

— YOUR *signature* LIFE —

MODULE 1

LESSON 2

In this lesson we look at the definitions of distraction and deliberateness so that you can identify both what is getting in the way of achieving your goals as well as what areas of deliberateness you will need to focus on developing in order to reach your desired state.

Distractions: Distractions get in the way of what we are aiming to direct our energy and attention to. They are what derail us from the activity or the state we want to be doing or experiencing. There are two types of distractions:

External distractions: These are the distractions that originate from outside of you. Anything from your environment, such as a phone ringing or another person speaking to you.

Internal distractions: These distractions are made up of all the chaos in our minds, the incessant thoughts, worries, and stories that not only make the realization of our visions more difficult but can even stop them in their tracks.

Examples of my key external distractions include...

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Examples of my key internal distractions include...

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Which of the above answers are costing you the most in your life?

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Deliberateness: In the context of this program and the Deliberate Community at large, deliberateness is defined through its three pillars:
Choose what matters. Act what matters. Become what matters.

The Four Archetypes of Deliberateness

Choose-Becomers: People who are great at identifying what they value, what they want out of life, and what they believe in but really struggle when it comes to developing good habits and taking action. As a result, their choices—better known as their preferences in this case—aren't visible to themselves or others. Choose-Becomers are known to fall flat when it comes to taking action on their choices, so become people who are separate from the values they hold. Despite knowing what they want in life, others wouldn't know it.

Act-Becomers: People who are super when it comes to taking action but lack the awareness behind their acts. They may be quick to deliver but haven't given much more than a second thought to what they're choosing to focus on or why. As a result, what they become are people they didn't intend to be. They may be burnt out and/or seem successful to the world but feel depleted inside.

Becomers: People who tend to feel disempowered in their ability to influence their own outcomes and as a result do not make conscious choices around what they value and take little proactive action in shaping their lives. Instead, much of the way they behave is in reaction to others and events. As a result of not choosing or acting what matters to them, the lives of Becomers simply “become” shaped by their reaction to whatever is thrown their way.

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None of these archetypes reflect a deliberate way of living, one that represents the fullest expression of who a person is and how that person would like to be remembered. As a result, a core experience of these three archetypes is the quiet feeling that something is not quite right, that who the person is on the inside is not truly reflected in her outer world.

You are the boss of your brain. Regardless of your past, your future holds enormous possibility. None of this is set in stone. We can all change our story and move toward deliberateness. The purpose of identifying which archetype best describes your current *behaviour* is to identify which area(s) you need to focus on developing most.

Choose-Act-Becomers: People who are truly deliberate, who take the time to continually revisit their values, priorities, and aspirations and who put those aspirations into daily, actionable behaviours. As a result, others come to know them in a way that reflects the visions they hold for themselves. They are people who keep showing up despite the challenges, take their life and their self-responsibility seriously and are relentless in the pursuit of the shaping the quality of their lives. Choose-Act-Becomers challenge themselves to be disciplined, to be curious, and to live with integrity. They are present in their life and life rewards them back with endless moments of beauty and grace.

Choose-Act-Becomers aren't born, they're self-made. Working toward a CAB archetype is the way to become the person you've chosen to be.

The archetype that most resonates with me is...because...

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