

THE HIGH ACHIEVER PARADOX TRANSFORMATION (HAPI) PROCESS

STEP 1: Awareness (of your mental state and energy flow)

Use any tool that works for you to come into the present moment. Relax into your still, calm core AND remain alert. You may need something calming (e.g. focusing on the breath) or something energising (e.g. shake out/light jog on the spot). Take your time. Feel the shift in your energy and state of mind. This is your reset into the present moment.

STEP 2: Enquiry (into limiting beliefs)

Bring to mind a situation you're working with. Take yourself back to that situation.

Question 1: When you think about this situation, what thoughts and feelings are you present to?

- 1) Fears, frustrations and emotions (*What are you feeling about this situation and why? E.g. I'm angry at John because he didn't acknowledge my work*)
- 2) Judgements and criticisms (*What are you making it mean about you / the other person / the situation? E.g I'm not good at promoting my work. John is so self-centred and selfish!*)
- 3) Desires, needs and expectations (*What would need to happen so you can be happy? E.g. I want/need John to acknowledge my work. He should be more thoughtful.*)
- 4) The worst case scenario (*What are you trying to avoid at all costs? E.g. John should never ignore my work again and diminish me.*)

Question 2: How does this thought not serve you?

- Pick one simple statement from your answer to question 1. You can work with all of them, one at a time.

Question 3: Do you choose to believe it? (yes/no – either is fine)

- Notice what happens whether you choose *yes* or *no* (the thoughts and feelings that arise, the actions you want to take or not take, any sense of peace or spaciousness).

Question 4: What's the alternative thought? (that's as true or truer than the statement you're working with)

- Reframe: Take a statement from your answers to question 1 and reframe it until you experience clarity. For example, say the opposite: *John shouldn't acknowledge my work; and/or I should acknowledge my work.*
- Evidence: Why could this reframe be true? Think like a scientist investigating a hypothesis – it may or may not be true e.g. *I've acknowledged my work before and it helped.*

Question 5: What do you resolve in this moment?

- Stay present and welcome everything including your worst case scenario e.g. *I am willing for John not to acknowledge my work again.* Notice any shifts in your state.

HAPI aftercare: Take quiet time. Walk in nature. Journal insights that come up for you.