

HOW TO

REINVENT YOURSELF
AFTER QUITTING ALCOHOL

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SUMMARY OF WORKSHOP

OUR MAIN TOPICS TODAY

Definition of Self-Reinvention
Self-Evaluation
Spectrum of Success Predictors
Importance of Measuring Results Regularly
Implementation
Achieving Transformation Goal



SELF- REINVENTION

THE PROCESS OF CONSCIOUS TRANSFORMATION

How do you know what you should be striving for? "Project yourself deep into the future and ask: What will I regret not having done?" Markman suggests, and then work backward to avoid that end. "Use that as a way of planning your life."

Before you can reinvent yourself, you have to know who you currently are. "People need to understand their strengths, their weaknesses, their passions, and their own story," says Robert Steven Kaplan.

SELF- EVALUATION

THE STEP BEFORE REINVENTION

Looking at your progress, development and learning to determine what has improved and what areas still need improvement. Usually involves comparing a "before" situation with a current situation.

After completing the worksheets on the Spectrum of Success Predictors, you'll have a clear and in-depth idea about where you currently are at.

WHAT IS SELF-REINVENTION?

WHY IS IT IMPORTANT TO US?



Designing a New Future You

By doing an in-depth self-assessment and then creating some goals to aim at for your character and more, you'll be designing a new future self.

Integration with Your 3 Elements



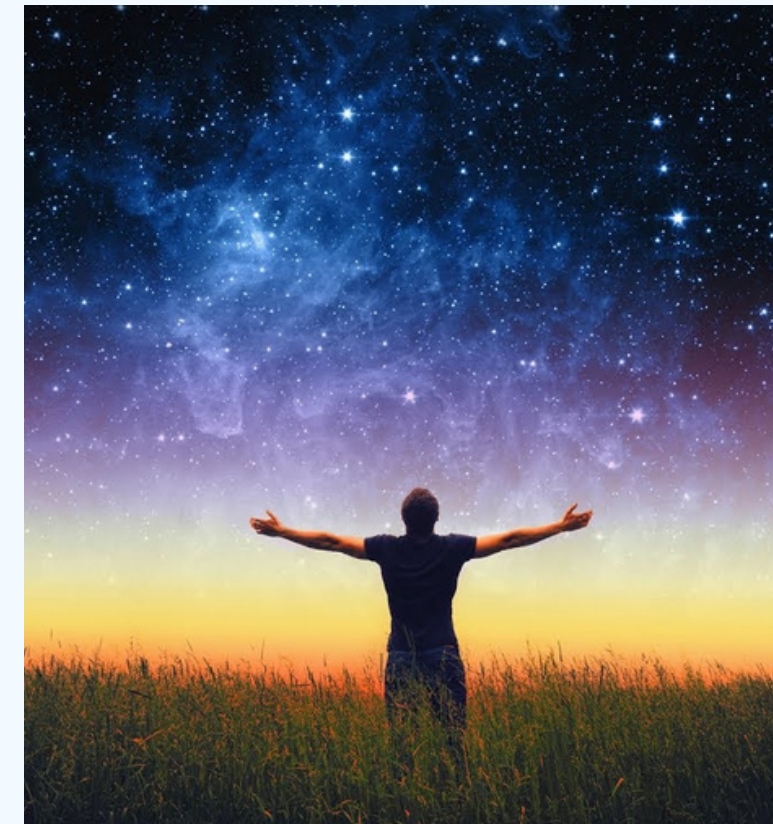
BODY

We have to take care of our brains and bodies.



MIND

We have to take back control of our habitual thoughts.



SPIRIT

We have to connect to our higher life purpose.



THE SELF- EVALUATION SPECTRUM

PREDICTORS OF ALCOHOL-FREE FOR LIFE SUCCESS

The culmination of some of the most important polar opposite behavior combinations that, when rated, can lead to a really useful self-assessment outcome.

TRANSFORMING FROM CURRENT SELF

This process is not usually fun to go through, but it's needed and it's worth it.



TO AN UPGRADED FUTURE SELF

The accomplishment of this is something most people will never realize, but it's truly what life is all about.

MY SELF-REINVENTION TIMELINE

2002

Became an alcoholic and drug addict that spent many years experiencing negative consequences.

2012

Ended my addictions, got healthy, started a career as a counselor, got into personal development.

2014

Started my own recovery company, website, blog, coaching program, and began loving life more.

2019

Started Elevation Recovery with Chris Scott, and now in 2021 these episodes have been listened to by close to a quarter million people.

3 STEPS TO REINVENT YOURSELF

1. SELF-ASSESSMENT

The first step is to do a detailed and honest evaluation of yourself, including your behaviors, mindset, and more.

2. SET YOURSELF SOME INFORMED AIMS

After learning where you are doing well and where you are lacking a lot, set some aims that you feel would serve you.

3. DEFINE WHO YOU WANT TO BECOME & WHY

Fulfillment is not tied to goals, but in becoming the person you need to become in order to reach your goals.

Success Indicator Categories

HABITS

The programmed thoughts and behaviors we do automatically as a result of either proactively or reactively doing them.

PSYCHOLOGY

Our mindset and emotions we've developed over the course of our life which guides how we view people and things.

