IDENTITY RESET Summit

PROUDLY BROUGHT TO YOU BY:

WE ARE CREATION

Summits for impact

REAL SUCCESS NETWORK

MANUAL & WORKBOOK

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WELCOME MESSAGE

We are living through one of the most extraordinary periods in human history. Technology is advancing at an unprecedented pace. Artificial intelligence is reshaping industries. The world is changing faster than ever before.

Yet despite all this external change, the greatest transformation available to any of us is still an internal one.

Because no matter how much information you acquire, how many strategies you learn, or how many opportunities come your way, your life will ultimately reflect the identity you hold about yourself.

Your identity determines what you believe is possible.

It influences the goals you set, the decisions you make, the risks you take, the relationships you attract, the habits you maintain, and the results you create.

Many people spend years trying to change their circumstances while unknowingly holding onto an identity that keeps recreating the same outcomes.

At the Identity Reset Summit, we invite you to explore a different possibility.

What if the life you desire is not waiting for you to work harder, become smarter, or do more?

What if it is waiting for you to become someone different?

Over the next four days, you will learn from some of the world's leading experts in consciousness, personal transformation, psychology, spirituality, healing, purpose, and human potential.

Each speaker brings a unique perspective, yet they all point toward the same truth:

When you change your identity, you change your life.

As you work through this manual, we encourage you to remain open, curious, and willing to challenge long-held assumptions about who you are and what is possible for you.

Take notes. Reflect deeply. Complete the exercises. Most importantly, allow yourself to imagine a future that is greater than your past.

The person who created your current life does not have to be the person who creates your future.

Welcome to your Identity Reset.

Brian Walsh, Alena Uzhnyeva and Alessio Pieroni
The creators of the Identity Reset Summit

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THE PARTNER COMPANIES

REAL SUCCESS NETWORK

REAL Success was created with a clear mission:

To help people bridge the gap between where they are and where they know they are capable of being.

Through global online summits, workshops, mentorship programs and community platforms, REAL Success provides practical, actionable guidance across four key areas:

- Wealth creation and financial freedom
- Personal development and identity
- Business growth and entrepreneurship
- Meaning, purpose and fulfilment

Unlike traditional events that focus purely on motivation, REAL Success is built on delivering real, applicable strategies combined with deep inner transformation.

To date, the REAL Success Network has hosted over 50 online summits, attracting more than 1 million attendees worldwide and featuring globally recognised speakers across multiple industries.

SUMMITS FOR IMPACT

Summits For Impact exists to make powerful personal growth education easier to access, explore and apply.

It brings together leading teachers, authors, healers and transformational guides through online summits, expert conversations, workshops and replay libraries designed to support meaningful growth across every stage of life.

The platform offers curated teachings across key areas of transformation:

- Emotional healing and inner clarity
- Spiritual growth and self-discovery

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- Conscious parenting and relationships
- Abundance, wealth and financial wellbeing
- Purpose, reinvention and fulfilment
- Business growth, leadership and entrepreneurship

Rather than offering random inspiration or disconnected content, Summits For Impact brings trusted transformational education into one place, helping people find the right teachings, tools and practices for the season of growth they are in.

Today, Summits For Impact gives members access to 500+ hours of life-changing content, 100+ expert-led sessions and a growing library of online summits featuring globally recognised voices across healing, spirituality, parenting, abundance, embodiment and business.

WE ARE CREATION

We Are Creation exists to bring purpose-driven leaders, entrepreneurs and changemakers into rooms where real transformation can happen.

Through immersive live events, conscious leadership summits, global speaker experiences and intentional community gatherings, We Are Creation creates spaces for people to reconnect with their vision, expand their impact and build relationships that can change the direction of their lives.

The movement brings together transformational teachings across key areas of growth:

- Purpose, vision and personal leadership
- Conscious business and aligned success
- Community, collaboration and co-creation
- Inner transformation and emotional expansion
- Service, contribution and global impact
- Legacy, abundance and meaningful connection

Rather than creating another event where people simply listen and leave, We Are Creation is designed as a high-touch transformational experience where attendees are seen, challenged, connected and activated into their next level.

At its core, We Are Creation is built on the belief that one conversation, one connection, one moment or one decision can change everything. Through world-class speakers, intentional networking and a global community of purpose-led people, it helps leaders rise in a way that is good for themselves, their families, their businesses, their communities and the world.

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GET THE MOST OUT OF THE SUMMIT

The Identity Reset Summit has been intentionally designed to deliver powerful insights, practical tools, and transformational perspectives. However, the true value of this experience does not come from what you hear - it comes from what you apply.

Here is how you can maximize your return on your time, energy, and attention over the course of the summit.

1. **Stay Fully Present** - Presence is power. Multitasking, checking emails, scrolling social media, or half-listening dramatically reduces retention and impact. Treat this summit as an important appointment with your future self.
2. **Minimise Distractions** - Even small distractions break focus and reduce the depth of insight you receive. The more intentional you are with your environment, the more value you'll extract from each session.
3. **Look After Your Body** - Your mind works best when your body is supported. Stay well hydrated, eat nourishing foods, stretch or move between sessions and take conscious breaths. Peak learning and integration require energy. Respect your body as a key part of your success.
4. **Give Every Speaker a Genuine Chance** - Each speaker brings a unique lens, lived experience, and teaching style. Even if a topic feels unfamiliar or initially uncomfortable, stay open. Give every speaker at least 10 mins to see if you connect with them. If not, take a break until the next speaker.
5. **Take Notes With Intention** - Don't try to write everything down. Instead, rather capture Insights that stand out emotionally, Ideas that feel immediately applicable and patterns you notice repeating across speakers. Use this manual as your primary reflection space. Writing helps you clarify thinking and deepen understanding.
6. **Implementation Is Everything** - Insight without action leads to frustration. Action without clarity leads to burnout. The most important outcome of this summit is implementation. As you move through the sessions, begin identifying What needs to change, What needs to be strengthened and What needs to be released.

Your 5 Key Actions for 2026

Before the summit ends, take time to clearly articulate the five most important actions you will commit to implementing after the event. These should be Specific, Realistic, Aligned with who you want to become and Actionable within the next 24 to 72 hours.

Final Reminder

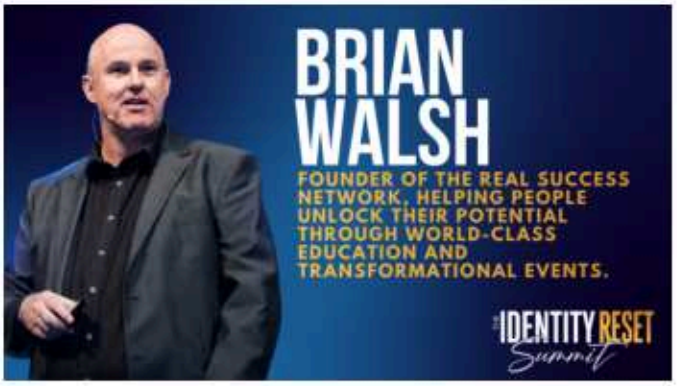
The summit provides the insight - You provide the action. When awareness meets responsibility, transformation becomes inevitable.

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YOUR HOSTS



Alena Uzhnyeva is a former corporate executive turned empowered entrepreneur with over 18 years of business experience, having grown a solo venture into an eight-figure seafood enterprise in Estonia representing one of the largest seafood producers in the USA and Canada. Now based in Bali, she is the founder of I AM Creation retreats, where she brings together world-class facilitators to create transformational experiences rooted in heart, mind, and body coherence, empowering entrepreneurs to awaken their potential, live fully, and create meaningful impact.



Brian Walsh is an entrepreneur, speaker, and business leader dedicated to empowering individuals to unlock their potential and build purpose-driven success. As a driving force behind large-scale transformational events and global learning platforms, he has helped connect millions of students to world-class educators across personal development, business growth, leadership, and financial empowerment.

He is known for building strategic partnerships with internationally respected thought leaders and creating platforms that translate powerful ideas into practical implementation. His work centers on helping individuals bridge the gap between inspiration and execution by providing structured education and community support.



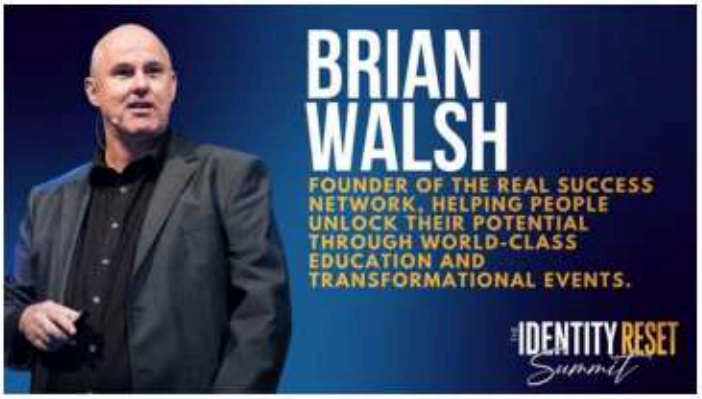
Marci LaBelle is an American entrepreneur, international speaker, coach, and consultant known for helping entrepreneurs, coaches, healers, and conscious creators simplify technology, strengthen their mindset, and build systems that support aligned growth. As the founder of LifeJazzed Media and co-host of the REAL Success Summits, she blends personal development, business strategy, AI, automation, and practical success habits to help people reduce overwhelm, create more freedom, and bring their work into the world with greater clarity and impact.

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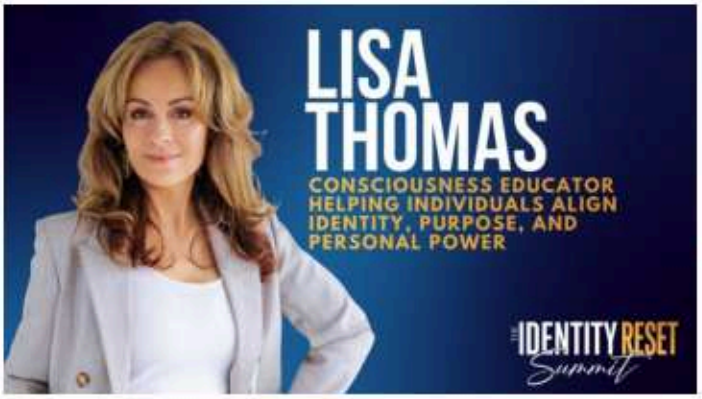
YOUR DAILY LINEUP

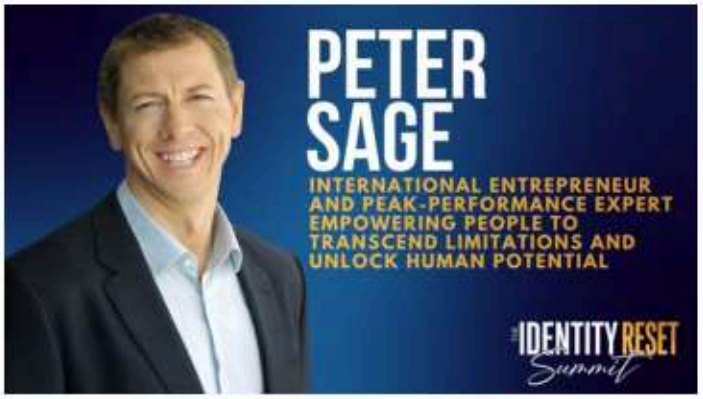
DAY 1 - THURSDAY

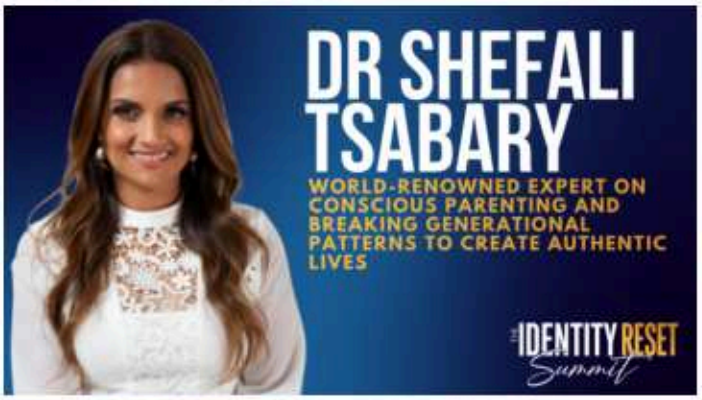
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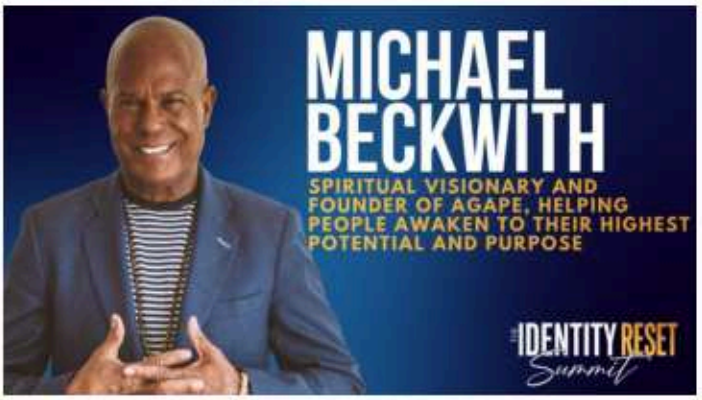












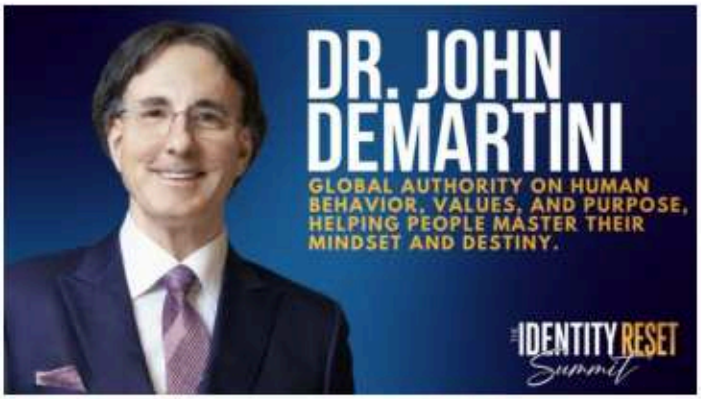


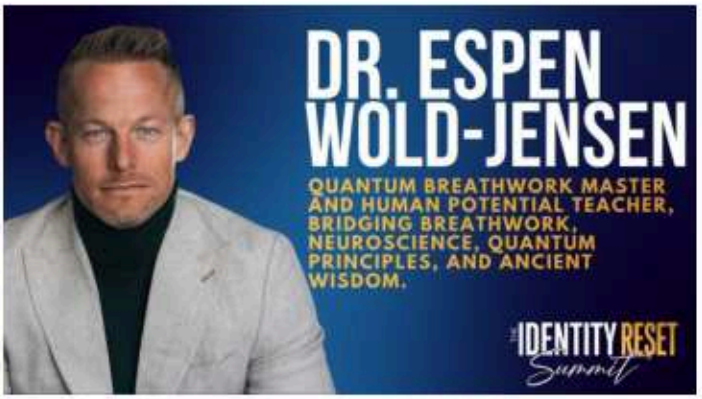


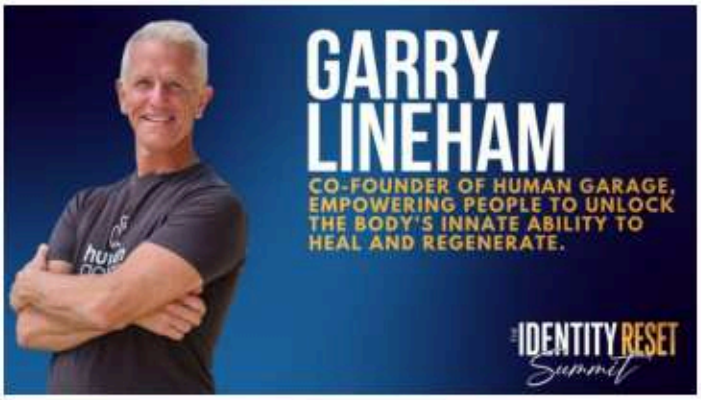
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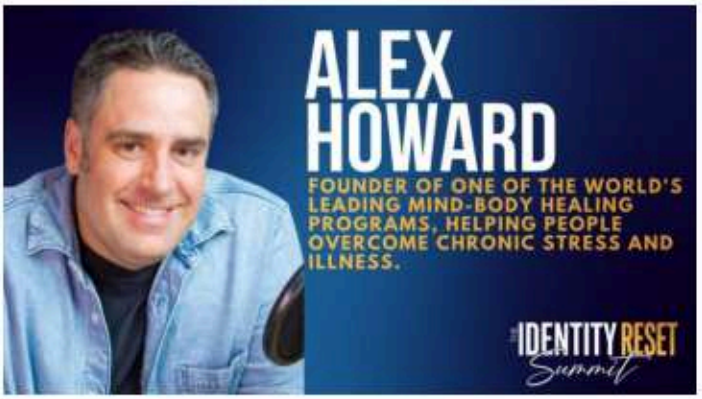
DAY 2 - FRIDAY

