

daily
ritual

VIPtime

I am a **CREATOR**

I don't **WORK**

I **CREATE...**

THIS IS MY BUSINESS.
IF I'M OUT OF BALANCE
MY BUSINESS IS
OUT OF BALANCE!

it's my **value**.
it's my **choice**.
it's my **content**
it's my **connection**.
it's my **product**.
it's my **time**.
it's my **energy**.
it's my **mastery**.
it's my **gifts**.
it's my **purpose**
it's my **INCOME**.

It's all *for me*. It all *comes from me*. It's all *about me*, but really it's *about you* and what *I can do for you* and how *I can connect with you* and how *I can help you*.

IT'S ABOUT *me,*

BUT IT'S REALLY ABOUT *you.*

THAT'S A *personal brand.*

AS A BUSINESS OWNER, I HAVE A RULE

no email and no social media

UNTIL I'VE COMPLETED MY DAILY RITUAL

FIRST PRIORITY

PROCESS MY EMOTIONAL/THOUGHT SELF

SECOND PRIORITY

RECONNECT TO MY PATH

THIRD PRIORITY

I PRIORITIZE ME AND VIP TIME
(TIME MANAGEMENT/BOUNDARIES)

FORTH PRIORITY

FAMILY/PARTNER/PETS

Every day I look at it like this:

TODAY, MY **BODY** NEEDS...ONE OR MORE OF THESE:

MOVEMENT

REST/NAP

FOOD

SLEEP

HEALING AND RESTORATION

SELF-CARE

SELF LOVE AND ACCEPTANCE

STRENGTH AND MOBILITY

NOURISHMENT

HYDRATION

A SHOWER...

TODAY, MY **MIND** NEEDS...ONE OR MORE OF THESE:

PEACE

TO REFRAME A MINDSET

TO BREAK A LOOP

TO PROCESS ANGER

TO MAKE PLANS AND GOALS

TO CONNECT TO MY CREATIVITY

TO REPLENISH

TO SET A BOUNDARY

TO PROCESS EMOTION

TO COMMUNICATE OR HAVE A DIFFICULT CONVERSATION

TO CREATE IN THE MULTIVERSE

TO JOURNAL

TO ART...

TODAY, MY **SOUL** NEEDS....

NATURE
NURTURE
MEDITATION
FORGIVENESS
CREATIVITY
TO WRITE
TO LEARN
TO PLAY
TO CONNECT

INTIMACY
JOY
FAMILY
FRIENDS
TRAVEL
STILLNESS
SPIRITUALITY
MUSIC
TOUCH...

FOR WORK

number one

I CLEAR MY MIND

number two

I CLEAR AND PREPARE MY SPACE

number three

BOOK VIP TIME

number four

WRITE ACTION LIST (TOP THREE ONLY)

number five

ACTIVATE AND DELEGATE LIST

WHAT DO
you
WANT?

“ DOING WHAT YOU WANT TO DO IS LIFE;
AND THERE IS NO REAL SATISFACTION IN LIVING IF WE
ARE COMPELLED TO BE FOREVER DOING SOMETHING
WHICH WE DO NOT LIKE TO DO;
THE DESIRE TO DO IT IS PROOF THAT YOU HAVE WITHIN
YOU THE POWER WHICH CAN DO IT.
DESIRE IS A MANIFESTATION OF POWER.”

-Wallace D Wattles

WHERE THERE IS *desire* THERE IS *power*

DESIRE IS *appetite, love, passion,*

IT'S ALSO *yearning, greed, craving*

THESE ARE ALL SYNONYMS

DESIRE BECOMES *blocked*

WHEN NO ACTION IS TAKEN

SUFFERING IS *yearning*

yearning FOR SOMETHING YOU WANT

yearning FOR SOMEONE YOU WANT

yearning TO BE DIFFERENT

yearning TO BE GOOD ENOUGH

yearning TO BE LOVED/SEEN/HEARD

THIS
yearning, hate, disappointment, sadness,
hopelessness, resentment

THIS IS *why we suffer*

THEN WE LOOP AND PERPETUATE AND ATTRACT EVEN MORE
yearning, hate, disappointment, sadness, hopelessness
AND THE CYCLE REPEATS

BREAK THE LOOP OF *self hate* AND *self criticism*.

BREAK THE CYCLE OF *negativity, gossip,*
AND *bitterness.*

IF THERE IS *resentment* SET BOUNDARIES.

IF THERE IS PEOPLE PLEASING

get a life
BY DESIGN

WITH INTENTION START CRAFTING THE LIFE YOU WANT.

focus on... **WHAT YOU TRULY WANT IN LIFE**

THE PEOPLE YOU WANT TO BE NEAR

THE PEOPLE YOU ATTRACT

THE PLACE YOU WANT TO LIVE

THE CRAFT YOU WANT TO MASTER

THE HEALTHY BODY YOU WANT TO ENJOY

THE EXPERIENCES YOU WANT TO HAVE

THE HOUSE YOU WANT TO LIVE IN

THE RELATIONSHIPS YOU HAVE

BRINGING VALUE TO EVERY AREA OF YOUR LIFE

MONEY

IS A BYPRODUCT OF

fulfillment

AND

value

Q & A

GEORGE VARANAKIS
AARON ANDERSEN & CRAIG SWANSON

PRODUCTION: TALERED MEDIA
DIRECTION KELLEN SHIMIZU

OUR AWESOME CREW SIERRA & CARL

OUR STUDIO HOST MELISSA JUNE

JEN SWEDHIN - TEAM GET SH*T DONE

THE **EXTRAORDINARY** NIKKI CLOSSER