Pinning Down Your Character

A really useful tool for engineering change is what I call, Pinning down your character.

Most of us imagine us as a complete whole. The thoughts going through our head, the random emotions which pop up, the energy slumps and the bad moods...this is what we define as us. Most of us are so deep in this character we cannot disassociate from it at all to the point where it becomes our identity.

People who are able to achieve incredible things *(like lrducing their metabolic age substantially)* are often able to move outside their character and see it as a puppet on strings which are controlled by the real self.

Much like the main character in a 3rd person shooter game they are able to take a viewpoint from above and behind their *"character"* and thus disassociate from its desires and wants and instead are in a great position to be able to determine if the character is actually capable of achieving what it is you are trying to create.

So fo example, when trying to get out of bed in the morning. Most of the time the character takes over...*"Oooh I'm tired I should just stay here for a bit longer."* Or *"it's a bit cold out, I'll wait until it warms up."* In short the character finds any excuse it can to stay in bed. In someone where the character is pulling the strings the reaction is predictable...hit snooze, roll over and go back to sleep.

In someone who is controlling the character (taking our 3rd person view) the mind will still hear these stories but will understand them for exactly what they are. It will pull the strings of the character and force them out of bed regardless.

But not only does it pull the strings it also assesses the character before it and decides if it is fit to task. Is it actually capable of achieving all the dreams the mind has. If it isn't it's tie to create a new character which is capable of achieving these dreams.

Which is exactly what I invite you to do over the course of this Program.