



The Extended Self Program
A Whole Person Approach to Life Transitions

December 21st FREE Teleclass

Welcome!

***10 Tips To Help You
“Thrive Throughout
The Holidays”***

This class will help you:

- **Align with the Cycle of Life Transitions**
- **Learn about The Extended Self Program**
- **Meet people in my global network**

Everything we experience runs in cycles of transition

**When we face change, we impact our
relationship with three rhythms...**

1. _____ and _____
2. _____ and _____
3. _____ and _____

Each breath, blink and heartbeat we renew our relationship with our environment. In order to connect ourselves to the living intelligence we are, we need to learn to be more self-aware of the Cycle of Life Transitions.

Let's take a look at one of those now.

The Winter System offers us access to the most primitive and raw aspects of our being. It is rooted in mystery and provides the need for renewal. It's the pinnacle to our experience of ourselves. When you solve a crossword puzzle, finish a great book, learn a life lesson in an old movie, you are in the Winter System's circuits.

Tip #1 The mood swing in the Winter System is between _____ and _____

The Winter System is an introspective type of awareness that works from the center to the edge of your focus. Keeping a _____diary allows what's inside, out...

Tip #2 Alignment with this system is best done during the _____, between the hours of _____ and _____

The Winter System moves us to be more aware of the partners we create in life...beginning with ourselves

Tip #3 As we end the day and return to the self, the Winter System seeks out these essential _____.

Learn more about The Extended Self Program's
Peak Performance Resources

~~~~~

Go to the "Schedule A Session Page" on  
[www.markfilippi.com](http://www.markfilippi.com) and set up a private consultation

Let's talk about fear. Fear of change is a common social problem as we approach the end of one year and the start of another. It's estimated that only 20% of us keep our New Year's resolutions. There's no mystery why people fail so much at this process. We fight our design!

**Tip #4** Learn to the apply the \_\_\_\_\_ rule to all aspects of intrapersonal change and transformation.

**Tip #5** The Extended Self Program uses this principle when crafting ways to help you achieve better Visual & Postural Integration. Fear links \_\_\_\_\_ to \_\_\_\_\_.

**Tip #6** Fear can drive other reactions. \_\_\_\_\_ occurs when we face challenges that are greater than our competencies. \_\_\_\_\_ occurs when we face challenges that are less than our competencies. Optimal experiences usually involve a fine balance between one's ability to \_\_\_\_\_, and the available \_\_\_\_\_ for action.

*“Act always as if the future of the Universe depended on what you did, while laughing at yourself for thinking whatever you do makes any difference.”*

*Buddhist saying*

## Let's look at some of the basic features of The Extended Self Program

**Tip #7** All social interactions are guided by the \_\_\_\_\_ window. Practice this with strangers and work your way up to people closer to you over time. In each interaction, it's best to understand the roots of one's motivation, and recognize the biases involved in one's desires. The aim is to instill order in one's consciousness without causing too much disorder in the social or material environment. If we try for less than this we miss a chance of developing our potential, and if we try for much more, we set ourselves up for defeat.

**Tip #8** Your identity has two dimensions  
We're born with a \_\_\_\_\_ identity that is survival-based and relates our \_\_\_\_\_ sense of self.  
We develop an \_\_\_\_\_ identity that is evolution-based and relates to our \_\_\_\_\_ sense of self

**Tip #9** Everyone experiences Two Universal Life Transitions. The first one occurs at Age \_\_\_ when we separate \_\_\_\_\_ from \_\_\_\_\_ and create a \_\_\_\_\_ that we'll use to form our \_\_\_\_\_ self. The second one occurs during \_\_\_\_\_ when we formulate a \_\_\_\_\_ that we'll use to connect our \_\_\_\_\_ self to our \_\_\_\_\_ self

**Tip #10** We all have \_\_\_\_\_ ways to access the resources of the extended self. By attending to how we **BREATHE-MOVE-FEEL-ACT-RELATE-EXPRESS** we awaken a powerful communication system. In order to know which one is speaking to us now, we need to learn the language of the \_\_\_\_\_, which Thomas Hanna describes as “the living you, experienced from within.”



I hope this meeting has created some curiosity in you.  
I look forward to sharing more soon.  
Thank you for joining me!