightly, as they keep themselves alert with rituals that drive success. They are constantly learning.

What we need to do is overcome the little voice that can take over. It is all about little wins throughout the day!

Action Step

What is it you want to do, but keep getting stopped doing by the voice? For example, getting up earlier to do said rituals but...snooze alarm goes on!

Look at the cost of you listening to that voice. What does it keep you from having every time you succumb to it?

What would you gain if you overcame that voice and moved in spite of it?

What can you do, that will give yourself a better chance of success in overcoming that voice? i.e. - Alarm goes off, it is across the room so you need to get out of bed. Once you do that, you move straight to your next ritual! If it be meditation, exercise, something that works for you (I have further resources and rituals at www.alexroseman.com)

Once I set a standard for myself, it becomes automatic rather quickly.

Chapter 3 - Completing with your past to free your mind

What you hold on to from your past you will face over and over in your future! If you think about how the mind works (Even that sentence brings into my awareness that I can observe my mind. And, that I am not that which I can observe...). The amygdala will kick in and do all it can to move away from pain. Pain from your past may be a life story that is repeating itself. You will keep creating it in order for you to avoid it.

If you want to be rich because you came from poverty, your motivation is to move away from poverty to being rich. Right?

The issue then becomes your initial motivation. If you are motivated to avoid poverty and you are seeking riches, you will always need that story to motivate you. Once you become "rich" where is your motivation? You could sabotage your success in order to recreate that motivation.

This shows up in your life in all areas. What are you currently avoiding? Where in your life do you feel like you keep stopping and starting over and over like a continuous loop from a bad record?

Your mind is a heat seeking missile that will lock in and find what it is looking for, consciously but mainly unconsciously until you get it. Let it go and learn something new.

Action Step

How do you spot these patterns?

Where do you usually experience a very similar emotion time and time again?

What usually happens for you to experience this?

It is difficult to sit with yourself and bring up past emotions that have hurt you, we want to observe them and observe the situations that were occurring at the time.

When you are able to see a pattern, you can go on and stop it. Just the awareness is a major breakthrough!

Read this and then close your eyes! Write down your experience once you are aware of it.

Where does the pain show up? What colour is it? What is the shape of it? How dense is it? How big is it?

Now that you have an idea of the size and shape etc, please now go ahead and close your eyes again after re-reading this part.

When you take a deep breath, just imagine a white healing light coming in and going to all the parts of your body. As you breath out just imagine that the pain that we have described is starting to break into millions of pieces that are becoming dust. With each exhalation, the pain starts to leave the body and the bright white healing light is coming in and replacing the pain.

Keep doing this for as long as you need until you notice that the pain shape has finally left your body and you are left with the white healing light instead.

This is your natural state. You can anchor it (a trigger that is external, to initiate you internally), a touch on a specific part on your hand, or squeeze your fist, or do something so when you feel the pain shape come back you can get that white healing light straight back with the touch of your anchor!

Do this often, each time a painful moment comes up! Journal on it, notice when it comes up and write it down. The time, the day, and what happened externally for it to be triggered. You will notice there are certain anchors that have been performed unconsciously for many years. You can be a victim of them, or you can get your power back!

Chapter 4 - Naming the part of you that is the saboteur!

The game is afoot - William Shakespeare!

Why in the hell would you sabotage yourself? It is rather counterintuitive, however, can you recall a moment where you have said something to the people you love and later say to yourself (usually out loud), "Why the hell did I say/do that! Why would I do that? It makes no sense! Who is that person?".

You then go and apologise and say something like, "I am sorry, it wasn't me. I mean it was me, but it was like someone else took over and now I sound like a crazy person and can I stop talking, no apparently, I can't. Please someone stop me!". Okay, so maybe this is my personal experience, though I am sure you can relate at some level to what I am getting at. We do things that seem like they aren't us. We cringe, like those moments after a heavy night on the town, absolutely wrecked and forgetting everything to then be hit short by bursts of memories that are traumatising and hard to believe until a friend calls you and you ask, "Did anything happen last night?". Your nightmares are soon verified by your friend and suddenly the blood drains from your face! Again, this maybe just my experiences (in my early 20's)!

Eckhart Tolle names it the pain body. It can be from past experiences that are unresolved since childhood. We are triggered by our nearest and dearest, and when we feel safe with them and have passed the honeymoon period, the pain body comes out with full force. Have you ever been on the receiving end of one? One moment you know them and the next, you are thinking who the heck is this person? It could also be spiritual. Our souls likely have a past and have taken these experiences with them and carries on within our lifetime! Lucky us! For me, when is our experience our reality? What rings true to you is true to you. Do not take my word for it. This has been collected from the many books and interviews I have viewed, watched, and experienced myself from conversations I have had.

We can have these experiences at work where we may do something that is way out of character and puts an unnecessary risk in areas of our life for no particular reason!

Our saboteur has showed up to cause destruction and then leave us to clean up the mess.

Maybe you are sabotaging that thing you think you love because, in fact, it isn't the direction you should be going and your unconscious mind has another plan and you are finding out the hard way.

Action Step

When was your last experience where you were sabotaged by yourself?

What was the intention behind the sabotage?

What was the feeling that was created for the saboteur to come out?

The next time it happens, be more conscious and aware and it won't have such a strong impact. It will have a hold, but at least you know you are not alone. Be compassionate to yourself and know it is just a lesson, yours or your soul's previous lessons!

Now that we have established you are not crazy, we can name this part of yourself so that when it shows up you can say hey (input name here_____,) I believe we have been here before. Let's work together, what is it that you are trying to show me? What is the intention behind this? What is the result you want?

