

DAY 1 - MINDSET REALIZATION HANDOUT

LOWER SELF vs HIGHER SELF

*Which voice is leading your life?***READ THIS SLOWLY**

There was a man who kept saying: "One day I will take care of my health. One day I will read more. One day I will save properly. One day I will spend more time with my family. One day I will do something meaningful with my life."

He was not lazy. He was educated, responsible and hardworking. But every day something else became more urgent - work, calls, bills, children, responsibilities, tiredness, entertainment and comfort.

One year became three. Three became five. Then one day he realized: Nothing was badly wrong. But nothing was deeply right either.

The biggest battle in his life was not outside him. It was the small conversation happening inside him every day.

One voice said: "Rest. Later. Not now. You are already doing enough." Another voice said: "Get up. Learn. Read. Take care of yourself. Do what matters. You still have more inside you."

Both voices were his. But only one could lead.

1. MEET YOUR TWO VOICES

Your Lower Self looks for immediate comfort. Your Higher Self looks at long-term growth.

LOWER SELF	HIGHER SELF
"What feels easy now?" Comfort - delay - relief	"What is right for my future?" Growth - responsibility - action

2. YOUR FIRST REALIZATION

Write honestly. There is no right answer. This page is only for you.

AREA	MY LOWER SELF SAYS...	MY HIGHER SELF SAYS...	WHAT DO I USUALLY CHOOSE?
Health	_____	_____	_____
Money	_____	_____	_____
Career / Business	_____	_____	_____
Relationships	_____	_____	_____
Reading / Learning	_____	_____	_____

3. CATCH YOURSELF IN REAL LIFE

Today, catch at least 3 moments where both voices appear. Awareness comes before change.

SITUATION 1

What happened? _____
 Lower Self said: _____
 Higher Self said: _____
 What did I finally choose? _____
 How did I feel after that choice? _____

SITUATION 2

What happened? _____
 Lower Self said: _____
 Higher Self said: _____
 What did I finally choose? _____
 How did I feel after that choice? _____

SITUATION 3

What happened? _____
 Lower Self said: _____
 Higher Self said: _____
 What did I finally choose? _____
 How did I feel after that choice? _____

4. THE 3 SIGNS TO WATCH

1

I talk about my dreams more than I work toward them.

What is one goal I have been talking about for a long time but have not acted on seriously?

My answer:

2

Comfort gets priority before my goals.

Where am I choosing what feels good now over what will help me later?

My answer:

3

I call it "being realistic."

Is this truly reality, or is fear protecting my comfort?

My answer:

5. THE 24-HOUR CHALLENGE

FOR THE NEXT 24 HOURS, ASK ONE QUESTION:

"Who is speaking right now - my Lower Self or my Higher Self?"

Then choose one small Higher Self action.

Read 10 pages | Walk 20 minutes | Make one important call | Save instead of spending | Finish one pending task

6. ONE DECISION FOR TODAY

One area where I want my Higher Self to lead more:

One action I will take today:

When will I do it?

What could stop me?

What will my Higher Self say when that happens?

7. MY DAY 1 DECLARATION

Place your hand on your heart and read slowly:

"Starting today, I choose to act with courage and let my Higher Self lead the decisions that shape my life."

HIGHER SELF LEADS. LOWER SELF FOLLOWS.

8. BEFORE YOU SLEEP TONIGHT

1. Where did my Lower Self try to control me today?

2. Where did my Higher Self win today?

3. What one choice am I proud of today?

TODAY I REALIZED THAT...

**You do not need to change your whole life today.
You only need to change who leads the next decision.**