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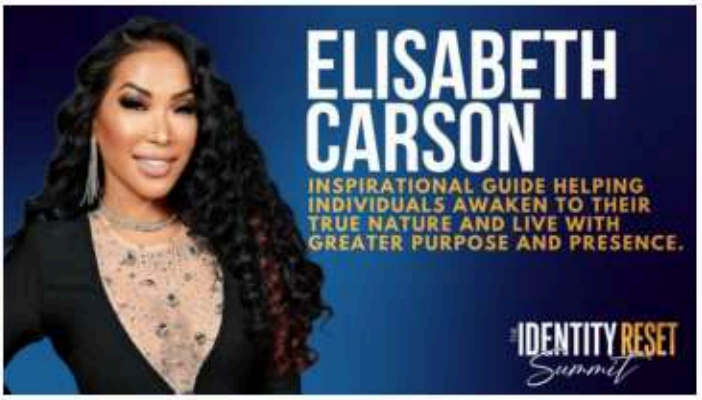














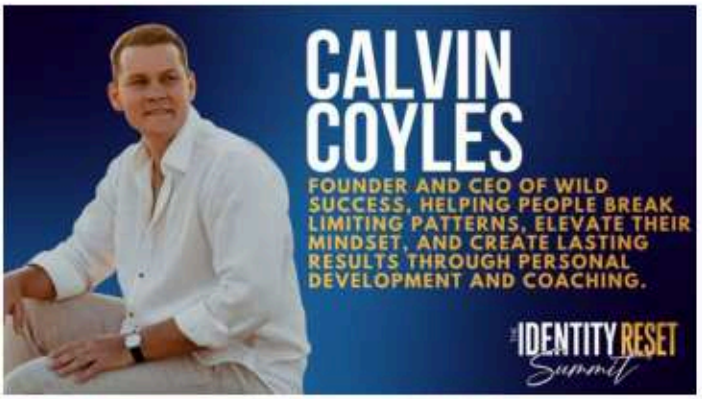


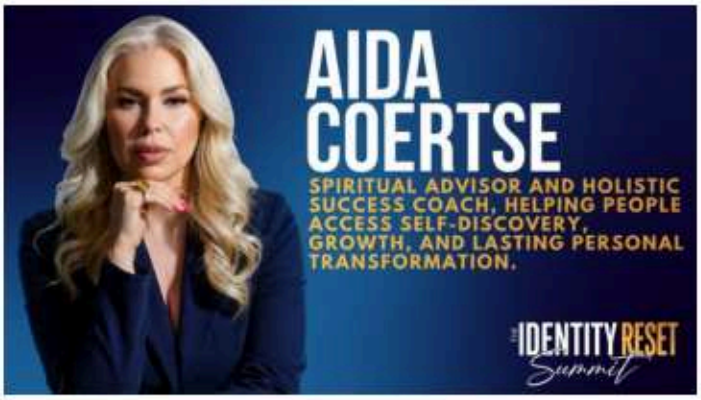
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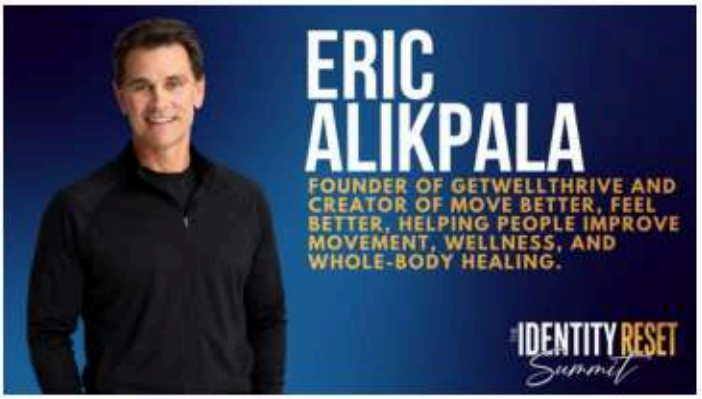
DAY 3 - SATURDAY

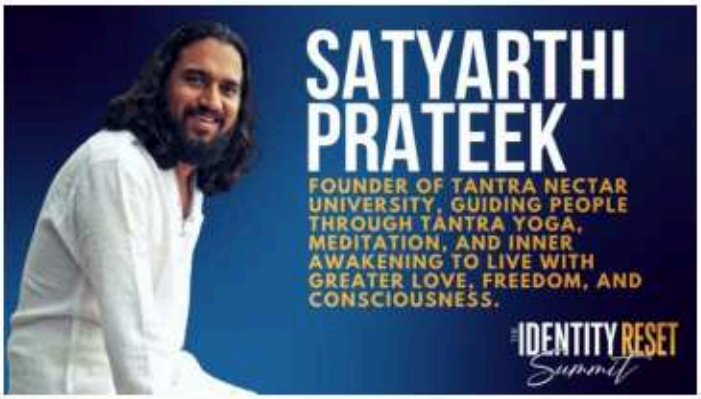
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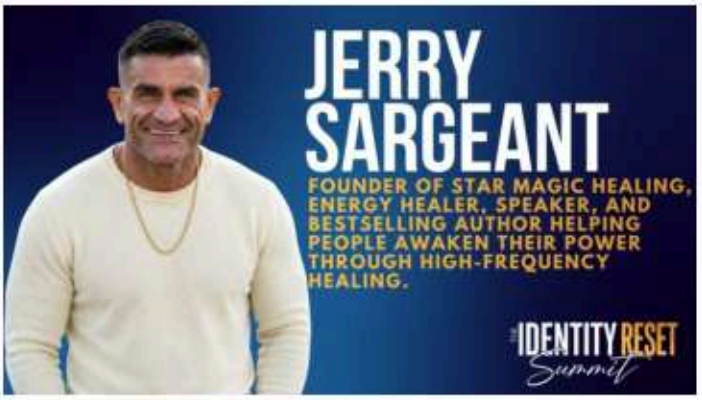


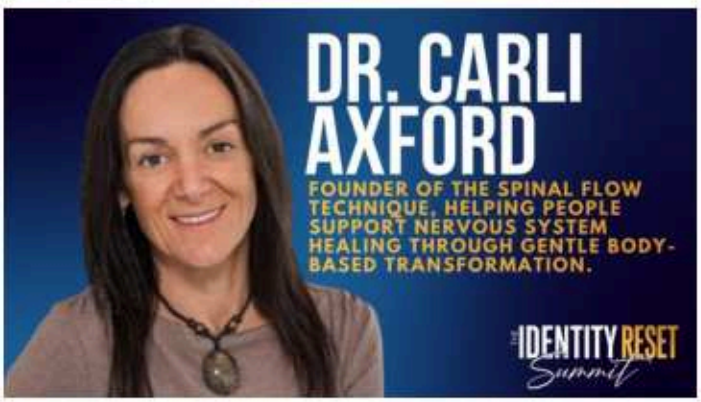










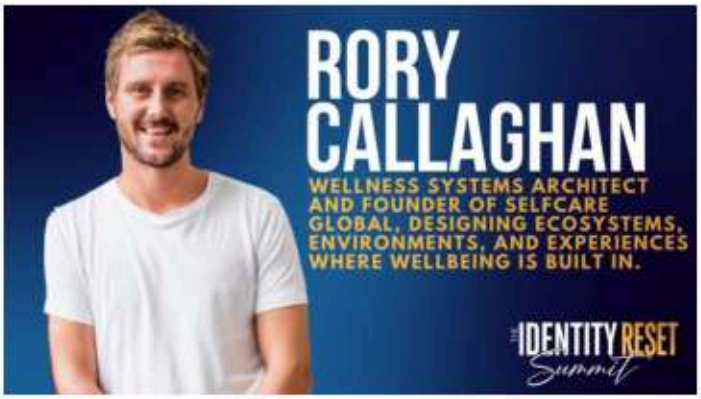


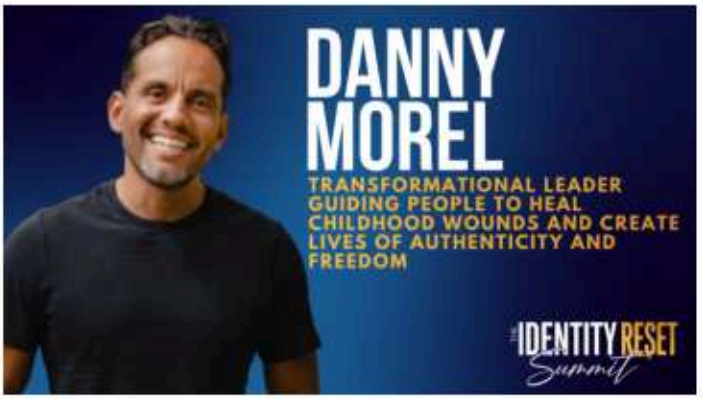


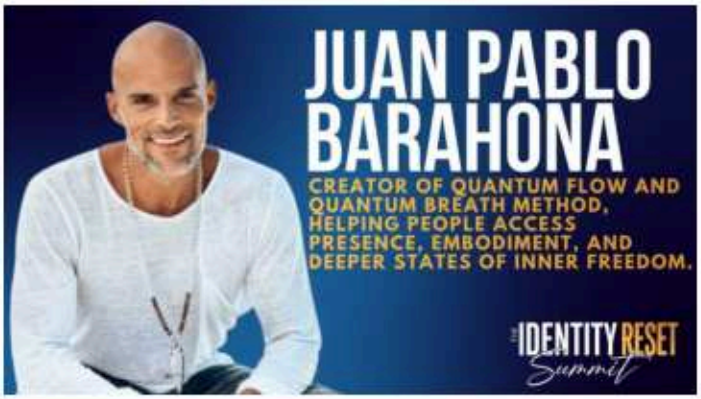
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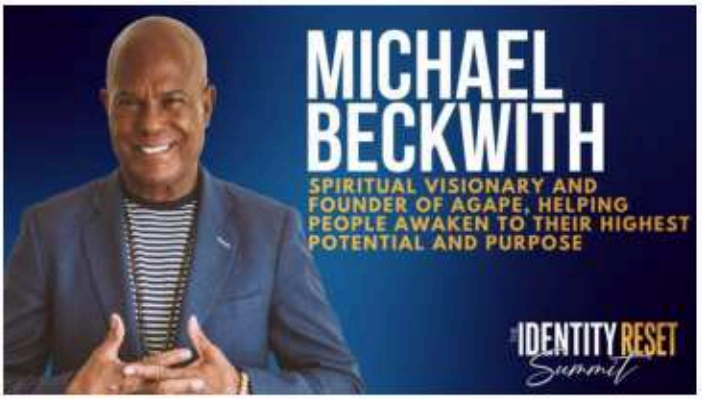
DAY 4 - SUNDAY

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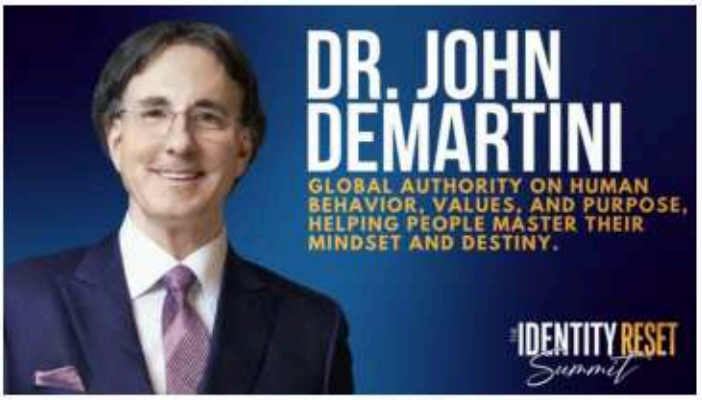


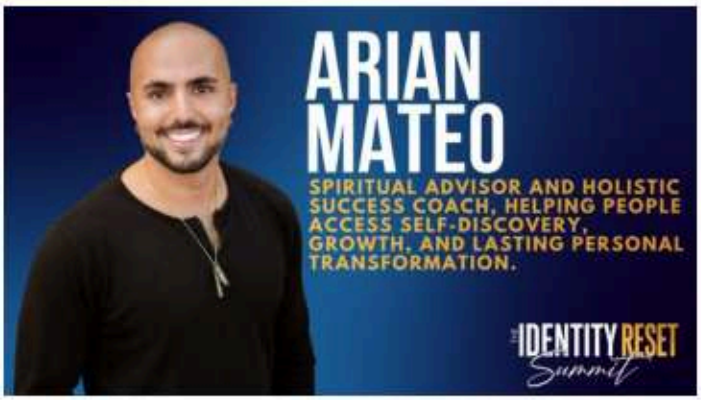








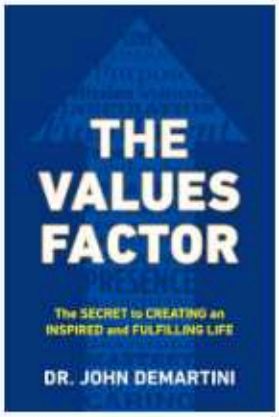


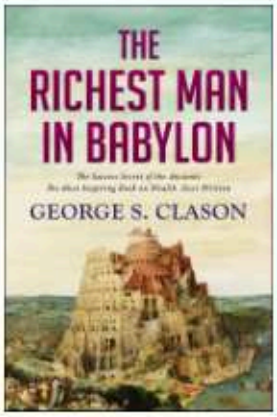


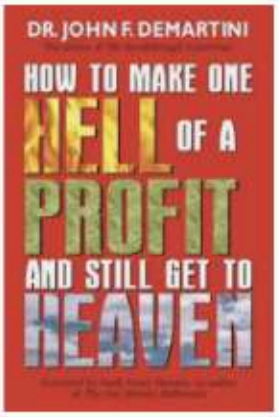


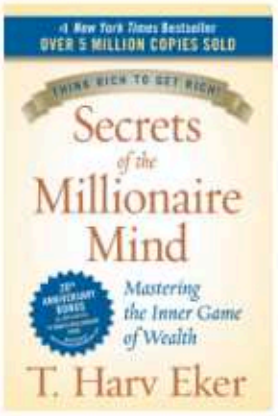
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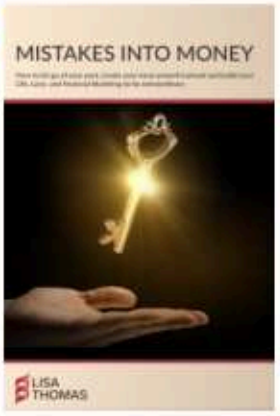
RECOMMENDED BOOKS