RELATIONSHIPS

The intimate and non-intimate connections we have with people such as family, loved ones, friends, coworkers, etc.

HEALTH

Our physiological wellness and vitality and constitution. Deals with the physical brain, organs, and all body systems.

SUCCESS FORMULA

HOW IS SUCCESS CREATED?



Develop & Write Down
Informed Aims



Take Massive Action on
Moving towards Aims



Measure, Adjust Approach,
Keep Learning & Growing

FACTS AND FIGURES

3%

of humans do this type of intense self-evaluation and self-reinvention work.

This is just my best guess which is based on lots of research.

20%

Set goals sometimes and learn here
and there but not daily

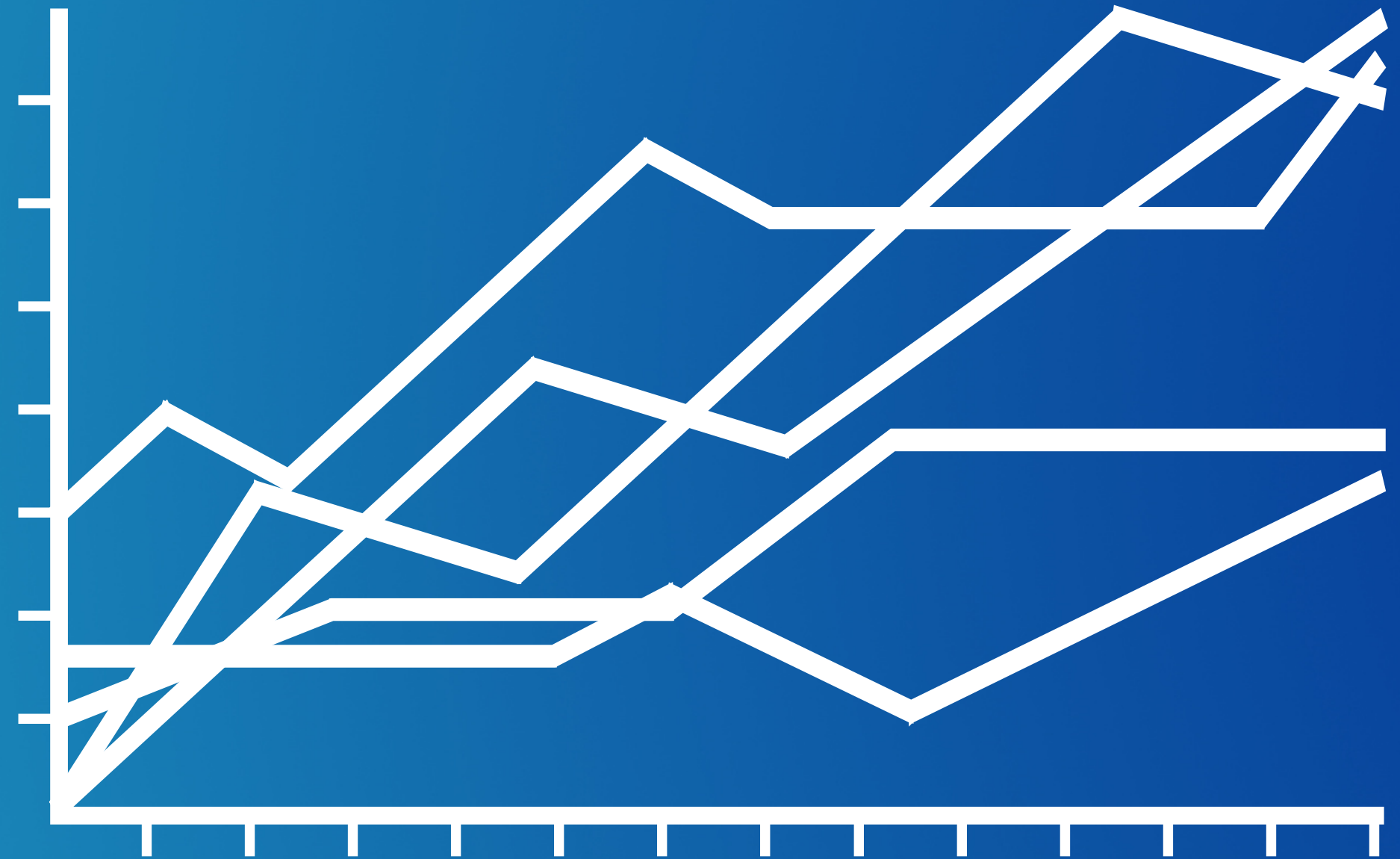
77%

Don't do any goal-setting or personal
development

SELF-REINVENTION PROGRESS

ACCORDING TO
LIFE

It's not a straight or linear path,
there are ups and downs and back
tracks and ruts and much more.



YOUR RATING:

0
5
10
15
20

PATHOLOGICAL PREOCCUPATION



Thinking, worrying, or obsessing about one, several, or many things. This is the destroyer of Absolute Focus and most people are driven by it.

NEGATIVE (-)

POSITIVE (+)

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

ABSOLUTE FOCUS



Staying in the present moment and only focusing on the task at hand or the experience in the present moment. The top skill to achieve any goal.

