

# ELEVATE 360

Grow Into a Whole New You

## Cheat Sheet



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**Limited Special Offer**

# **Elevation 360-Cheat Sheet (HD Video Course)**



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# Elevation 360 Cheat Sheet

## Introduction:

This cheat sheet is designed to provide a quick reference guide to the key concepts and strategies presented in the powerful guide “New Year New Elevation”. By following the steps outlined in this cheat sheet, you can start your journey toward a life-changing paradigm shift.

Use this cheat sheet as a tool to help you implement the strategies presented in this eBook.

## 1. Understand what a Paradigm Shift in your Life means

- Understand what a paradigm shift is
- Understand the importance of personal growth
- Understand the link between paradigm shifts and personal growth
- Recognize the need for a paradigm shift in your life
- Overcome resistance to change
- Embrace new perspectives and beliefs
- Understand the major benefits of a successful paradigm shift

## 2. The Psychology of Change and Why People Resist It

- Understand the different stages of change
- Be aware of the common reasons why people resist change
- Understand the role of fear in resistance to change
- Follow the steps to overcome resistance to change
- Use strategies to manage change effectively
- Understand the major benefits of embracing change

## 3. Why New Year Resolutions Fail

- Be aware of the most common reasons why New Year resolutions fail so that you can avoid them
- Know how to overcome common obstacles to resolution success
- Use effective tips to stay motivated and committed

## **4. Take Stock of Your Life ready for a Paradigm Shift**

- Understand the importance of self-reflection and self-awareness
- Identify areas for improvement in your life
- Create a vision for the future and set goals
- Develop a plan for personal growth and transformation
- Let go of old habits and beliefs
- Seek support and accountability
- Take consistent action

## **5. Cultivate a Growth Mindset and Embrace Change as an Opportunity**

- Understand the major benefits of cultivating a growth mindset
- Understand the science behind the growth mindset
- Take steps to overcome fixed mindset beliefs
- Identify fixed mindset beliefs through self-awareness
- Challenge your beliefs
- Cultivate a positive attitude towards learning
- Embrace challenges
- Persist through setbacks
- Celebrate growth
- Use strategies to embrace change effectively

## **6. Set SMART Goals to Achieve Your Paradigm Shift**

- Understand the importance of setting goals for a successful paradigm shift
- Understand the SMART goal-setting framework
- Specific

- Measurable
- Achievable
- Relevant
- Time-bound
- Use the examples of career/business, health, relationships, and personal growth as inspiration for your paradigm shift SMART goals

## **7. Create Habits for a Successful Paradigm Shift**

- Understand the power of habits to create lasting change
- Identify the habits that you need to change for a successful paradigm shift
- Create a habit loop for sustainable change
- Build a supportive environment for successful habit formation
- Track progress and celebrate small wins
- Embrace the new paradigm and maintain new habits