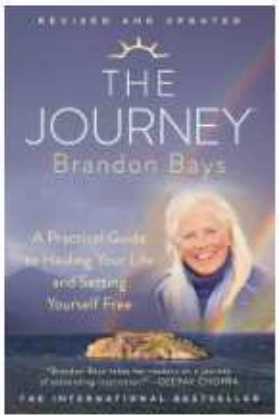


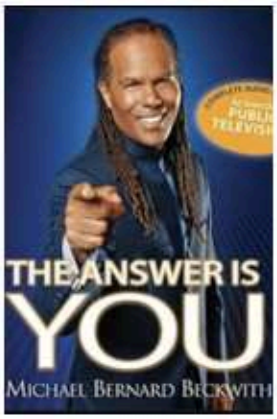


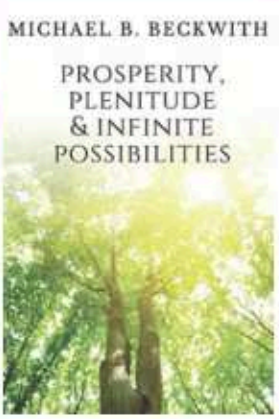


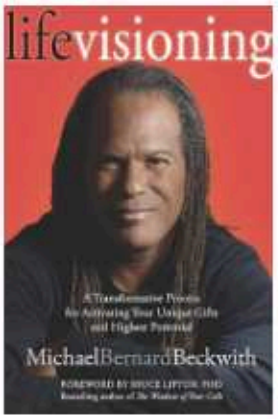


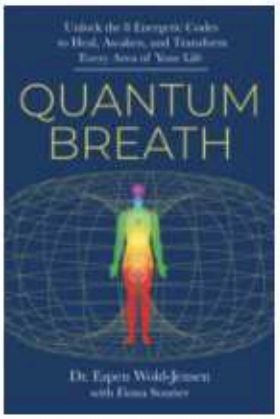




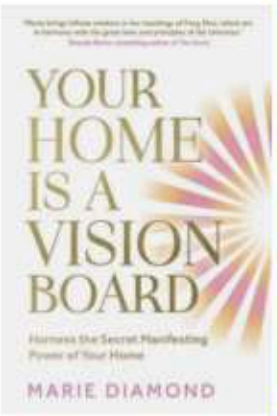


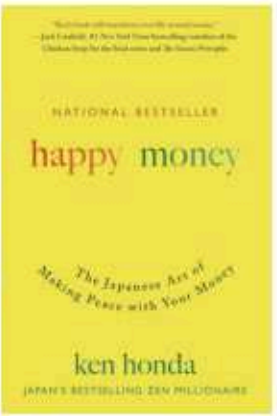


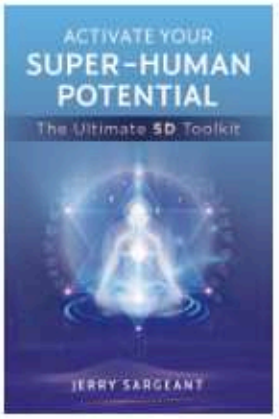


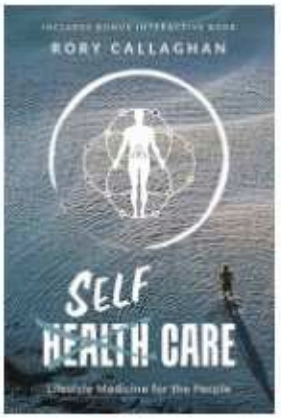


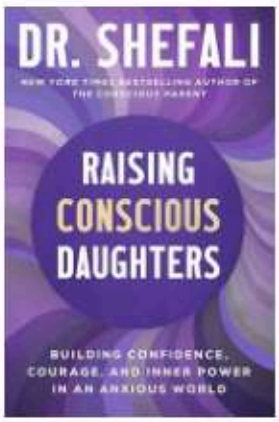


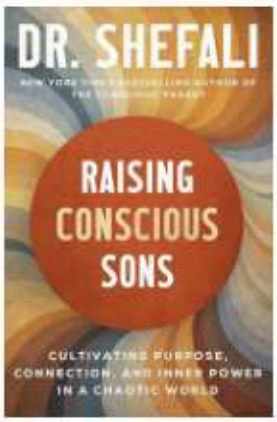


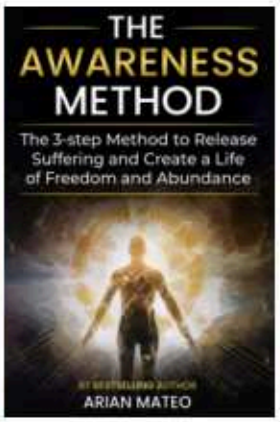


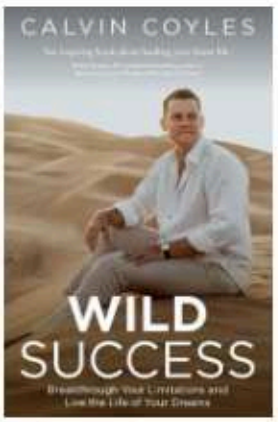


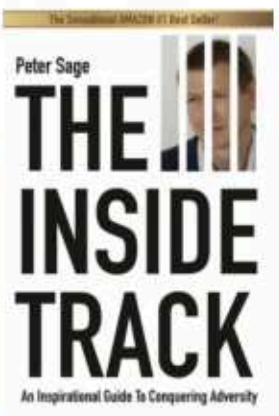












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MUSIC FROM THE SUMMIT

Inspirational Tracks:

Freedom - Pharrell Williams

Rise - Katy Perry

Counting Stars - OneRepublic

#the POWER - will.i.am (Featuring Justin Bieber)

Billionaire - Travie McCoy (Featuring Bruno Mars)

Whatever It Takes - Imagine Dragons

Save The World - Swedish House Mafia

Hall of Fame - The Script

Unstoppable Heart - Fearless Soul

Root Chakra I Am Safe I Am Here - Good Vibes Tribe 11:11

Solar Plexus I Command Power - Good Vibes Tribe 11:11

Sacral Chakra I Flow I Create - Good Vibes Tribe 11:11

The Power Is Here Now - Alexia Chellun

I Raise Again - Pain To Power

I Am Light - India.Aria

Grateful - Rita Ora

Let It Be - Imagine Dragons & Sia

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IDENTITY RESET Summit

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Summits for impact

REAL SUCCESS NETWORK

MANUAL & WORKBOOK

PART 2 - CHANGE YOUR IDENTITY, CHANGE YOUR LIFE

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WHAT IS SUCCESS

HOW DO WE MEASURE IT?

WEALTH	MEANING	FREEDOM
OUTCOME: Never having to worry about money again and having more money than you could ever need!	**OUTCOME:** Living a peaceful and purposeful life and being truly happy and fulfilled in all areas of your life!	**OUTCOME:** Doing whatever you want, whenever you want, wherever you want and with whomever you want!
OUR MONEY IDENTITY	**OUR HAPPINESS IDENTITY**	**OUR TIME IDENTITY**

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WHAT IS IDENTITY?

Identity is the collection of beliefs, meanings, assumptions, values, stories, and experiences that shape your perception of who you are.

Simply put:

Identity is the answer to the question, "Who do I believe I am?"

Your identity influences nearly every aspect of your life.

It shapes:

- What you believe is possible
- What you think you deserve
- The opportunities you pursue
- The habits you maintain
- The relationships you attract
- The goals you set
- The results you create

Most people believe they are limited by circumstances.

In reality, they are often limited by identity.

Many of the identities we carry were formed unconsciously through:

- Childhood experiences
- Family influences
- Schooling and education
- Cultural conditioning
- Past successes and failures
- Emotional wounds and traumas
- Repeated thoughts and behaviours

Over time, these experiences become stories.

"I am not good enough."

"I am bad with money."

"I always struggle."

"I am shy."

"I am overweight."

"I am not successful."

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Whether these stories are true or not is largely irrelevant. Once accepted, they become part of our identity and influence our behaviour.

The challenge is that identity tends to become self-reinforcing.

Identity creates thoughts.

Thoughts influence decisions.

Decisions create actions.

Actions produce results.

Results strengthen identity.

This cycle continues until we consciously interrupt it.

The good news is that identity is not fixed.

It is learned.

And anything that is learned can be changed.

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WHAT IS REQUIRED TO CREATE AN IDENTITY CHANGE?

Lasting transformation does not occur simply because we learn something new.

Identity change requires a shift at multiple levels.

1. Awareness

You must first become aware of the identity you currently hold.

You cannot change what you cannot see.

Ask yourself:

- Who do I believe I am?
- What stories do I repeatedly tell about myself?
- What labels have I accepted as truth?

2. A Compelling Vision

Nature abhors a vacuum.

If you release an old identity, you must create a new one.

Ask yourself:

- Who do I want to become?
- How does that person think, act, speak, and show up?
- What would be possible if I fully embodied that identity?

3. Emotional Alignment

Identity is not changed through logic alone.

It must be felt.

You must emotionally connect with the future version of yourself and begin experiencing the emotions associated with that identity now.

4. New Beliefs

Every identity is supported by beliefs.

To create a new identity, you must challenge limiting beliefs and replace them with beliefs that support growth, possibility, and expansion.

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5. Consistent Action

Identity is reinforced through evidence.

Every action you take either strengthens your old identity or builds your new one.

Small actions repeated consistently create powerful identity shifts over time.

6. Environment and Community

The people around you often reinforce your current identity.

Growth becomes easier when you surround yourself with people who support the person you are becoming.

7. Repetition

Identity is not changed in a single moment.

Breakthroughs can happen instantly, but embodiment happens through repetition.

The more you think, feel, speak, and act in alignment with your new identity, the more natural it becomes.

Remember

Most people try to change their results.

Few people change their identity.

Yet identity is the source from which results emerge.

If you want a different future, become a different person.

Change your identity, and your life begins to change automatically.

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WHY ALIGNMENT IS THE MISSING PIECE OF SUCCESS

Most people spend their lives trying to improve their results.

They chase more income.
They pursue better opportunities.
They look for strategies, systems and shortcuts.

Yet despite all of this effort, many still feel stuck.

Not because they lack potential.
But because something deeper is out of alignment.

The truth is:

Success is not created by effort alone.
It is created by alignment.

Alignment between how you think...
how you feel...
what you believe...
what you do...
and how you create and receive value in the world.

When these are aligned, progress feels natural.

When they are not, even the best strategies feel like an uphill battle.

This is why some people work incredibly hard but struggle financially.

Why others achieve success but feel unfulfilled.

And why many people know what to do... but don't consistently do it.

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SUCCESS IS A JOURNEY NOT A DESTINATION

We've been told that success is a place, a destination, a moment in time when everything aligns and we finally get to say, 'I made it.'

But what if that's the lie holding us back?

What if success isn't the trophy at the end, but the mindset we carry every single day.

Success is not something you arrive at. It's something you live. It's not about where you're going. It's about how you're going. And when you understand that, everything changes.

Because then, the pressure to prove is replaced by the commitment to grow. That's where real success lies. When we think about success, most of us have been conditioned to picture a final outcome. The corner office, the dream house, the big bank account. We imagine success as a single moment, a grand unveiling of everything we've ever worked for.

But that picture is fundamentally flawed because success, that is defined by a destination, puts all the value on the result, not the process. The moment we stop defining success by the things we accumulate or the places we reach, and start defining it by the impact we create, the integrity we uphold, and the growth we experience, we start to live a different kind of success. When you lead with why, everything changes. Suddenly, the work isn't just a means to an end, it becomes meaningful in itself.

Challenges no longer look like barriers. They look like opportunities to align deeper with your purpose. Even failure takes on a different meaning. It's no longer a sign that you're off course. It's proof that you're stretching, evolving, and refusing to settle. That kind of mindset can only exist when your definition of success is grounded in the journey, not the destination.

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THE REAL SUCCESS MODEL



Success doesn't start with tactics, tools, or quick wins. It begins with who you are at the core. That's why the REAL Success Model is built on three levels: Foundation, Standards, and Strategy. Each layer builds on the one beneath it, creating a framework that ensures your growth is sustainable and authentic.

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Foundation: Being Authentically Yourself

Everything begins with identity. If you're building success on someone else's definition of life or chasing goals that don't align with your true values, you'll eventually burn out or feel empty - even if you "win."

Being authentically yourself means:

- Knowing what matters most to you.
- Defining your values, purpose, and vision.
- Living in congruence with who you are becoming, not just who you've been.

This is where you develop new identities - shifting from "I'm trying" to "I am." It's not just about what you do, but who you choose to be. This foundation ensures everything you build rests on something real, not hype.

Standards: Raise Your Standards

Once your foundation is in place, the next level is to demand more from yourself and your life. Too many people settle for "good enough." Real success comes when you raise your standards and commit to goals that stretch you, but also align with your foundation.

This is where you:

- Get crystal clear about your goals and outcomes.
- Refuse to tolerate mediocrity or excuses.
- Align your daily actions with your bigger vision and values.

Raising your standards is not about wanting "more" for the sake of it - it's about stepping into the life you know you're capable of and finding (or creating) the path to get there.

Strategy: Continuous Educational Self-Improvement

With the right foundation and higher standards, you need a strategy to make it happen - and that strategy is continuous growth.

The most successful people in the world share this trait: they never stop learning. They constantly improve their skills, expand their thinking, and surround themselves with the right coaches, mentors, and environments.

This strategy ensures you:

- Learn faster and execute better.
- Stay ahead of change in a fast-moving world.
- Efficiently bridge the gap between where you are and where your raised standards demand you go.

Continuous educational self-improvement isn't just about adding knowledge—it's about applying what you learn to reach your goals more effectively and efficiently.

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Putting It Together

The REAL Success Model is simple but powerful:

- Foundation: Be authentically yourself, rooted in purpose and values.
- Standards: Raise the bar and align your goals with your true identity.
- Strategy: Commit to lifelong learning and self-improvement to achieve those goals.

This is the path to lasting success. Not fake hype. Not empty promises. Just the real, grounded process of becoming more, demanding more, and equipping yourself to achieve more.

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RAISE YOUR STANDARDS

To "raise your standards" means to refuse to settle for less than you deserve, setting higher expectations for yourself and your behavior in all areas of life, such as health, relationships, finances, and personal development. It involves honestly assessing your current reality, deciding what values and outcomes are non-negotiable, and then taking deliberate, consistent action to align your daily choices and habits with these new standards. This journey requires self-awareness, patience, and a willingness to step out of your comfort zone to achieve personal growth.

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Tony Robbins Article on Raising Standards

How many times have you told yourself what you "should" do?

- I should lose weight.
- I should be more confident.
- I should earn more money.
- I should have a more passionate relationship.

People have an endless list of things they believe they should do or should follow through on. And these "shoulds" carry about the same weight as a New Year's resolution – that is, if it happens, then that's exciting. But if not, it won't be too disappointing because you kind of knew it wasn't really going to happen anyway. You didn't raise your standards enough to make it happen.

> *"The only thing that changes our life long-term is when we raise our standards."* - Tony Robbins

But what happens when you decide something is an absolute "must"? What happens when you cut off any other possibility than you succeeding – when you upgrade your standards and decide that you will never settle for less?

When you raise the standard for your life and turn "shoulds" into "musts," you are making an inner shift to take control over the quality of your life. Only when you decide to accept nothing less than your ultimate goals will you achieve them.

Determine where to raise the standard

Most of us have numerous areas of life where we could raise our standards. Three of the most common are creating healthy relationships, finding a fulfilling career path and improving our health.

Relationships

Your relationship is a direct reflection of your standards. Some people are in a relationship but they aren't happy – because their standard is that they must be in any relationship, not that they must be in a relationship with passion and excitement that cultivates pure joy and love. Others may not be in a relationship because their standard is to never get hurt.

Career

Tony tells us that, "Your income right now is a result of your standards, it is not the industry, it is not the economy." If you are not making the money you desire, you haven't reached the position you want or you are stuck in an unfulfilling career, it's because your standard is to accept any offer that comes your way. Raise your standards, and you'll raise your worth.

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Health

Our health is also the result of our standards. Many people wish they were thinner, healthier or more fit. But wishing something and willing it are not the same thing. You must raise the standard for your health by making it a "must." Tell yourself that you must get healthy in order to lead an extraordinary life.

How can you raise your standards?

There are two proven steps to raise your standards and begin living the life of your dreams.

Step one: Determine how you think about yourself

If you want real change, you have to be willing to do your part to upgrade your standards. And it starts with asking yourself, honestly, who you are. Your beliefs create your world – what do you believe about yourself?

Are you a winner? Or are you always a step behind? Are you the life of the party? Or are you more reserved?

Answering this question and discovering what your true beliefs are about yourself is critical. Because this is your identity. And the fact is we are hard-wired to follow through on who we believe we are.

Consider someone who wants to quit smoking. He may say to himself, "I'm going to do my best to stop smoking, but I've always been a smoker." It doesn't matter how hard he tries: if his identity is that he is a smoker, it's futile. And the days until he is back smoking again are numbered because he won't raise the standard for who he is – and we act consistently with and ultimately become who we believe we are.

Step two: Break through your limiting beliefs

Most people, if they look at how they are living their lives today, will find that this set of limiting beliefs about themselves was created 10, 20, 30 or more years ago. In fact, many of us made decisions when we were kids about what to believe, what we are capable of and who we are as a person, and that became the glass ceiling that controls us.

But are you the same person you were back then? Are you the same person you were even a year ago? Human beings change constantly because we are driven by growth and self-improvement. You naturally want to raise your standards – only your limiting beliefs hold you back.

Many people stop working to break through that glass ceiling. They chalk it up to "that's just the way it is in my life," or tell themselves "that's just who I am." But ironically, when you do this, you are actually denying who you really are. You are living under a false identity that is based off of false beliefs you adopted in the past.