Spectrum



YOUR RATING:

0
5
10
15
20

INSTANT GRATIFICATION

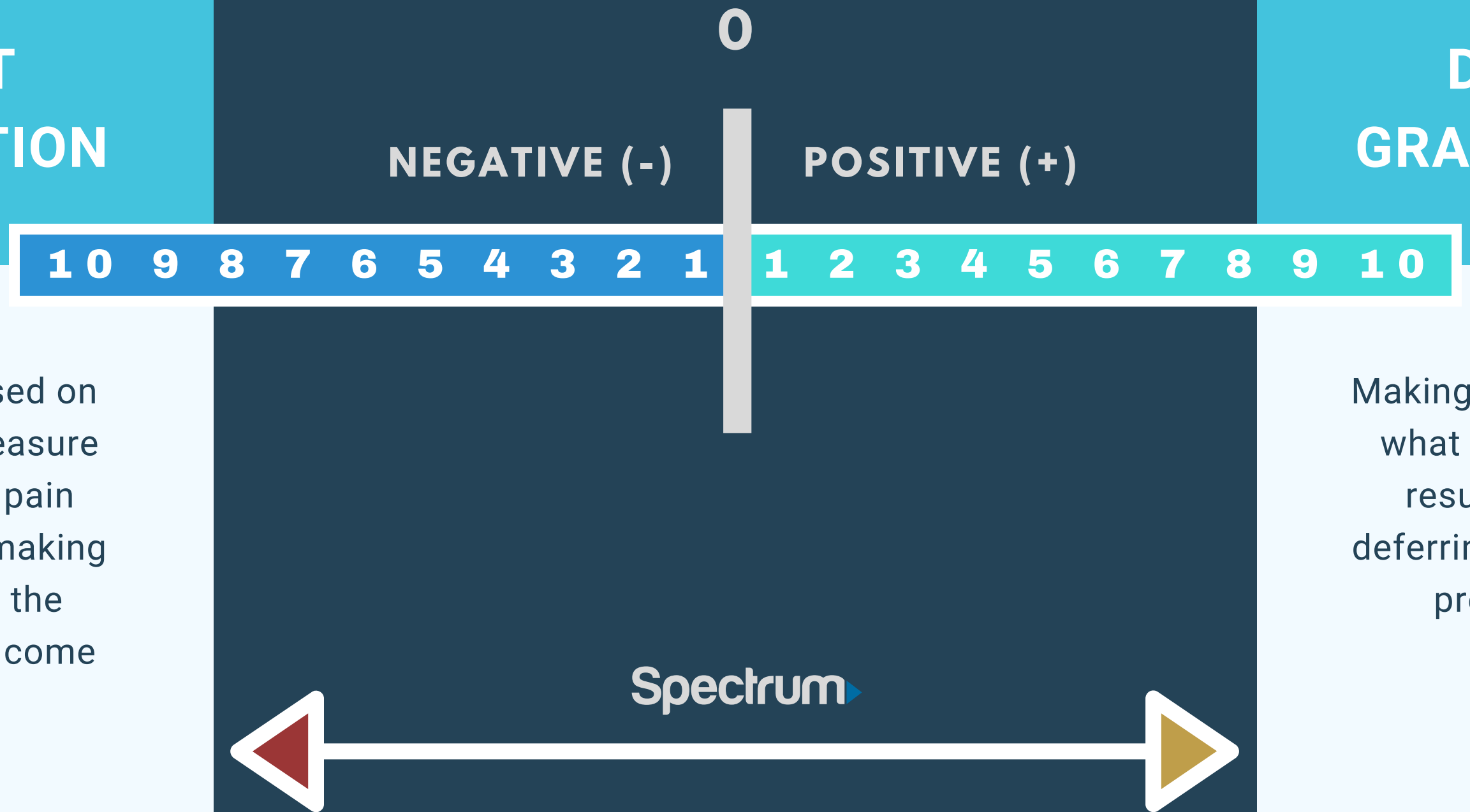


Making decisions based on how to experience pleasure right now and avoid pain right now, instead of making decisions based on the delayed rewards that come much later.

DELAYED GRATIFICATION



Making decisions based on what the best long-term results would be and deferring gratification from present to future.



YOUR RATING:

0
5
10
15
20

REACTIVE MORNING ROUTINE

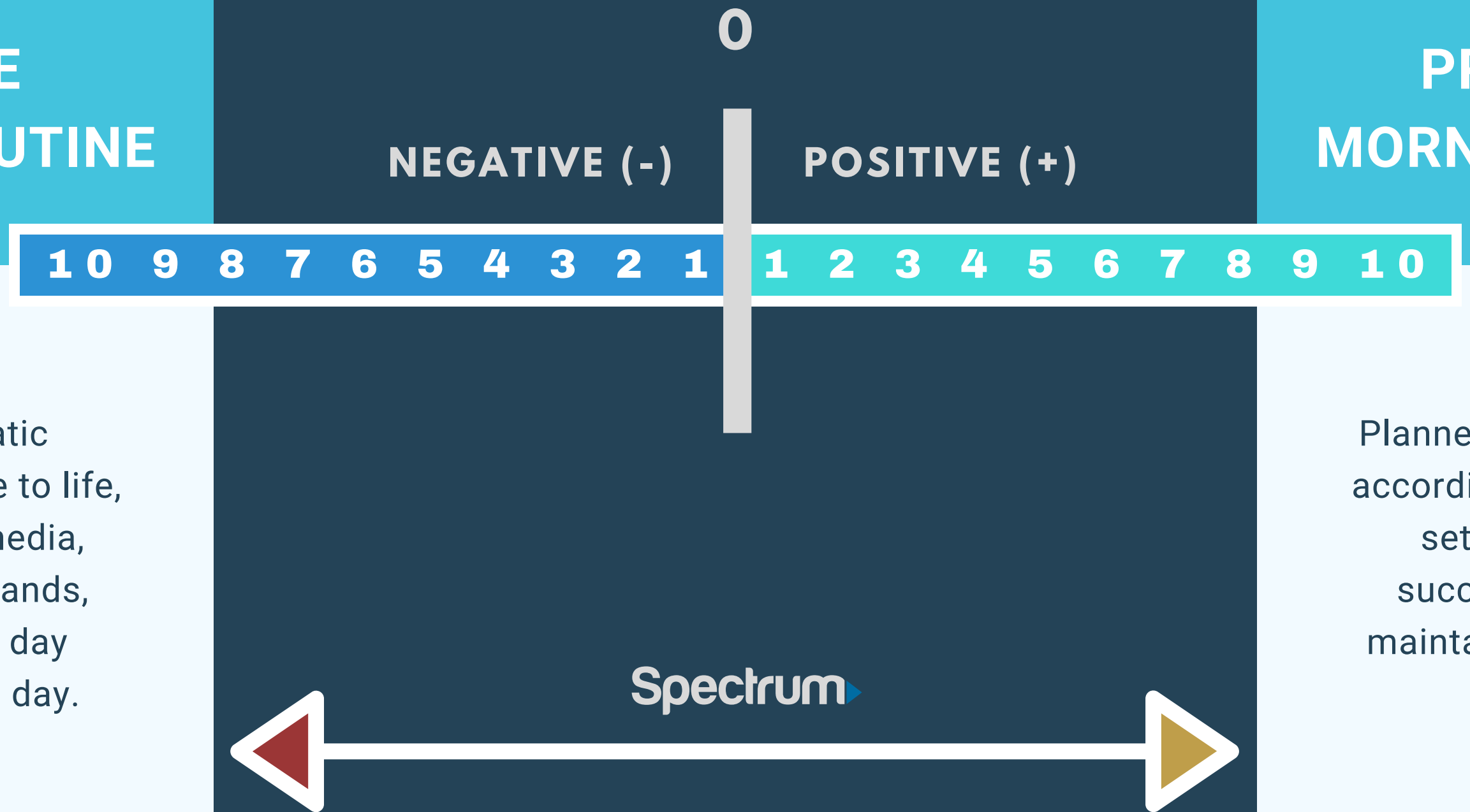


Habitual, automatic reactions in response to life, eg emails, social media, other people's demands, where we react to day instead of plan the day.

PROACTIVE MORNING ROUTINE



Planned out and played out according to the plan, which sets your day up for success and helps you maintain agency over your life.



YOUR RATING:

A vertical scale with numbers 0, 5, 10, 15, and 20. A white rectangular box is positioned to the right of the scale, intended for a user's rating.