Observe, be aware, and be kind to yourself. You've got this!

Chapter 5 - Get into a peak state, then make a decision!

Have you noticed that at times we make better decisions than at other times? When you are in a great state you are less fearful about making certain decisions, which will benefit your future self. Then there are times when we are in a low state, negative, fearful and make decisions that can hinder our future selves.

When you are making decisions about, well anything, you want to practice putting yourself in a peak state as often as you can. This can be done naturally from exercises. We go for a run

and we feel great, and then we get to the questions that need decisions in that moment. You can literally write questions to review after you have primed yourself and review those questions and ask even better questions than you did before. As the quality of your life is determined in direct relation to the quality of questions you ask yourself.

What type of questions do you usually ask yourself?

Are these empowering questions?

What could you ask instead?

Now, as you see above, let's do something to get you primed and ready to review and see if you can find the answers within or ask better questions once you have moved your body!

You can find what works for you! It can be a sprint on the spot for 2 minutes, go for a run, hit the gym, you can even take Tony Robbins priming <https://youtu.be/hBP-YBX597s>. Or, you can do the Wim Hof method of breathing deeply in and out for a few minutes, then hold your breath for 2-3 minutes, and breath out and hold it for as long as you can. This has a tremendous effect on your mind and body. You can google it. Meditational practices, yoga! Whatever takes you out of your usual thinking and takes you into your higher self.

Review what you wrote and amend here.

“It is better to make a wrong decision than no decision at all.” Grant Cardone.

When I heard this it rang so true. When you are indecisive in one area of life it can grow into all other areas like a cancer. Whatever the decision is that you are yet to make, get primed and make it already!

Where are you being indecisive?

What is the best thing that could happen?

What is the worst thing that could happen?

What is likely to happen?

Now you have it! Go make that decision and let us know what happened! Free yourself from indecisions and make powerful decisions that impact you and the lives of people you care about.

Chapter 6 - Move from procrastination to taking serious action!

There are many hacks I have read to get yourself from procrastination to doing it! I will share with you what I do that has made me move away from procrastination to doing more than I could ever imagine, that leaves me no other choice but to take action. Really seriously big action! So, hold on tight and be prepared to take on the challenges I will set out for you. Only the brave should read on!

Hello Brave one, yes you. You have courage to step out and become more by facing your fears (not just your's, fears shared by humanity). To see it and move forward in spite of that fear. To learn and grow and be pained by the process, yet learn so, so much more about yourself and what you are capable of when you *do* rather than just *think*!

It is usually the perfectionists who procrastinate, because if we procrastinate and don't deliver then we can blame it on the "Well, if I give myself more time, it could have been better". How often will we tell ourselves that old chestnut!?

The only thing that is perfect is death! So, if you procrastinate you are basically waiting to die!

Action Step

What is it you are procrastinating over? Be honest with yourself! Maybe it is a big dream and you feel ridiculous for uttering the words out loud! Just write it down will ya!

Now, what is it that has stopped you from going out there and doing it?

Look at that list. Is it worth you taking the risk each day that we are gifted with, to delay any further? Are you going to wait till your death bed (if you get the opportunity) to have regrets! Well, now you can imagine it. Are you really going to not take action because of that!?

If you are on the edge or you are shouting yes, I am ready. Let's do this! The next challenge is for you!

Set a date to complete it by and tell five of your closest friends to hold you accountable, or share it on your Facebook page or even do a Facebook Live and share your story and why you are doing this! All those fears will disappear or magnify, and you will just have to get on with it! No space to hold back any longer!

Watch what happens, and you will see it take shape. It will build your self worth and confidence allowing yourself to dream big again!

Go do this now! You did agree after all!

Chapter 7 - A structure towards a vision will shift your mental focus

If you merely dream and don't act on it, it stays a dream. If you take these steps your dream will soon be your reality and likely even better!

Now that you have taken serious action and declared it to the world, we'd better make sure you achieve it!

Let's look at a structure that will help you make this happen easily, effectively, and for you to enjoy the process.

You now have the date for when you want to get this thing you had been procrastinating over or telling yourself lies about, to prevent you from doing it. We will now start to look at high priorities, your high priorities to make it happen. If you do not set your high priorities for the day, your life will be consumed by low priority tasks that suck the life out of you.

We must be conscious and set you up for success! You in? Great let's keep moving!

What I do is set my vision of what I want for the year. I write it down and make it accessible to view each day so I know what my goals are for the day to achieve it.

Then I look at creating 6-7 high priority tasks each morning where I want my focus to be for that day. They are tasks that will get me to my vision as quickly as possible and I set them when I am in a peak state, this can be via exercises, the processes I shared in chapter 5. I usually meditate, journal then write my tasks for the day! You will see that when each day passes and compounds you will see that your vision is becoming a reality, very quickly! You will also notice a pattern after 6 - 12 months of the things you like to do, and you can make sure your life is built around the things you love to do and not what you think you should or have to do.

Action Step

What is your vision for this year?

What is your goal/intention for today?

What are your top 6-7 High Priority tasks you can do today to give you more power to make this a reality?

Now that you know what you want and have to do! Go and do it!

I use google drive excel to do this so I can access it anywhere and highlight the box once I have completed it and write down my reasons why I wasn't able to do them so I can learn from it and be sure the same reasons don't keep showing up. If they do, deal with those reasons and make sure they don't show up again.

Congratulations on taking control of your life by undertaking the actions I have laid out in this book! You my friend are a unique individual and are as madly committed to improving yourself as I am!

It is simple but never easy, and I admire you for taking it on.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself, "Why did I create this?". You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com