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So how do you define yourself? And when did you start to believe that? How many years ago did you decide what you could and could not do in your life? Don't you think it's time to raise the standard, turn your "shoulds" into "musts" and give yourself a new identity?
Step Into Your New Standard: Turn "Shoulds" Into "Musts"

The moment you turn your "shoulds" into "musts," you ignite the power to transform your life. "It is in your moments of decision that your destiny is shaped." You are not defined by your past or by the limits you once accepted—you are defined by the standards you choose right now. Raise them. Demand more from yourself, not out of pressure, but out of love for the life you know you're meant to live. "If you do what you've always done, you'll get what you've always gotten." Today, I decided to break through. Claim a new identity, take massive action, and watch as your world expands beyond what you ever thought possible. Live with passion, and remember: your standards set the stage for your destiny.

> *"One of the strongest forces in the human personality is the drive to preserve the integrity of our own identity. Knowing that you have failed to live up to your own standards for your life is the ultimate pain, and knowing that you have fulfilled your highest vision of yourself is the ultimate pleasure."* - Tony Robbins

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OVERCOMING PROCRASTINATION

Procrastination is often misunderstood.

Most people believe they procrastinate because they are lazy, unmotivated, or lack discipline. In truth, procrastination is rarely about time management - it is about self-awareness, emotional regulation, and identity alignment.

Throughout this summit, you have heard a consistent message from every teacher in different ways:
We avoid action when we are disconnected from ourselves.

Why We Procrastinate

Procrastination is not resistance to action - it is resistance to the emotion or identity shift that action requires.

We procrastinate when:

- The action challenges our self-image
- We fear failure, success, or judgment
- The task conflicts with our values or priorities
- We feel overwhelmed, unclear, or internally divided

In other words, procrastination is a signal - not a flaw.

It is feedback asking for awareness.

The Identity Connection

Action flows naturally from identity.

If you are trying to act like someone you don't yet believe you are, the nervous system resists. This is why willpower alone eventually fails.

Throughout this summit, you've explored how:

- Your beliefs shape your behaviour
- Your values drive your decisions
- Your emotions influence your follow-through

When identity is unclear or misaligned, procrastination becomes the nervous system's way of protecting you from internal conflict.

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Mind, Body & Procrastination

Procrastination is not just mental — it is physiological.

Fatigue, dehydration, emotional stress, and poor sleep all reduce the brain's ability to initiate action. This is why the summit places equal emphasis on health, energy, and emotional regulation.

When your body is supported:

- Clarity improves
- Resistance softens
- Action becomes easier

Self-care is not indulgence — it is preparation.

Clarity Dissolves Delay

You do not procrastinate on what you clearly understand.

Procrastination thrives in:

- Vague goals
- Undefined next steps
- Overwhelming expectations

Clarity reduces cognitive load and emotional friction.

Ask yourself:

- What is the next smallest aligned action?
- What outcome does this action support?
- Who am I becoming by taking this step?

From Pressure to Purpose

One of the greatest causes of procrastination is pressure.

When action feels forced, heavy, or disconnected from meaning, the nervous system pushes back. Purpose removes resistance.

Throughout the summit, you've been reminded that:
Aligned action feels lighter than forced action.

When your actions are connected to values, contribution, and purpose, procrastination naturally diminishes.

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Practical Reframe: Procrastination as Guidance

Instead of asking:

"Why can't I just do this?"

Ask:

- What am I avoiding feeling?
- What am I unclear about?
- Where am I out of alignment?
- What identity shift is required here?

These questions turn procrastination into insight.

Implementation Exercise: Moving From Delay to Action

✍️ **Step 1: Identify One Procrastinated Area**
What is one action or area you have been delaying?

✍️ **Step 2: Uncover the Real Block**
What emotion, belief, or fear is underneath the delay?

✍️ **Step 3: Reconnect to Purpose**
Why does this action matter — to your values, future, or contribution?

✍️ **Step 4: Define the Next Small Step**
What is the smallest aligned action you can take within 24 hours?

✍️ **Step 5: Act Consciously**
Commit to taking that step — not perfectly, but intentionally.

The New Standard for 2026

In this new cycle, success does not belong to the most motivated — it belongs to the most self-aware.

Procrastination dissolves when:

- Awareness replaces judgment
- Alignment replaces pressure
- Responsibility replaces avoidance

You do not overcome procrastination by forcing yourself.
You overcome it by understanding yourself.

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IDENTITY RESET Summit

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MANUAL & WORKBOOK

PART 3 - YOUR PLAN

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YOUR INTENTION FOR 2026

Write a powerful intention for 2026.

Example:

"I am going to have the best year ever in 2026. I am going to make a lot more money, be healthier and create more powerful connections. This is my year and I am worthy of all it will bring."

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YOUR 3 MAJOR GOALS FOR 2026

MAJOR GOAL #1

Why is this goal so important to me?

How will my life change by achieving this goal?

How will it make me feel when you accomplish it (be specific and emotional)?

What obstacles could prevent me from achieving this goal?

What solutions can you think of to these obstacles?

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MAJOR GOAL #2

Why is this goal so important to me?

How will my life change by achieving this goal?

How will it make me feel when you accomplish it (be specific and emotional)?

What obstacles could prevent me from achieving this goal?

What solutions can you think of to these obstacles?

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MAJOR GOAL #3

Why is this goal so important to me?

How will my life change by achieving this goal?

How will it make me feel when you accomplish it (be specific and emotional)?

What obstacles could prevent me from achieving this goal?

What solutions can you think of to these obstacles?

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SET THE FOUNDATION

MY VALUES

MY PURPOSE

MY VISION

MY LIFESTYLE STATEMENT

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ACTIONS I MUST TAKE

MY ACTIONS FROM THIS SUMMIT.

As you go through the summit, list all the actions you think you should take based on the insights and strategies you are learning.

MY 5 MAIN ACTIONS

Look at your list above and ask "what will make the biggest impact". Write that as your first action and then continue until you have no more than 5 critical actions you will implement in the next 24 to 72 hours.

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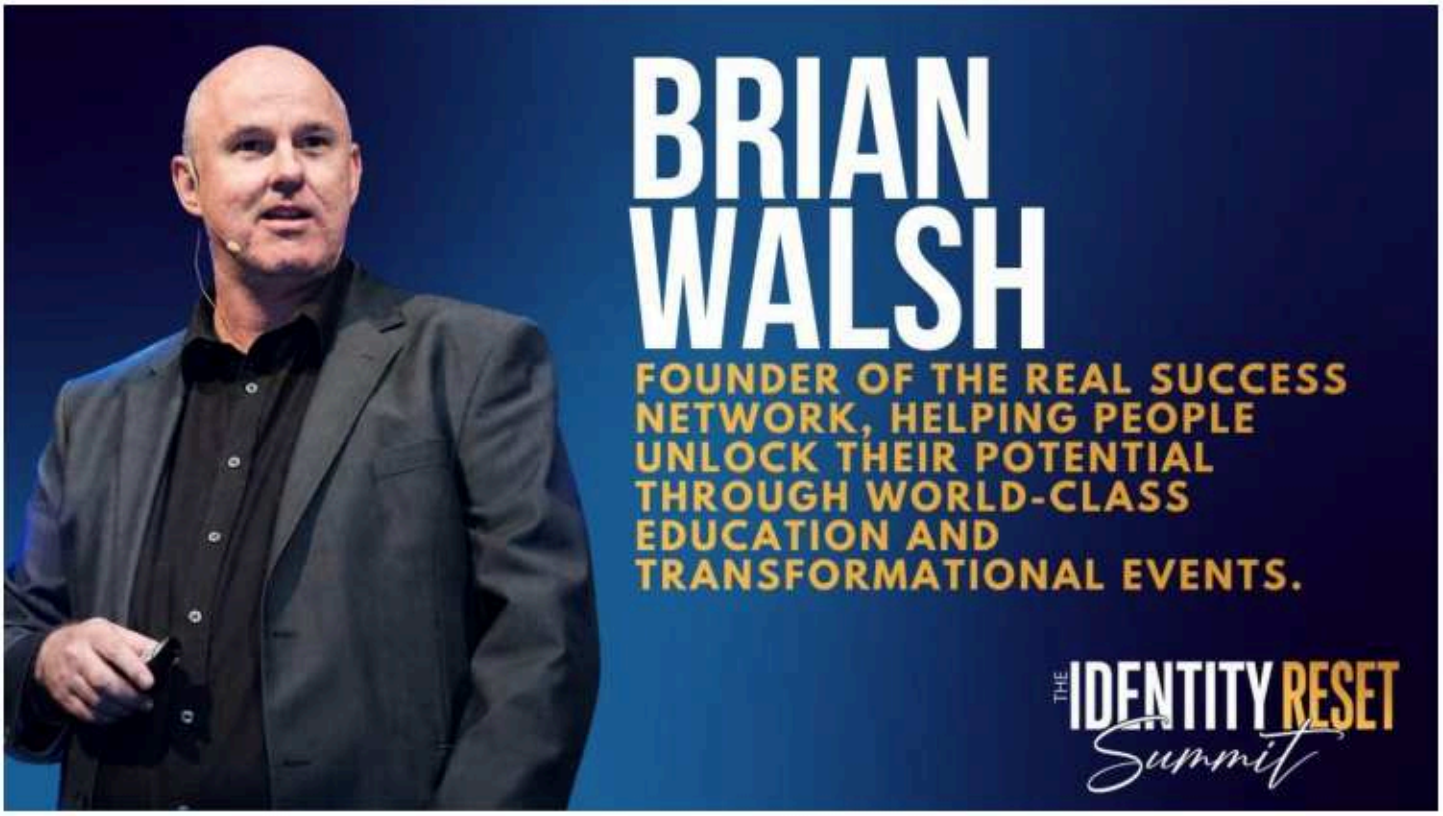
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REAL SUCCESS NETWORK

