

SOCIAL BUDDHA PRESENTS

VISION

CREATING A NEW REALITY ALIGNED
WITH YOUR VISION & GOALS



BY MATIAS PIHLQUIST



*“TO THE PERSON WHO DOES NOT KNOW WHERE HE WANTS
TO GO THERE IS NO FAVORABLE WIND”*

- LUCIUS ANNAEUS SENECA

SETTING A VISION

Spending time figuring out exactly what you want is one of the best investments you can do in any area of your life. As you start building your social life you need to have a clear vision for where you're heading and what you want to accomplish. Do you want to improve communication and people skills, expand your social circle, meet people with similar interests, make new friends, meet members of the opposite sex, network, create business opportunities, support charity causes or something else? Think big. If you could wave a magic wand and have anything you want, what would you create and where would you be in six months? In a year? Contemplate that then think even bigger. A social circle of a hundred people? How about a thousand? How about five thousand, including the most influential and high quality people in your city? What if they do the work for you and connect you to even more great people that are givers and increase the quality of your life? Maybe you want the confidence to pursue and live your dream, or just go out in the world and do the things you want to do without fear, anxiety, attachments or anything holding you back, having complete freedom and inspiring others along the way?

You can create whatever you want, it's up to you. Your vision must be grand enough to keep you motivated and inspired to work towards it every day. You will then move through life and socialize with purpose and a goal in mind, minimizing distractions and making you very focused and powerful. I cannot stress enough how important it is to set goals that will get you excited and moving, so you take the action necessary to reach them. This is one of the reasons most people never get anywhere or do anything with their lives. Be different. Creating a vision not only for yourself, but something larger that includes building up and helping people around you creates a drive that propels you forward in a whole new way.



“EVERYTHING YOU CAN IMAGINE IS REAL” - PABLO PICASSO

CREATING A NEW REALITY - INNER WORK

Human beings are social animals, that's how we relate to ourselves and others and that's how we get feedback about who we are and our place in the world. The caveat is that our current identities are just constructs, stories we've convinced ourselves are true.

You start by changing this, i.e. telling yourself another story until you've convinced yourself of that instead. To rapidly accelerate this process you then add the feedback from your social interactions to confirm where you are with your inner work and see what areas that need improvement. You also use your outer progress as stepping stones and a catalyst to accelerate your inner growth process.

You NEED to do the inner work on yourself. If you don't, nothing you say or do will matter, it won't have the right effect since it won't be WHO YOU ARE. There are two components to the inner work, self-talk and visualizing. Your self-image is affected by your inner dialouge, i.e. the story you've established over the course of your life and everything you say to yourself daily. Apart from changing your story and telling yourself the new one every day, you need to also be aware of your inner dialouge and catch yourself whenever you fall back into old patterns that aren't beneficial. For example, if a negative thought arises you want to immediately realize that it's just part of an old story that is not and never was true and counter it with 2-3 positive thoughts. Only one is not enough since your mind is probably tainted by years and years of bad programming and you want **fast** change. After a while this will become automatic as well and you will gradually eliminate thoughts, emotions and behaviour that no longer serve you.

As you tell yourself your story you want to close your eyes and visualize what your new life is like. Make sure you really get into it with excitement and emotions or it won't work. Since the mind can't tell the difference between real memories or made-up ones you will quickly convince yourself that this is your life. Not only will this make you expect new things to happen, when they do you'll already have a reference point, a feeling that you've experienced it before and that it's a common occurrence.

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The inner work process is straightforward: change your story, make it the opposite of your current one or change it to whatever life you would like to lead. For example, if a part of your current story is that you have social anxiety and are nervous around strangers your new one can be that you are always socially courageous and comfortable with strangers, especially in new situations.

This is nothing new, people have been talking about changing your illusionary story for years. What is rarely mentioned is the outer work required to cement your new beliefs and make them reality.

In our case, the outer work process simply consists of getting outside your comfort zone socially, as often as possible. Ideally you want to be living outside your comfort zone all the time, which takes some getting used to but will dramatically increase your success. This might sound overwhelming but the key is to form new habits, one at the time, that once established take care of themselves without you doing any work, because it will be who you ARE.

Multiple studies show that not only is public speaking among the absolute top fears of people, it's biologically hardwired and related to a general fear of other people, especially people we don't know. This is one of the reason why overcoming social anxiety is the fastest way to grow confidence for most people. One can then easily superimpose that feeling onto any other area of life when needed. However, you will notice that when you've really got your social confidence down everything else tends to take care of itself and automatically fall into place.

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*“THE DOUBTERS SAID, “MAN CANNOT FLY”,
THE DOERS SAID, “MAYBE, BUT WE’LL TRY”,
AND FINALLY SOARED IN THE MORNING GLOW
WHILE NON-BELIEVERS WATCHED FROM BELOW”*

– BRUCE LEE

BELIEF & THE LEAP OF FAITH

You are who you believe you are, and everyone you meet will take their cues from that. Make sure you don't waste time on self-doubt when going through this process. Commit to your new reality & do your inner work consistently, and BELIEVE and FEEL your new story. There might not be any physical evidence at first, this is where you need to take a leap of faith, push through and realize that you are creating the evidence right as you do this. If you resist this concept, consider how you've already created your current reality based on false information and interpretations that simply have no basis in reality. Since you're lying to yourself anyway, why not do it in a productive beneficial way and actually create a positive outcome instead?

This all might sound overwhelming, foreign, scary or unrealistic. View it as an experiment, it's actually very simple stuff. Unless you believe it's not...



“ANYONE WHO HAS NEVER MADE A MISTAKE HAS NEVER TRIED ANYTHING NEW” - ALBERT EINSTEIN

COMMON MISTAKES

- Not taking the time to figure out a master plan for where to take your social life, what skills and connections to develop and what life you want to create.
- Not doing the inner work every day. Just do it even if you don't see immediate results. If doubt arises, push through.
- Not doing enough outer work. This is crucial, and half the puzzle. Make sure you consistently have new interactions with new people. Every day.
- Frequently returning to negative/old thought patterns inbetween the new ones you're trying to cement. You **MUST** realize that every negative thought is just a part of your old conditioning, let them go and immediately counter with 2-3 positives based in the new reality you're creating.



“DO NOT WAIT TO STRIKE TILL THE IRON IS HOT, BUT MAKE IT HOT BY STRIKING” - WILLIAM BUELL SPRAGUE

THE FIRST THING TO DO

Sit down and work out your vision. Start immediately. Even if you just have five minutes, write down everything that comes to mind. You can always change or add stuff later but just get excited about what's possible for you and get it done! The only way to become clear of exactly what you want is to take the time and really think about it. Once you have a clear, motivating vision, create your new story based on already living the new reality you envisioned and tell it to yourself every morning & evening and every time you experience doubt or negativity, AT THE VERY LEAST. More = faster progress. Get into the habit of working on yourself every single day; do your new self-talk, reframe negatives, give-to-give and your life will inevitably change FAST. You have the road map, implement! Take action NOW! It's YOUR LIFE, you can be EXCEPTIONAL, choose it!

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