

## LESSON 4 SOLIDIFYING YOUR IDENTITY

This is the Lesson where we will be tying everything together as you make this a new habit for the rest of this Program.

- 1.** **Finish writing up your 'New Identity' from Lesson 2**, if you haven't already done so.
- 2.** **Record your New Identity on Voice Recorder/Voice Loop** (remember you are describing yourself as everything you would desire yourself to be in the present tense.)
- 3.** First thing in the morning, **as soon as you wake up, visualize yourself as the image you have written.**  
  
In Bob Proctor's words.. "You must FEEL IT AS REAL" and should do this for at least 15 minutes.
- 4.** At various times throughout the day, **read the parts of your 'New Identity' that you desire to Embody and act as if you are an actor and you are successfully playing this role. Feel it deep in your heart that right now, YOU ARE this person.** Do this often throughout the day.  
  
Remember: For this Vision and New Identity to become your reality, it must be fixed in your subconscious mind. This process right here, repeated every day **WILL fix this Identity deep in your subconscious mind until this is normal for you.**
- 5.** **Finish writing your 50+ Identity List from Lesson 3.**
- 6.** **Have a read through each one right before bed and decide which one you are going to act on** (to the best of your ability) the next day. Follow through with this action **feeling you are already this NEW Identity.** In this high vibration **keep imagining yourself to be living this Dream life with deep feelings of Gratitude.**