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PART 4 - SPEAKERS NOTES

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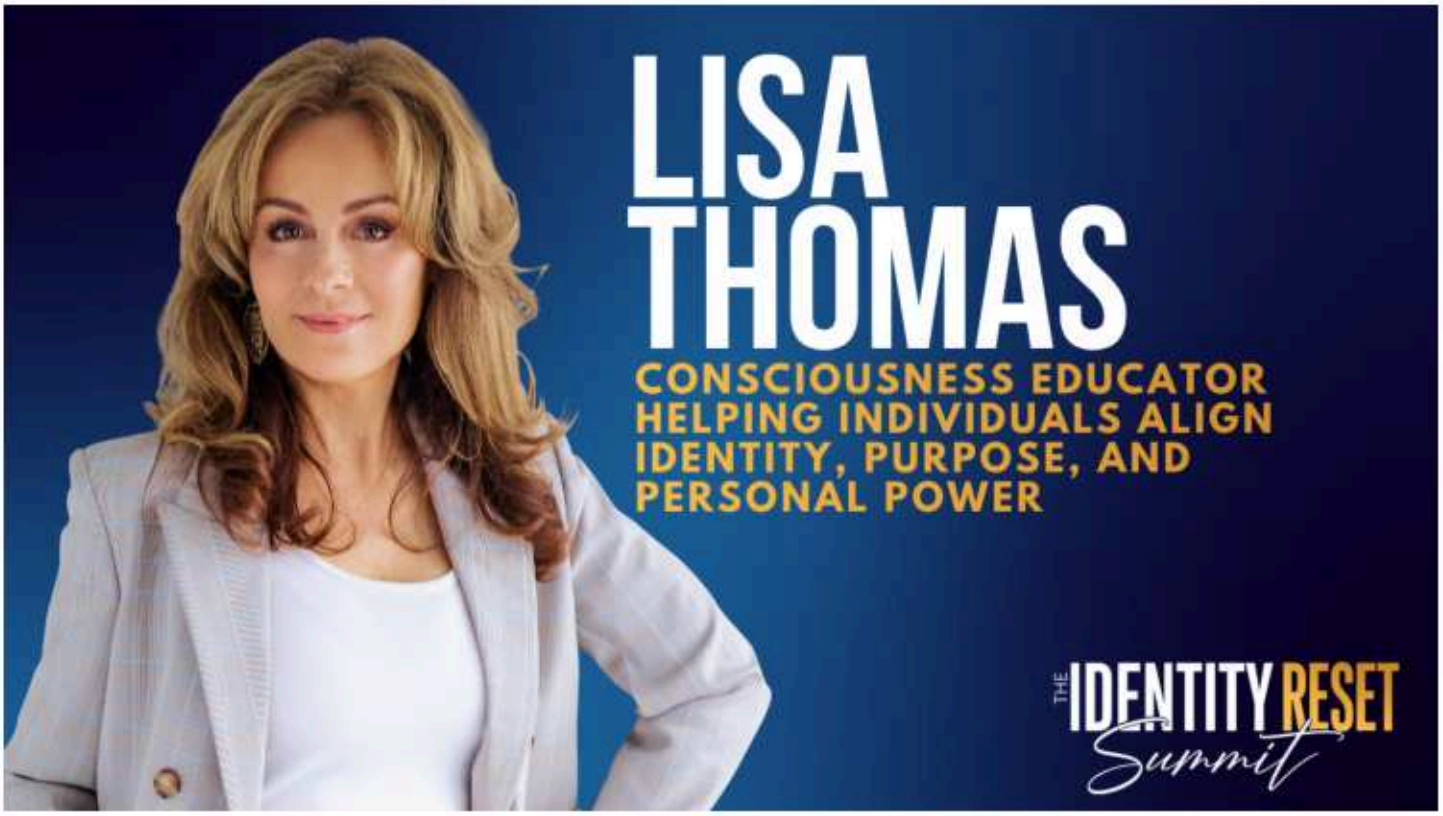
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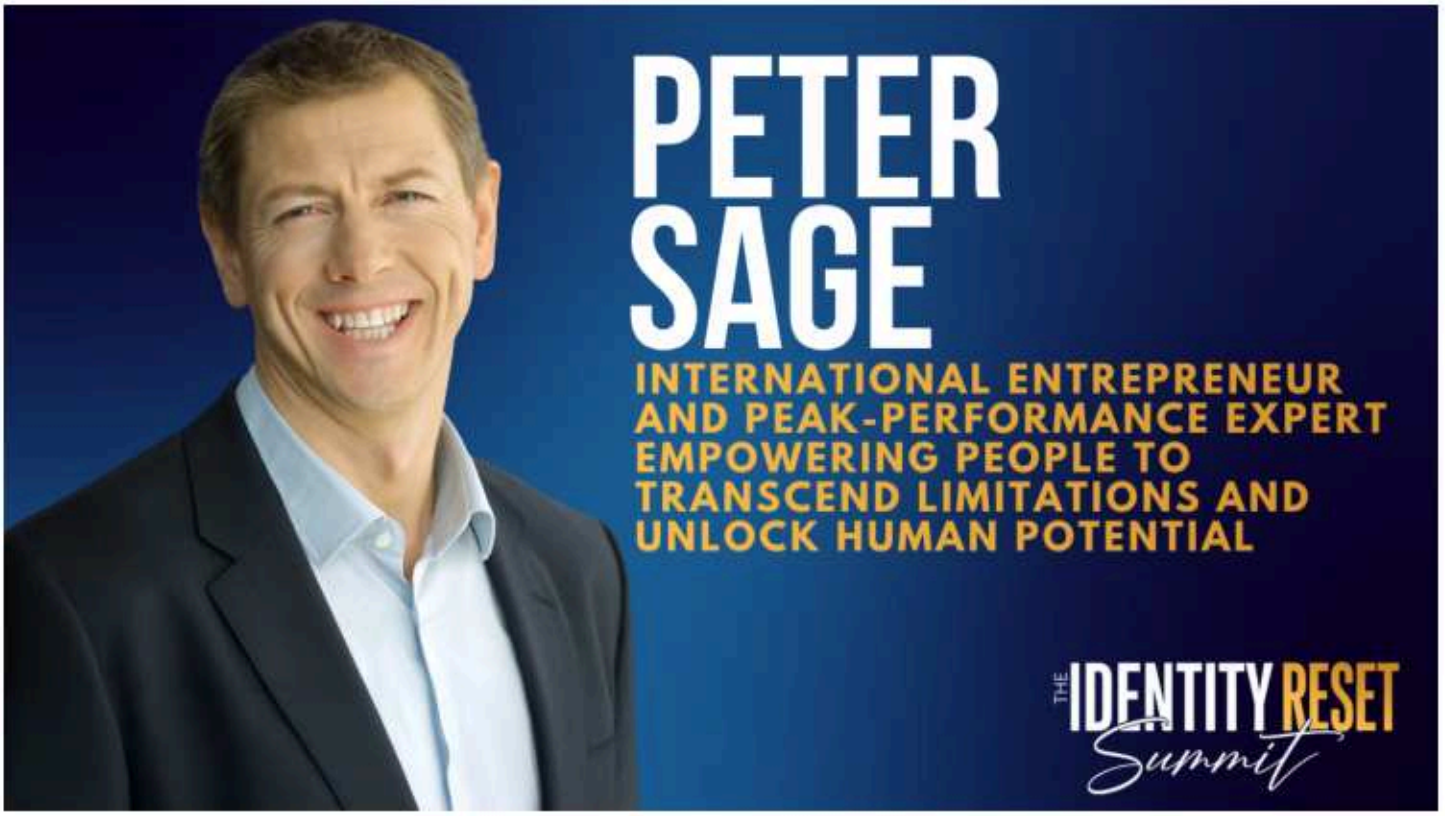
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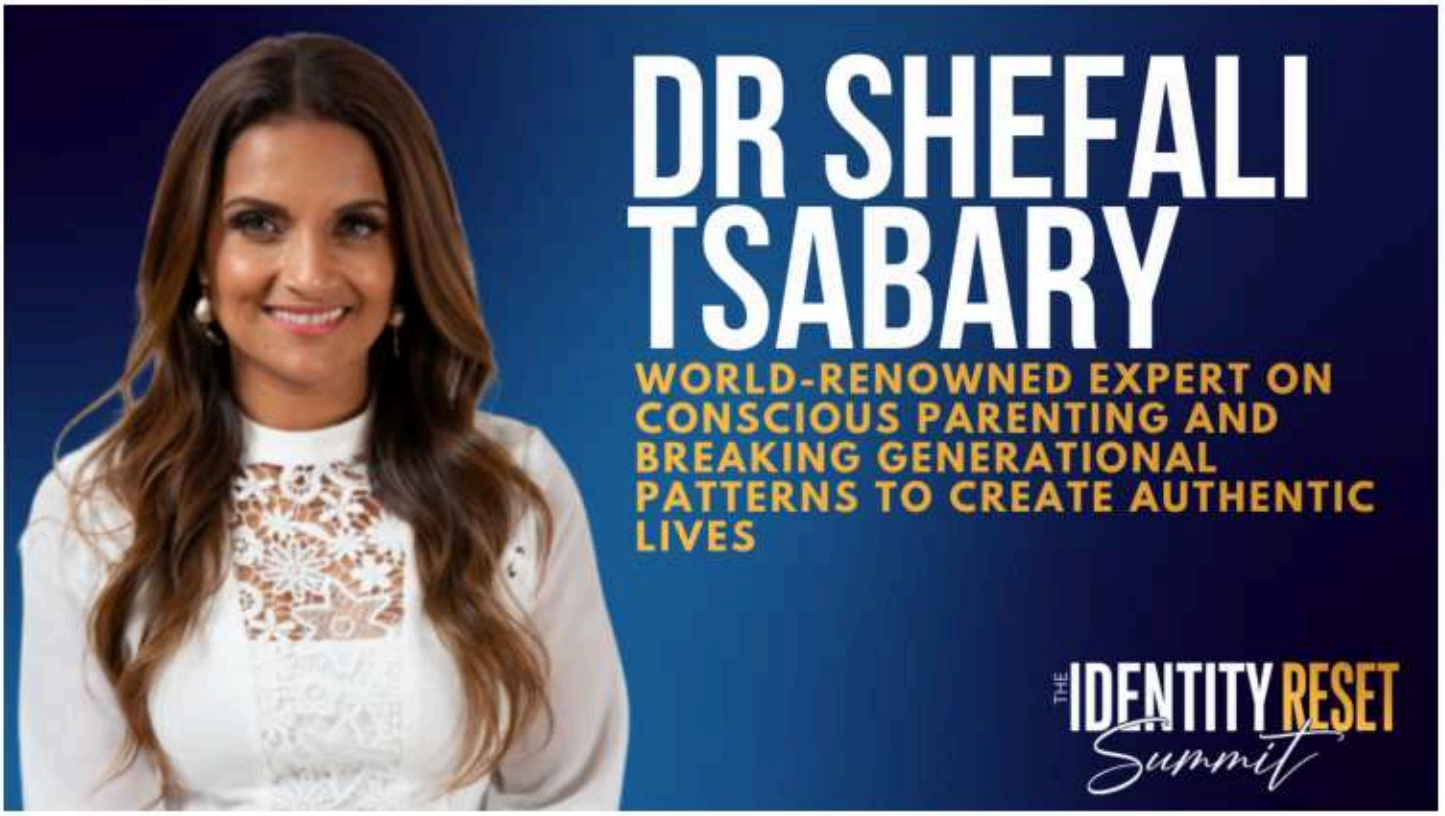
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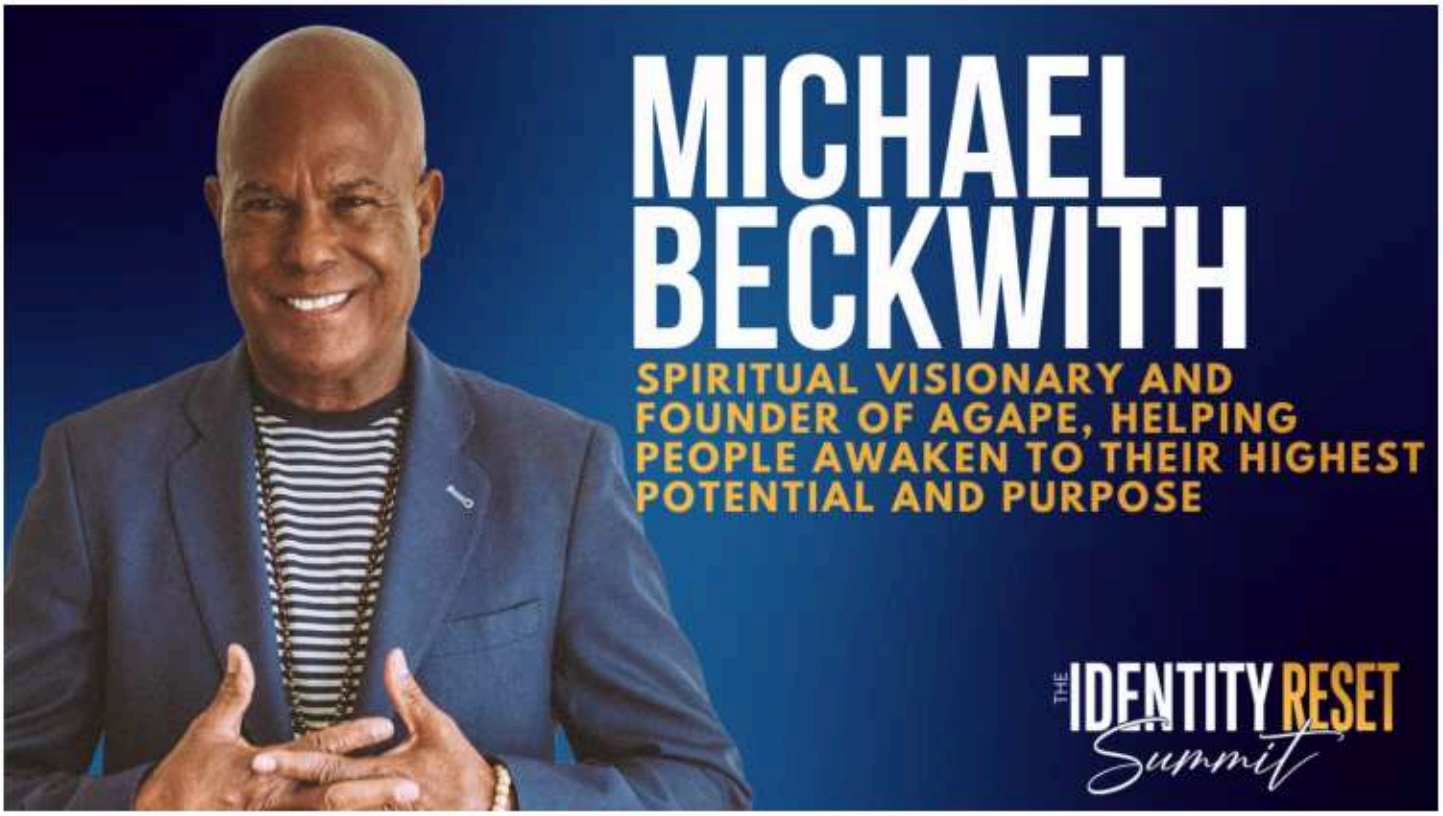
