



TABLE FOR THREE, PLEASE

The adrenaline of Old You fear v. the adrenaline of New You Greatness: same adrenaline, almost the same feeling... but oh so different in creating reality!

- Facebook, October 21, 2008

*During this change and transformation process, you're making shifts: **Old You**, Transitional You, **New You** –while moving toward The **Greatest Version of You**. Knowledge and awareness lead you to make higher, more evolved, decisions –and yet, you experience strange emotional oscillations. As you're puzzling through something, remember, "I'm a party of three, please."*

Counter-intuitively, "a table for three" doesn't matter much when life is easy or there aren't any challenges present.

However, when the chips are down and the storm surge is high, it is crucial to know, first, that you can act/ think/ feel from any one position.

Second, the positions can shift rapidly, even as fast as within a sentence or a paragraph based on a loved one's face or a boss's look or something in your environment either creates defensiveness in you or inspires you to Greatness.

Pick a time when you now know that you were oscillating. Describe what was going on and what made you switch between the **Old You** and **New You** and **Greatest Version of You** positions.

We played the "now v. not now" game, meaning, add that to the end of every sentence, and watch how the intention and conversation changes. Play the "Table for Three" game: at the end of each sentence, or crucial programming point, note who was talking, the **Old You**, the **New You**, or the **Greatest Version of You**? Pick a time that helps you understand your difficulty or growth in that moment. Journal it here:



This is a HUGE tool – play it at a Level 10! Watch what happens! (Do it with a number of vital times in your life.)

“Do you make your fears smaller or your Greatness greater? The funny thing is that in order to grow your Greatness... so does your fear!

- Facebook, October 14, 2009