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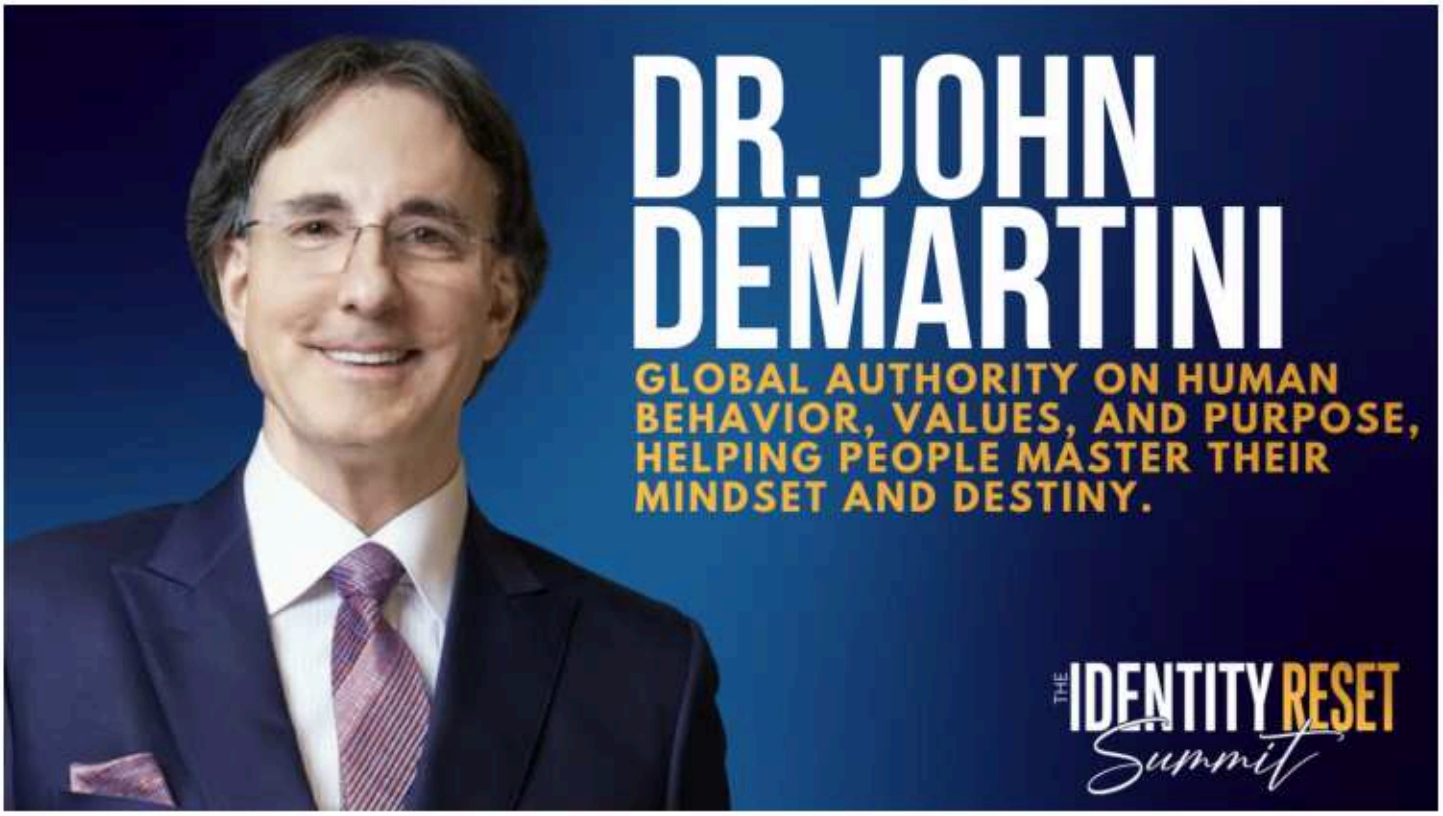
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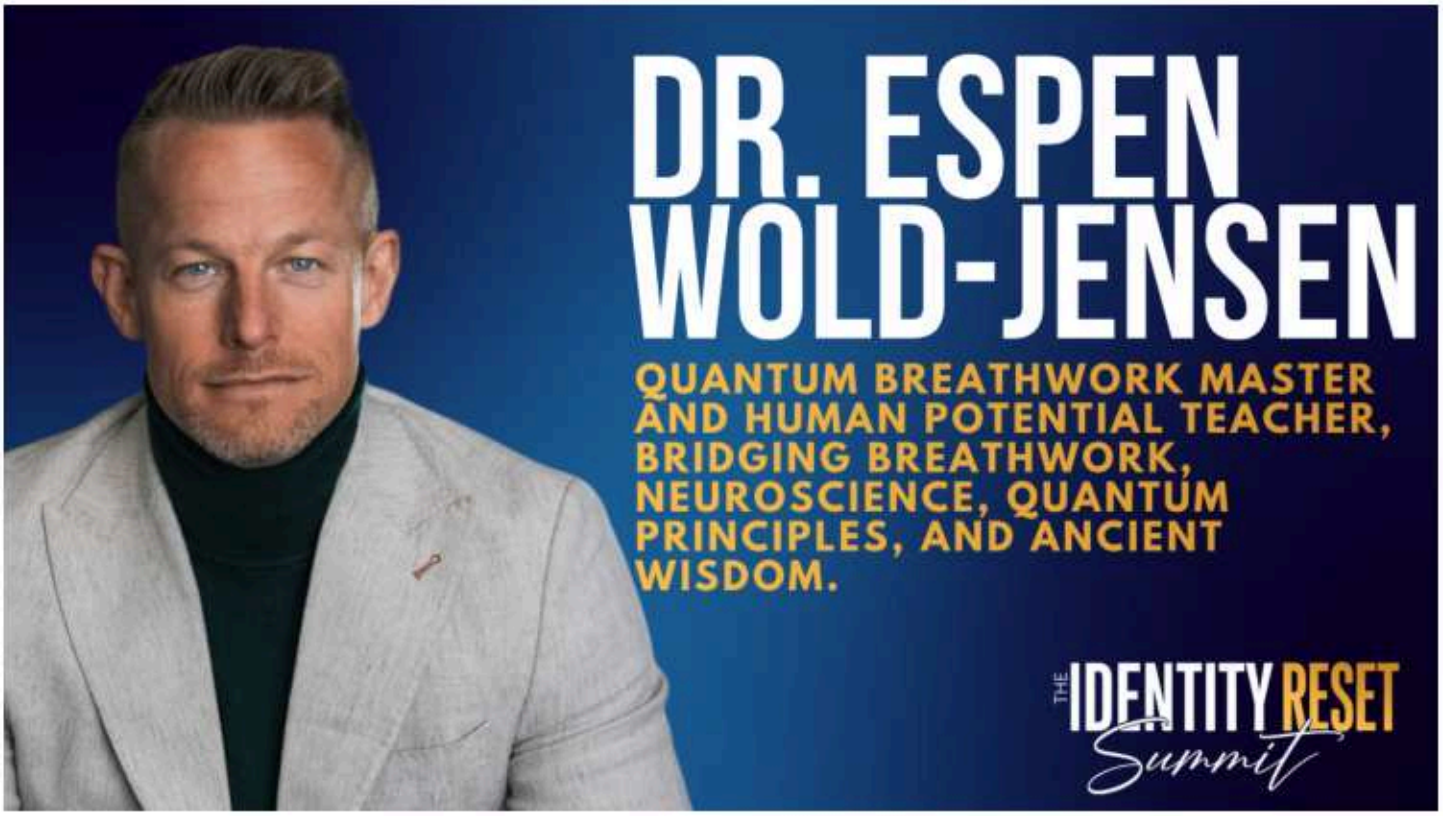
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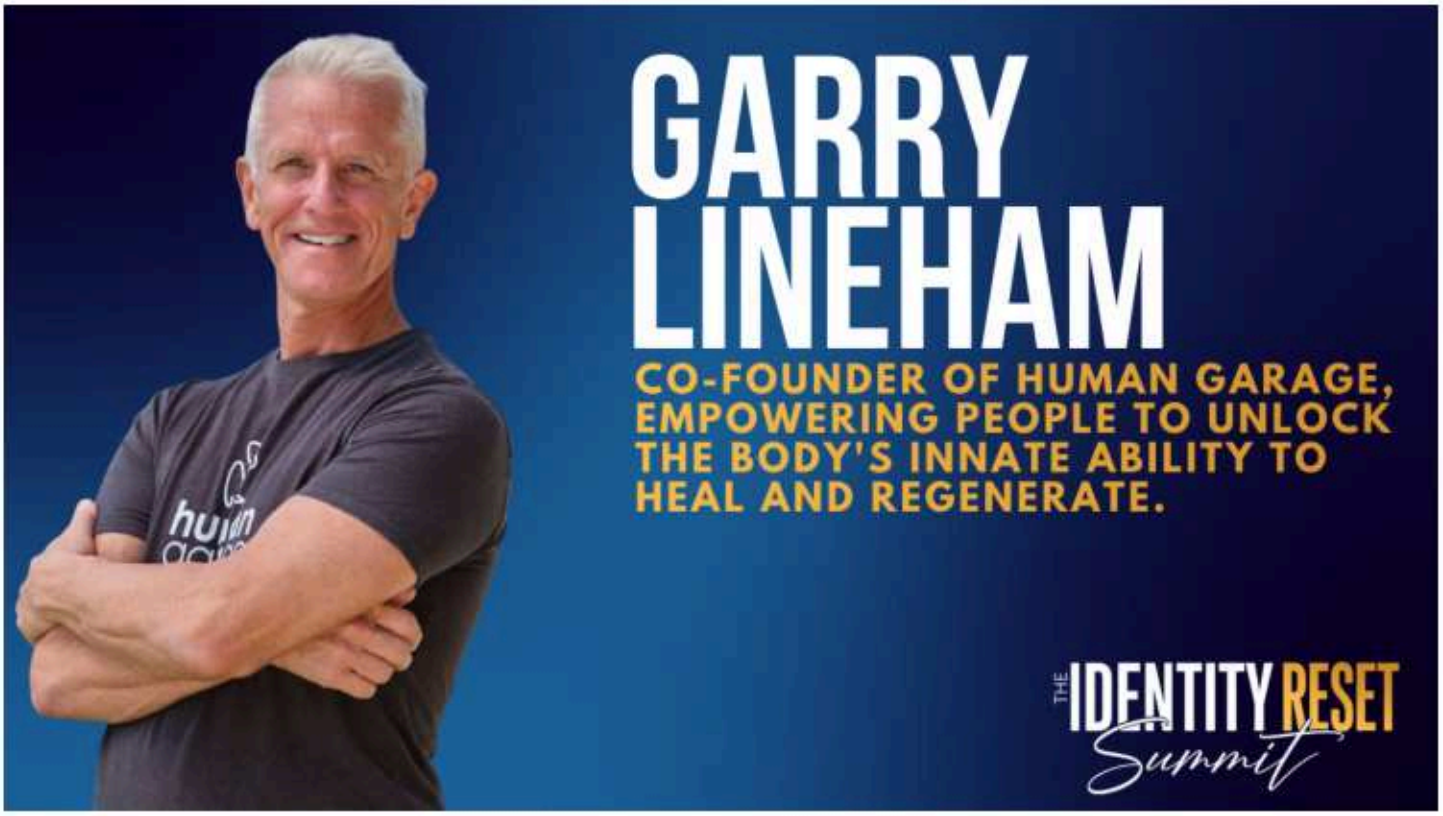
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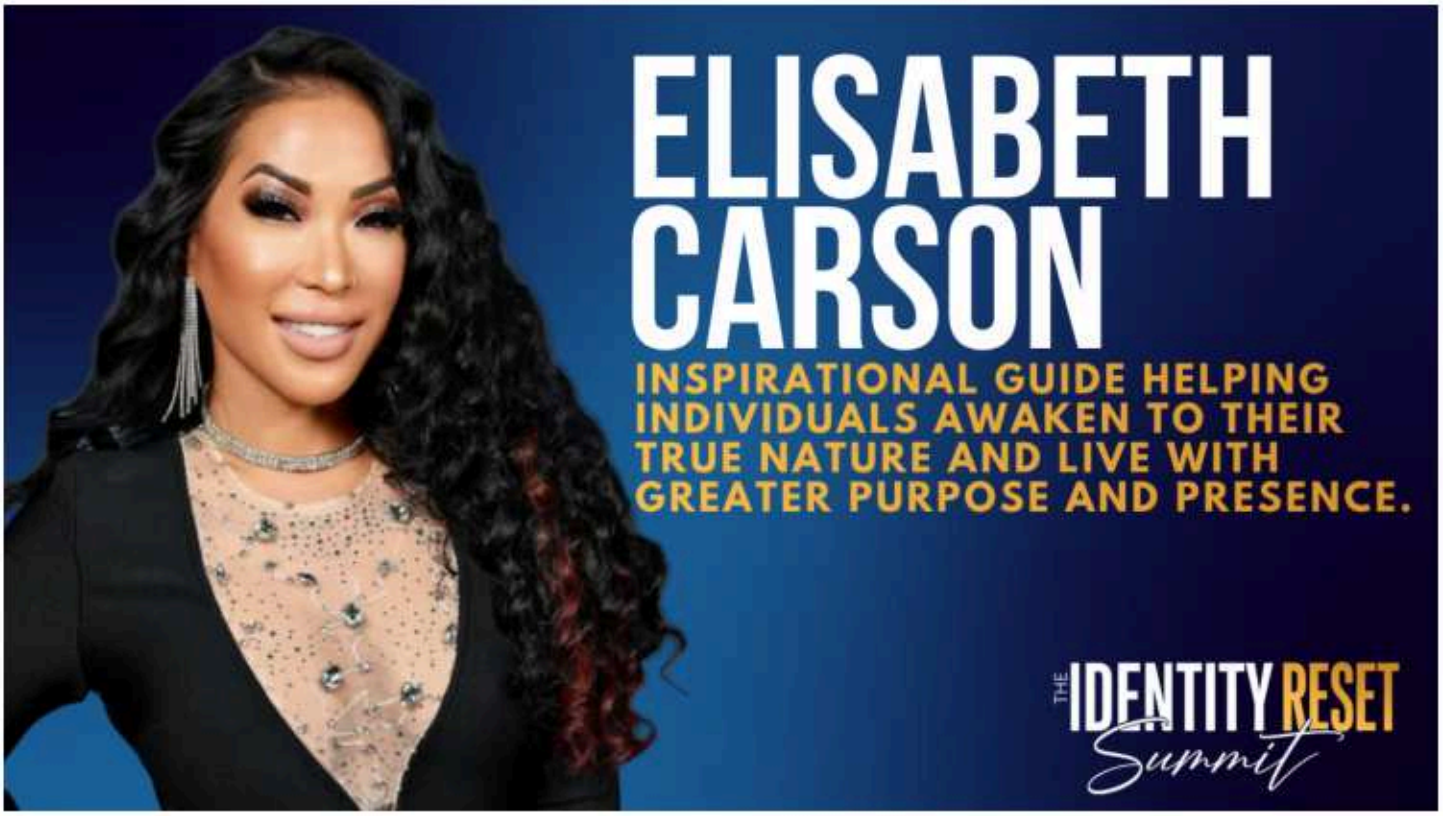
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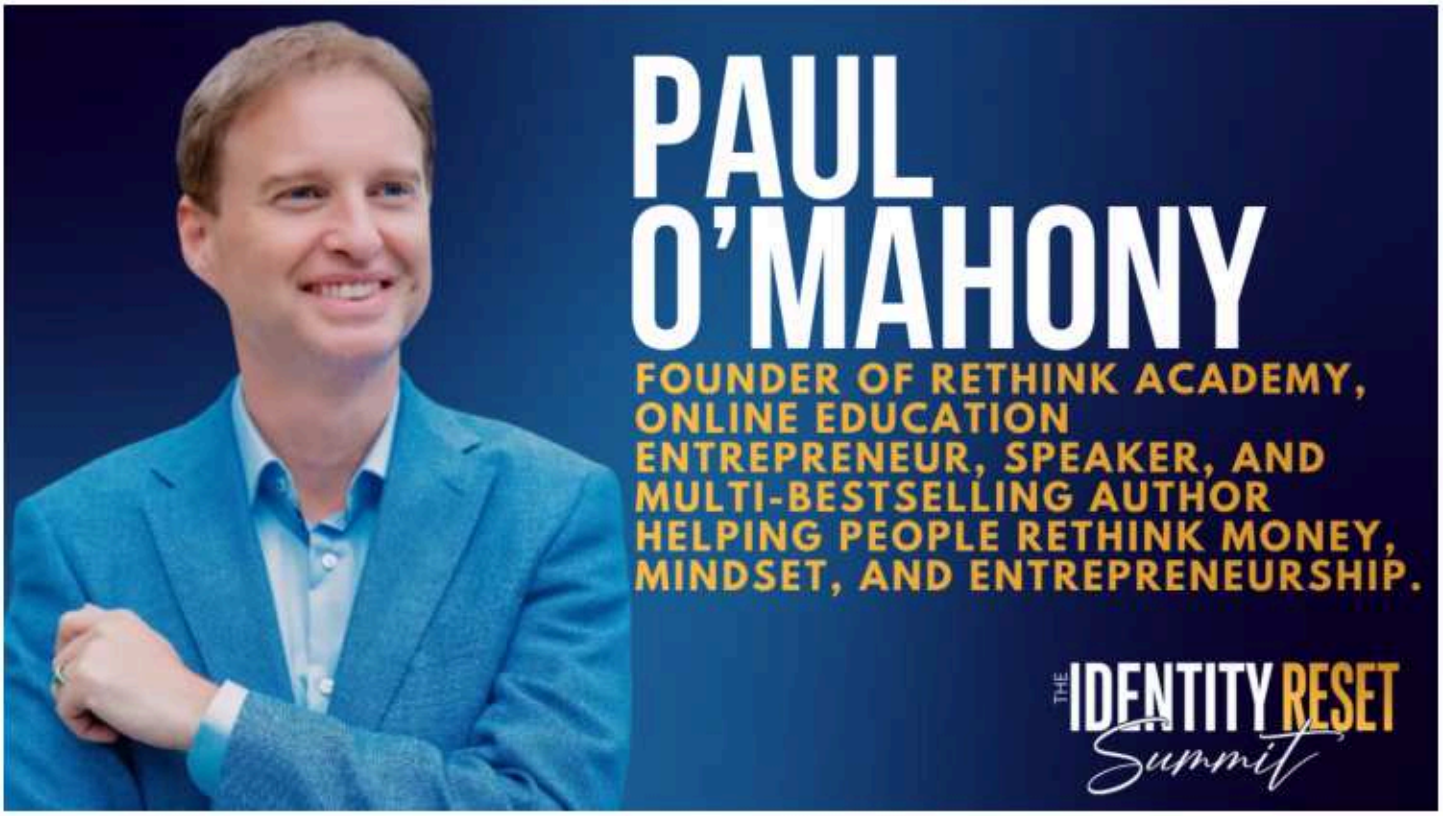
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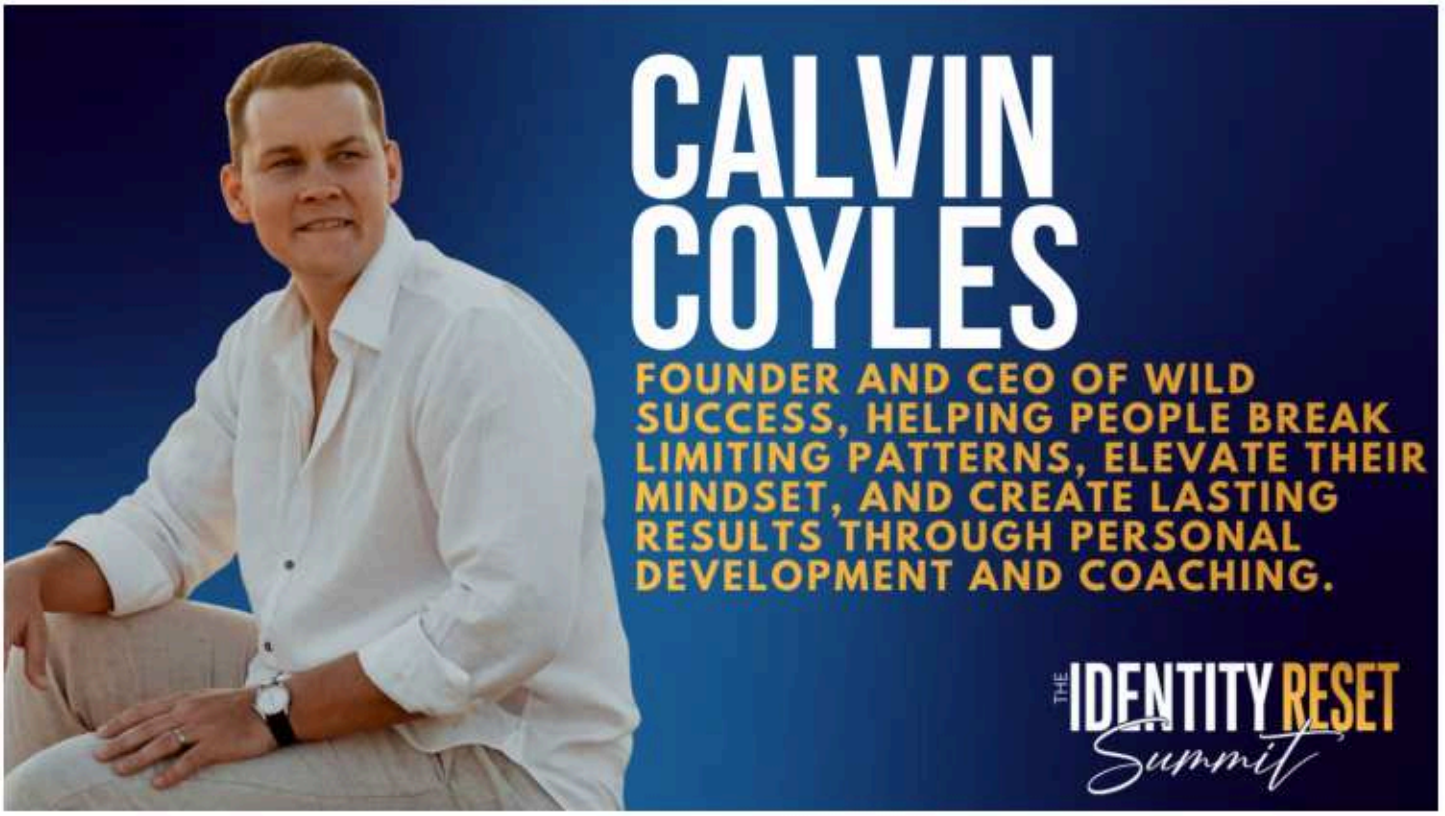
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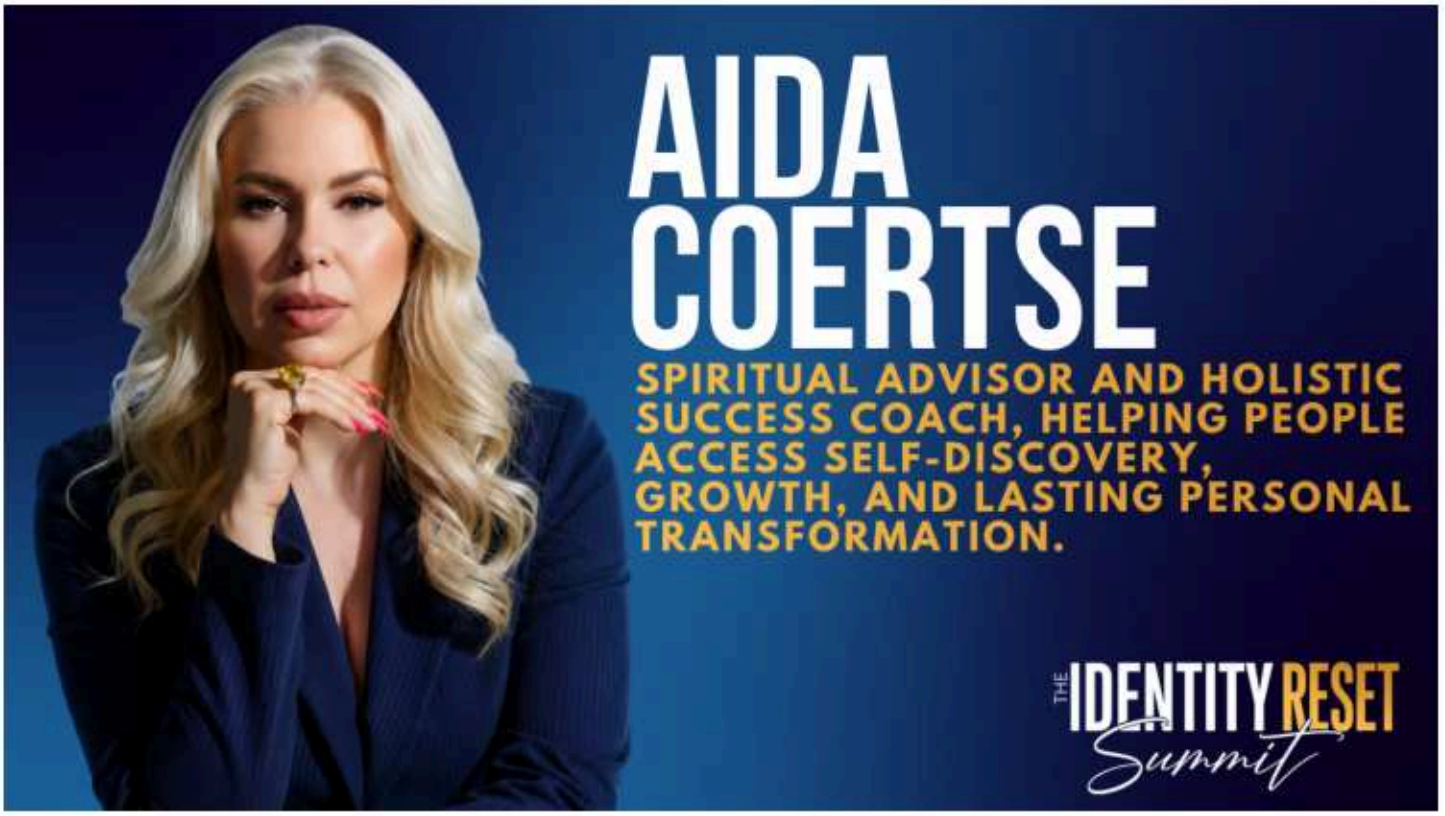
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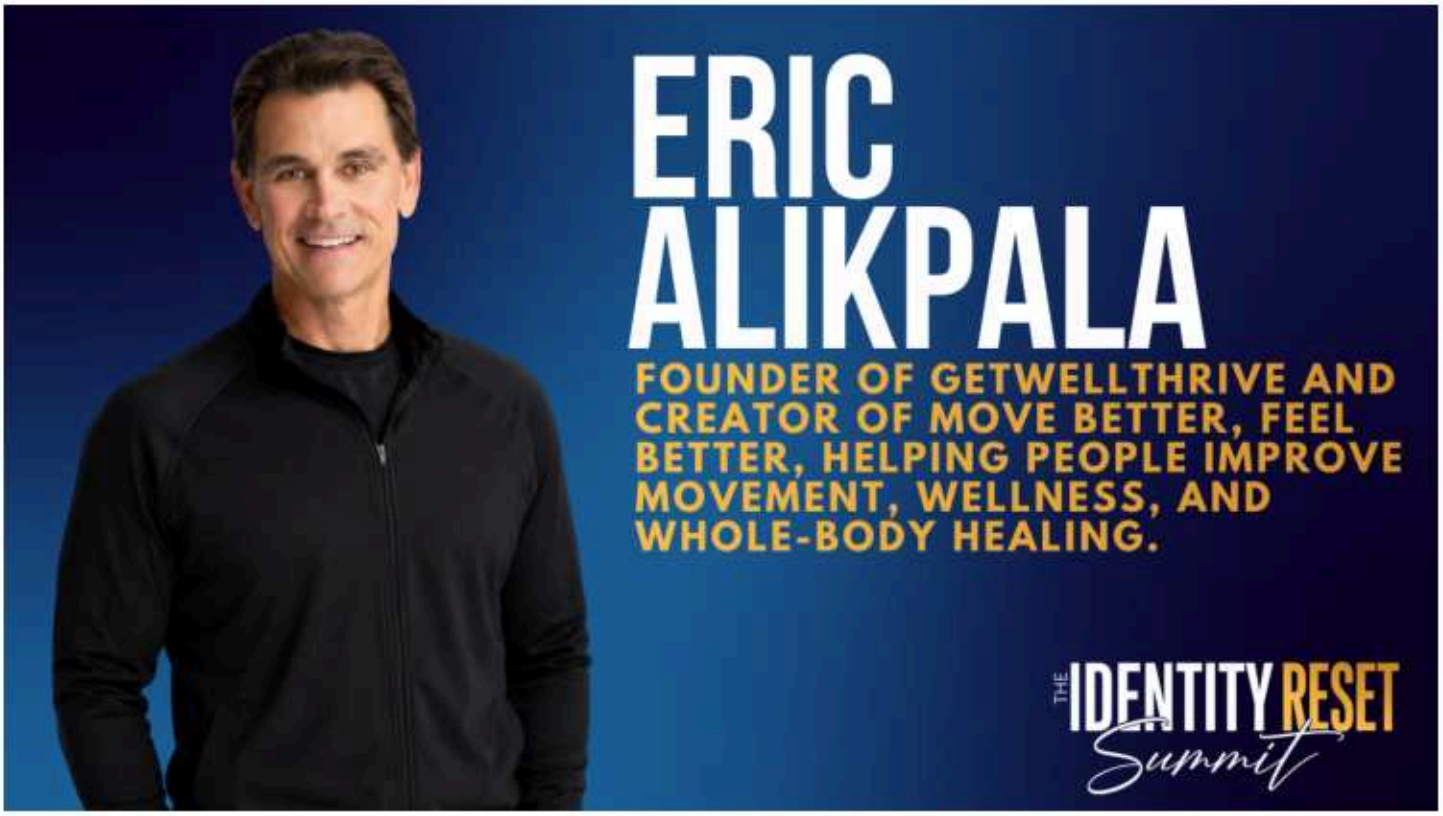
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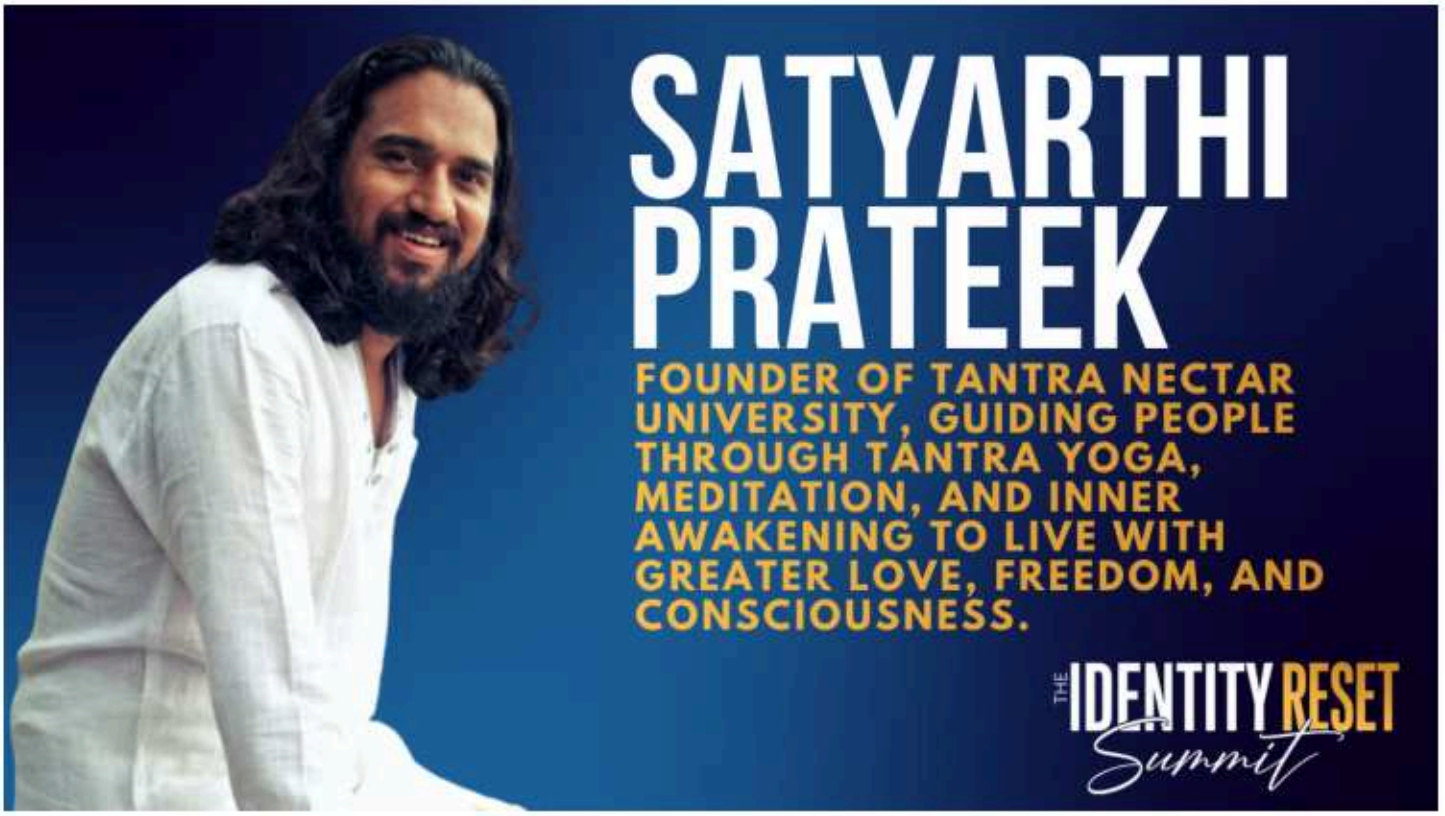
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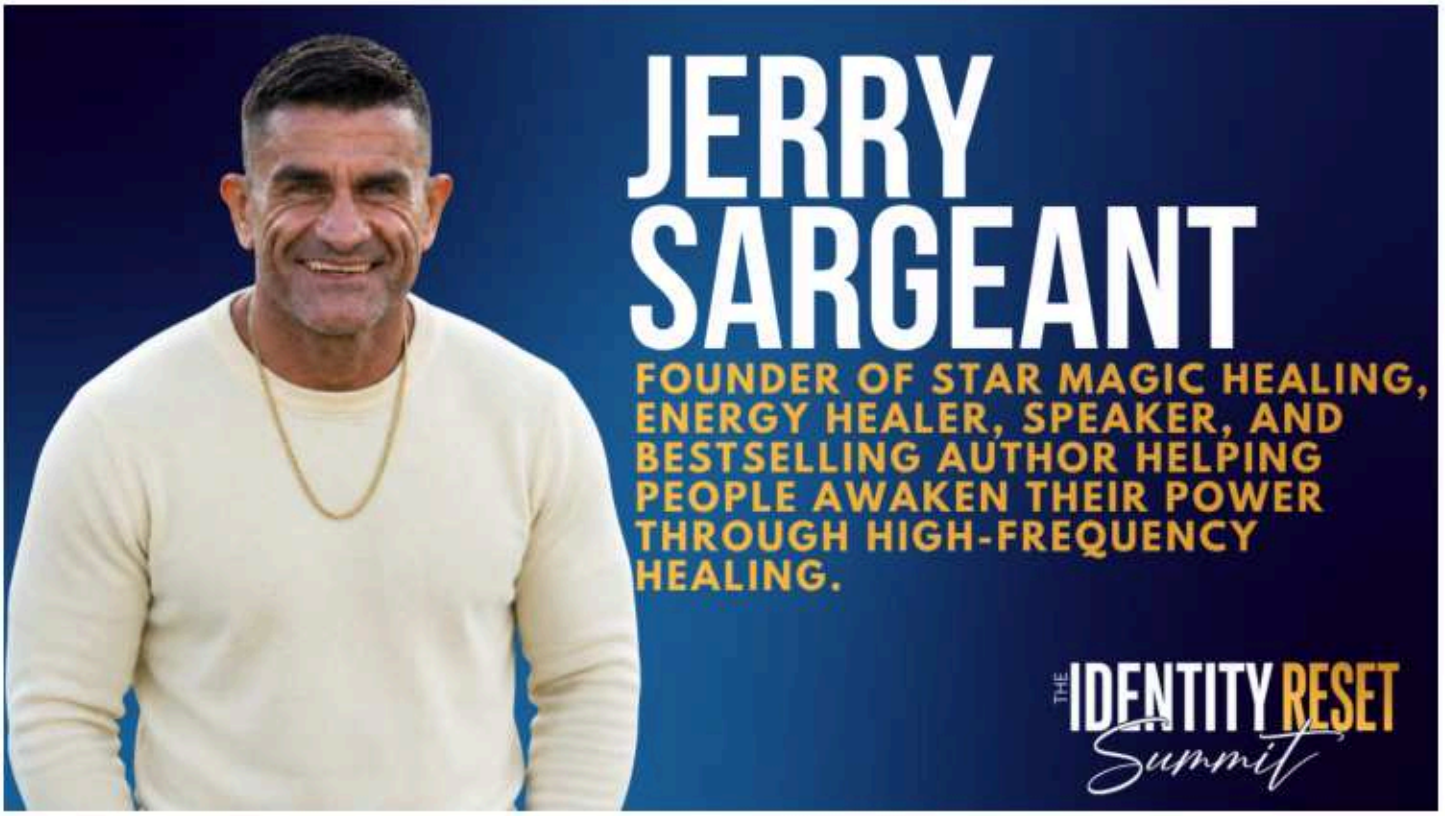
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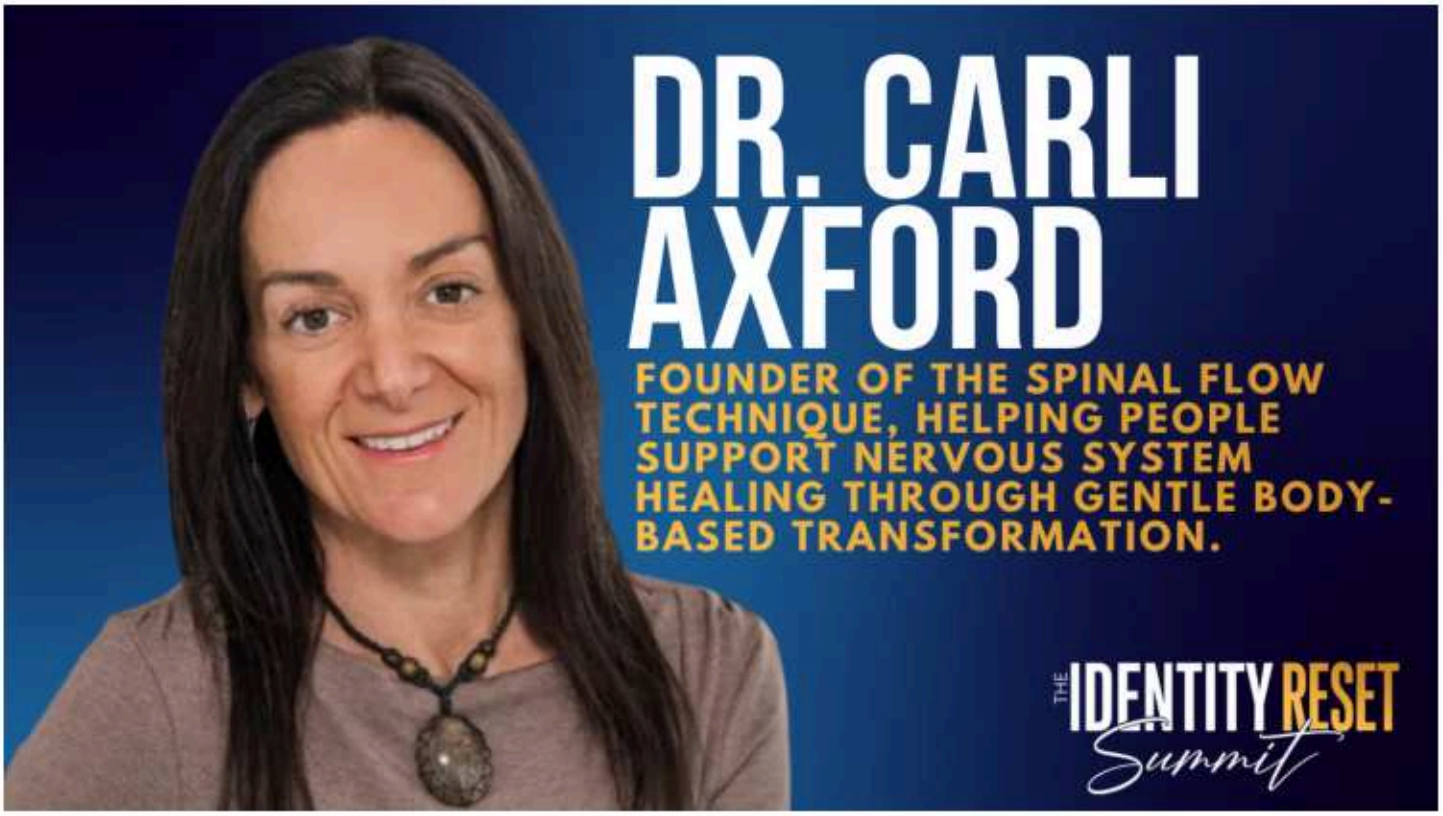
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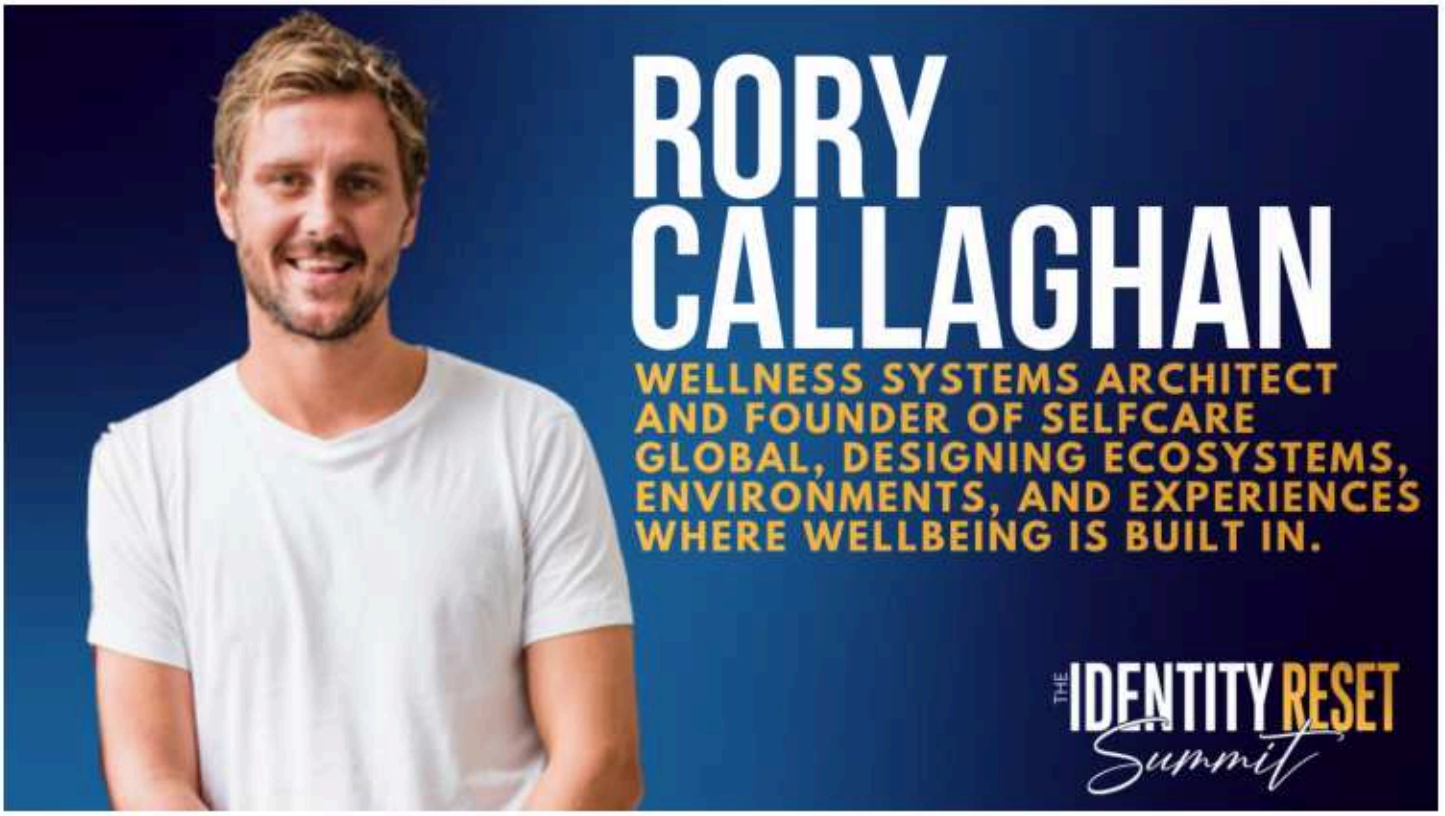
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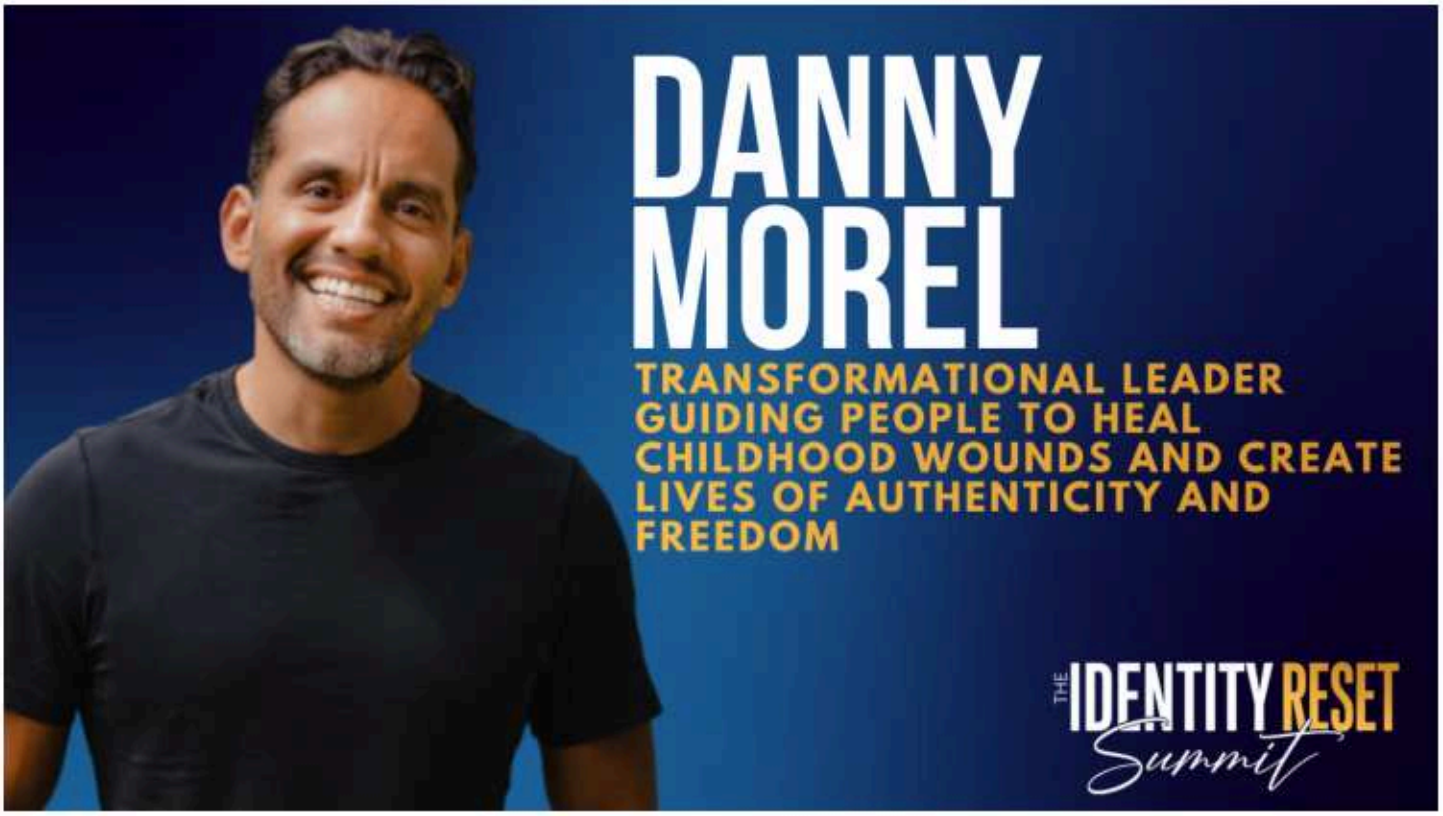
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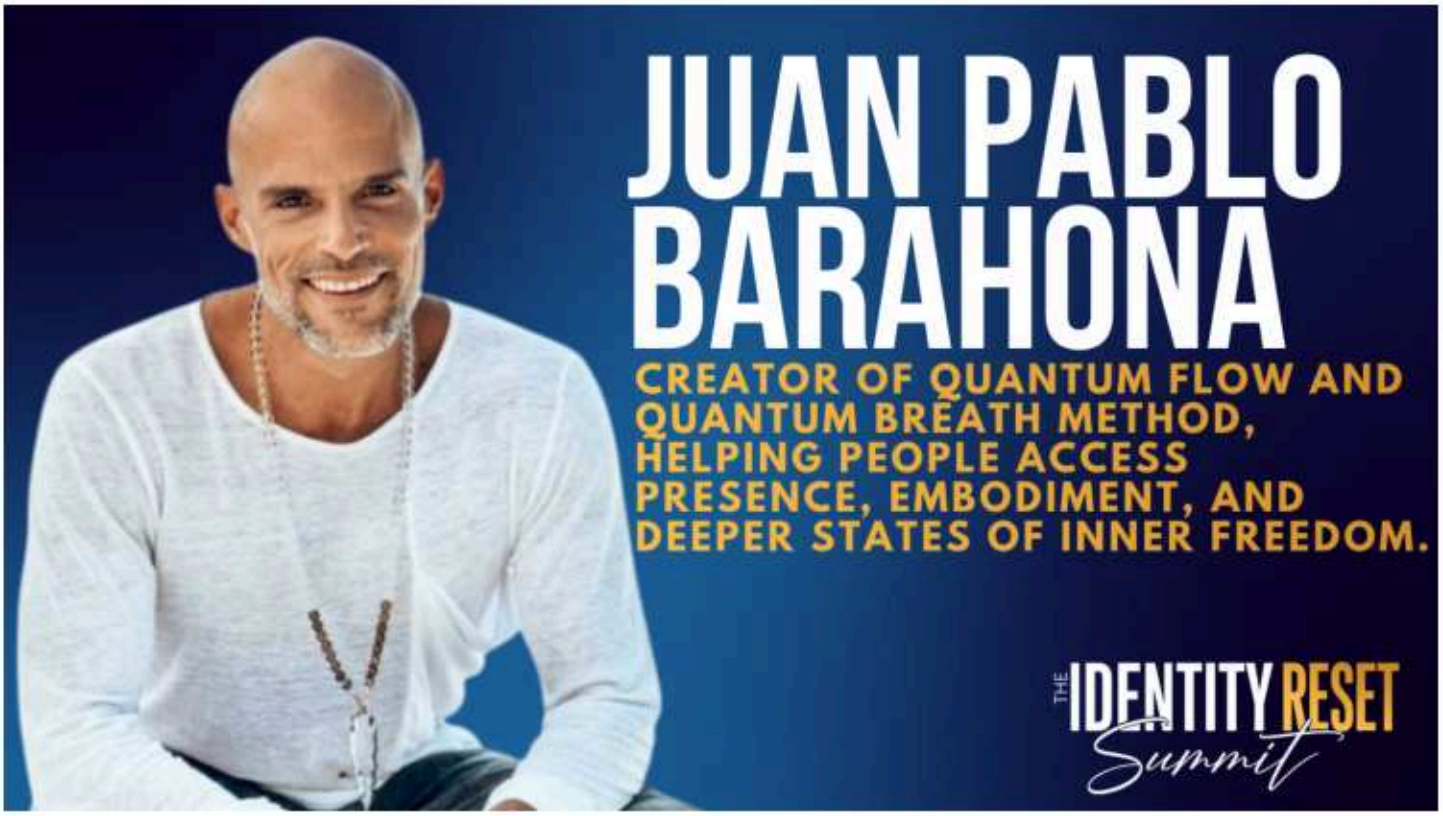
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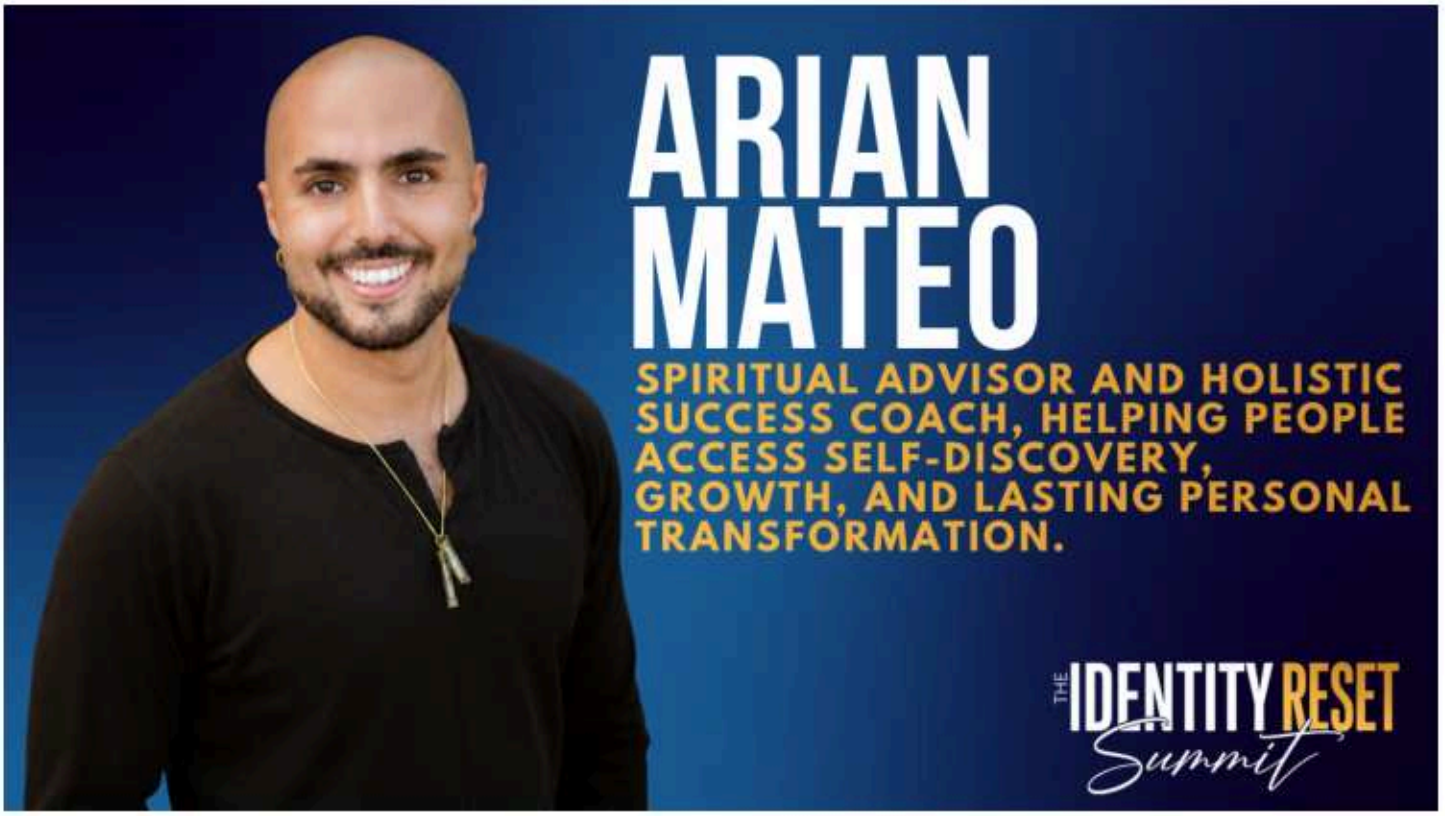
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