GOLDFISH ATTENTION SPAN

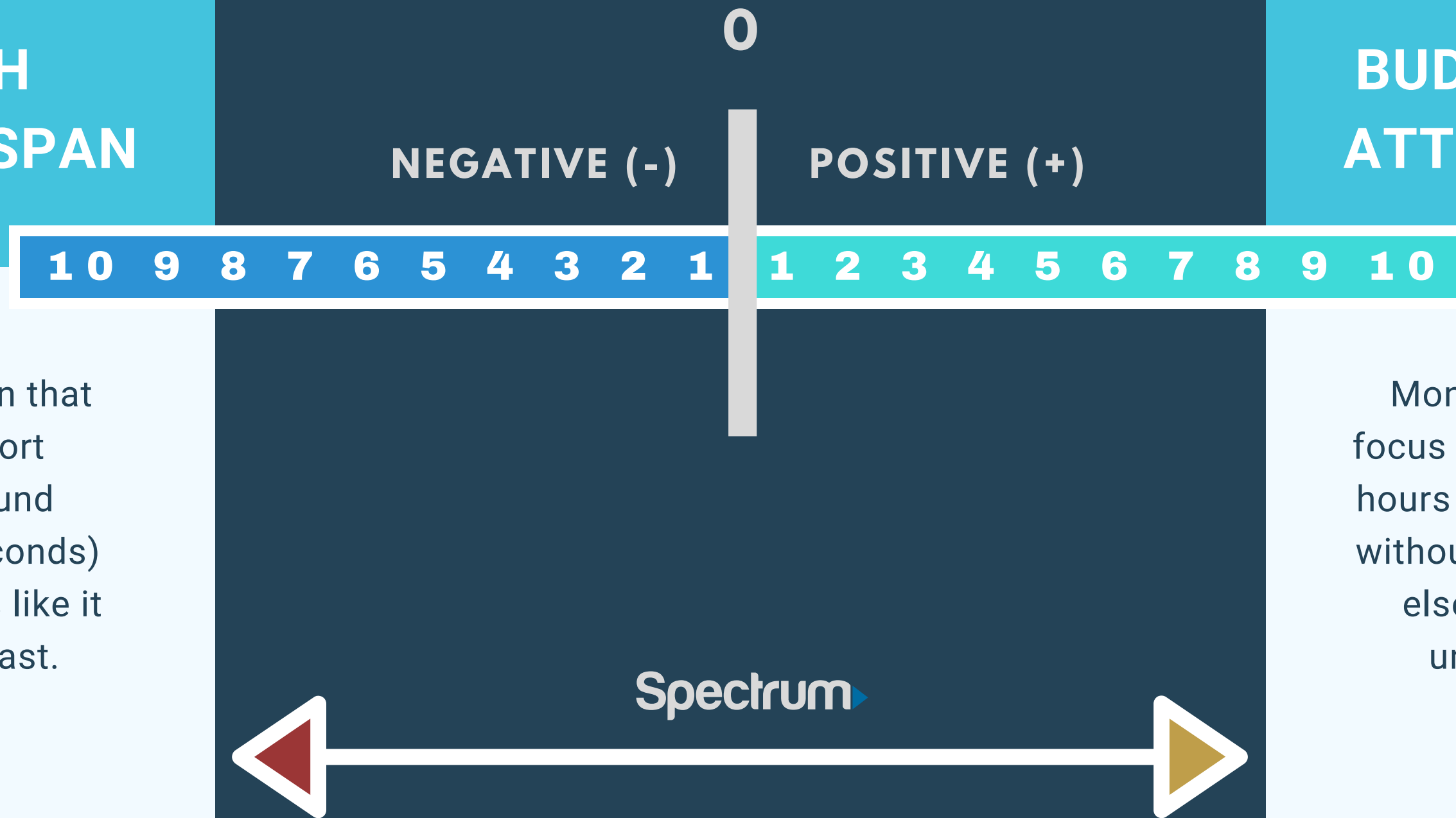


The new phenomenon that humans have a short attention span around goldfish time (7-9 seconds) instead of 20 minutes like it was in the recent past.

BUDDHIST MONK ATTENTION SPAN



Monks are often able to focus on a single mantra for hours or even the entire day without thinking of anything else. Their attention is under their agency.



YOUR RATING:

TOTALLY DISTRACTIBLE



Having a lifestyle where it's easy to get interrupted by people, texts, calls, emails, social media and other notifications that ping, ding, and ring.

NEGATIVE (-)

POSITIVE (+)

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

INDISTRACTIBLE



Having a lifestyle where it's impossible for people or technology to interrupt and distract you when you're in Indistractable Mode.

Spectrum



YOUR RATING:

VIRTUALLY NO AIMS



Not having any goals or direction as to what you'd like your life to look like in the future, and hoping for things to just work out somehow without making plans.

NEGATIVE (-)

POSITIVE (+)

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

SNIPER AIMING ON TARGETS



Detailed vision of the future you'd like to create for yourself with concrete goals, action plans, and processes for achieving your desired outcomes.

Spectrum



YOUR RATING:

0
5
10
15
20

NON-STARTER/ QUITTER

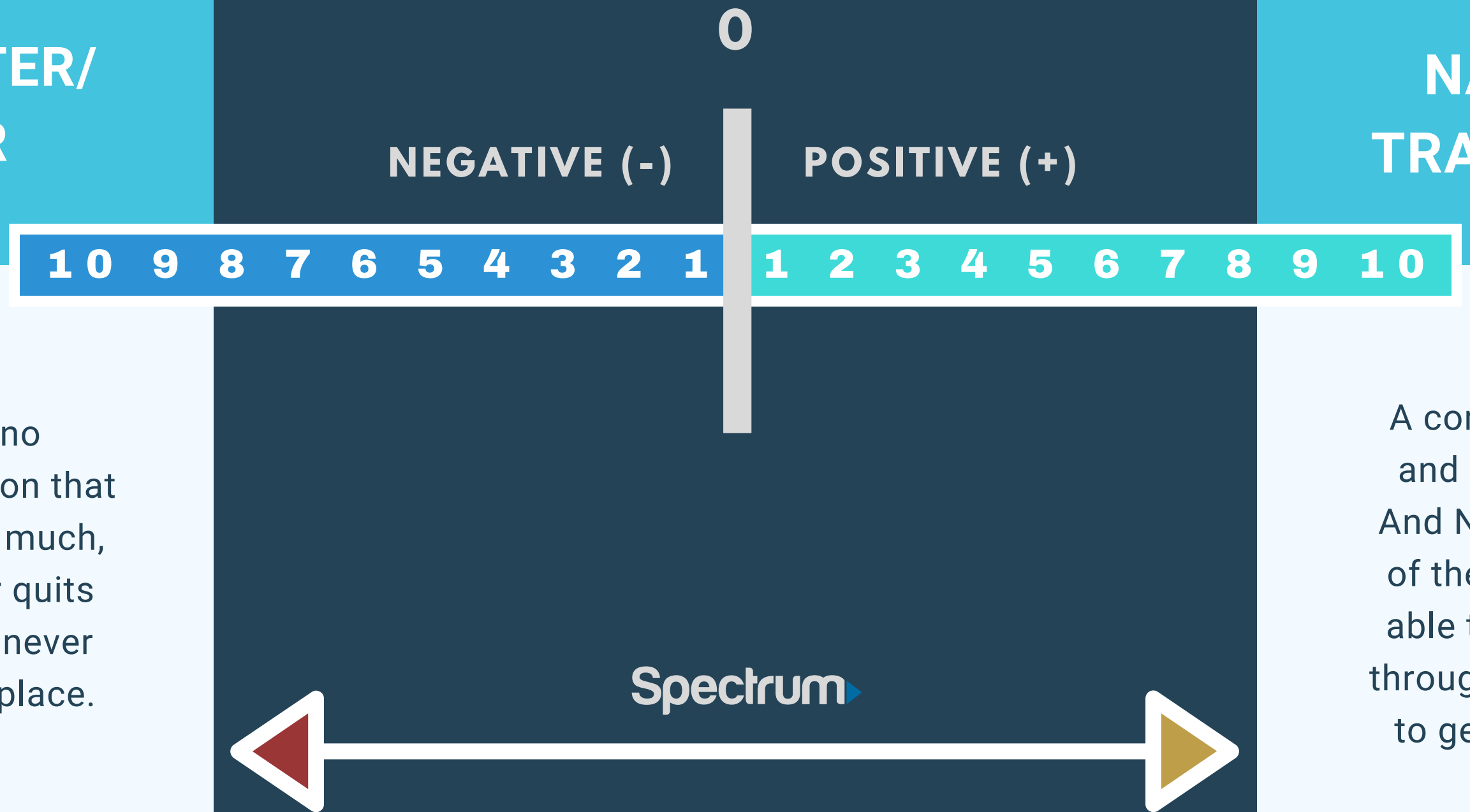


No passion and no perseverance, a person that is not excited about much, negative, and either quits things they start or never even try in the first place.

NAVY SEAL TRAINING GRIT



A combination of passion and perseverance is grit. And Navy Seals have some of the most grit ever to be able to make it all the way through their week-long test to get their trident or fail.



YOUR RATING:

CIRCLE OF NEGATIVE INFLUENCE

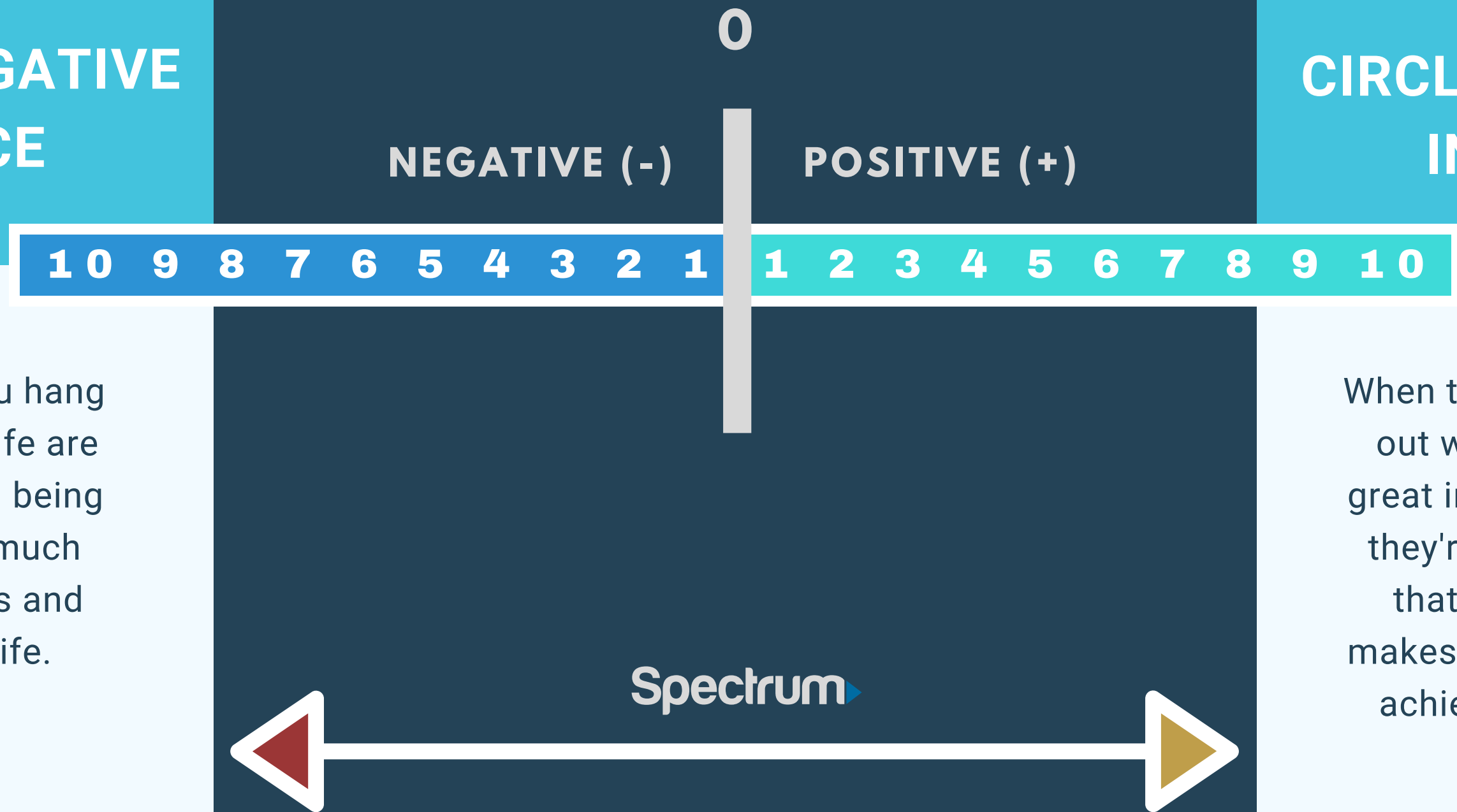


When the 5 people you hang out with the most in life are all bad influences and being around is making it much harder to reach goals and dreams for better life.

CIRCLE OF POSITIVE INFLUENCE



When the 5 people you hang out with the most are all great influences on you and they're the type of people that having in your life makes it easier to grow and achieve your dream life.



YOUR RATING:

0
5
10
15
20

CONSISTENTLY IN A NEGATIVE STATE



Psycho/Physio state in which you feel bad physically and you're in fearful emotional state as well, making it hard to see the good in life and take action on goals.

NEGATIVE (-)

POSITIVE (+)

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

CONSISTENTLY IN A PEAK STATE



Excellent Psycho/Physio state in which your body feels great, your mindset and attitude are in a good place, and you're full of passion and energy and confidence.

Spectrum



YOUR RATING:

COMFORT ZONE LIFESTYLE

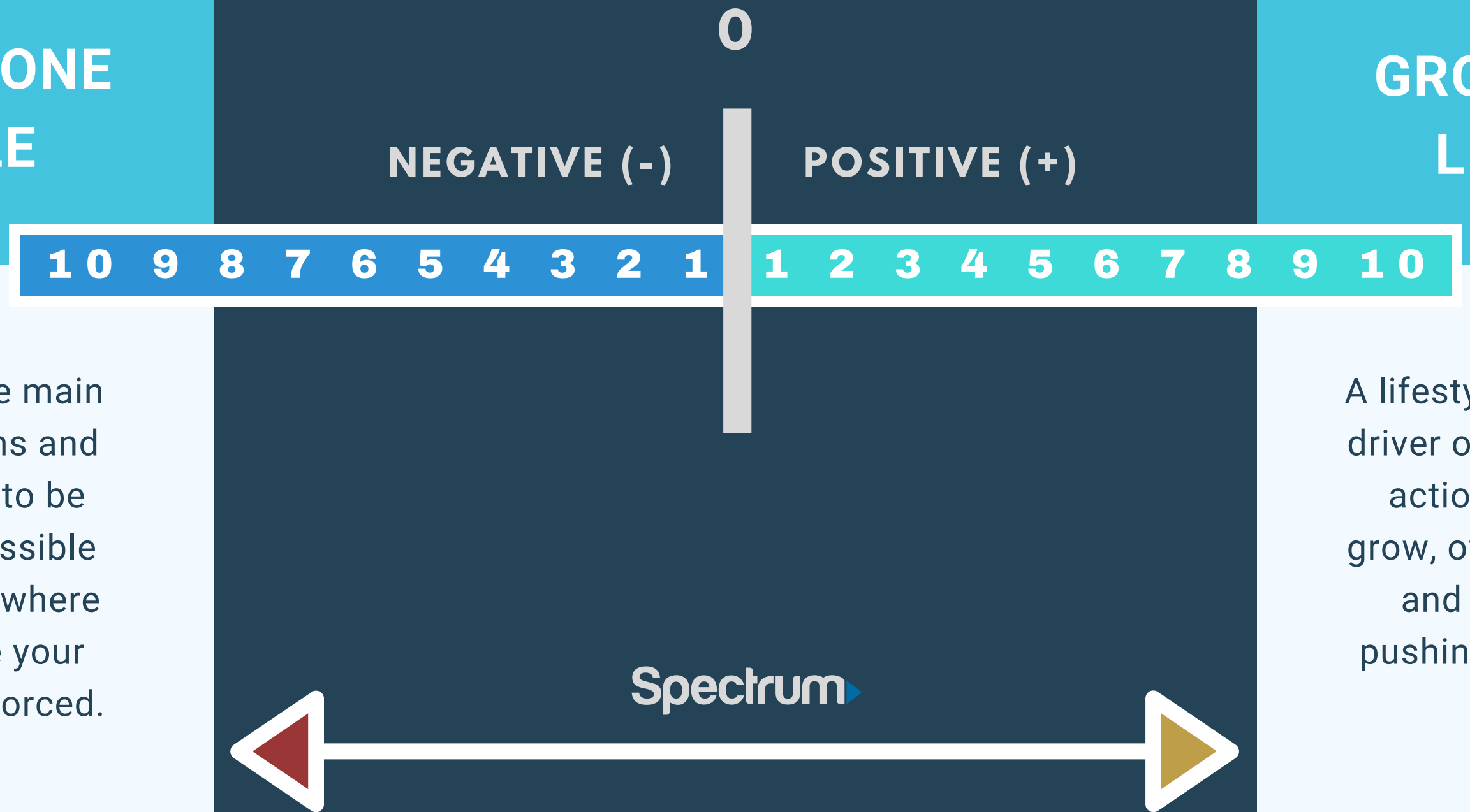


A lifestyle in which the main driver in your decisions and actions is the desire to be as comfortable as possible as much as possible, where you never go outside your comfort zone unless forced.

GROWTH ZONE LIFESTYLE



A lifestyle in which the main driver of your decisions and actions is the desire to grow, overcome challenges, and you're constantly pushing yourself to live up to potential.



YOUR RATING:

EMOTION-BASED DECISION-MAKING

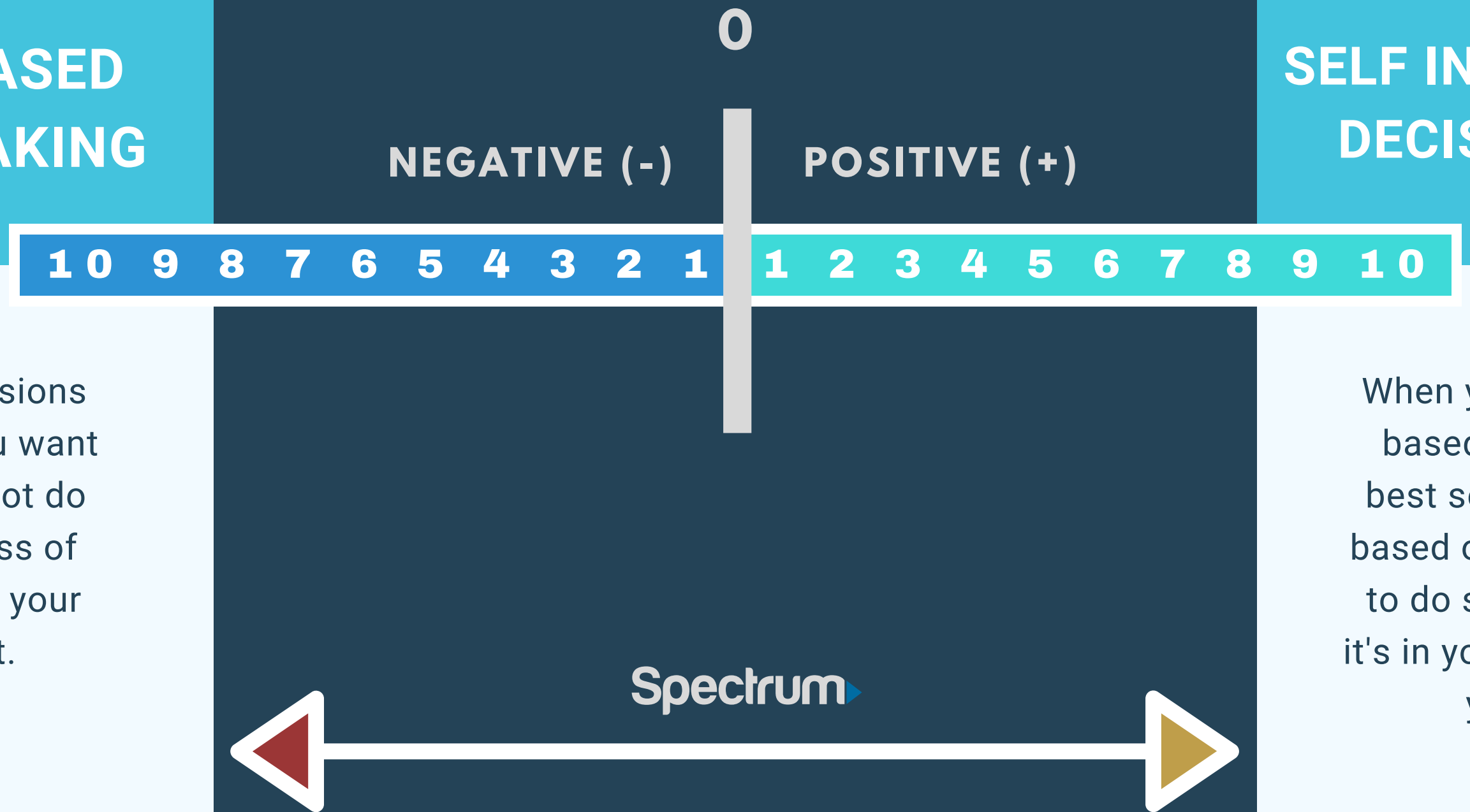


When you make decisions based on whether you want to do something or not do something, regardless of whether or not it's in your best self-interest.

SELF INTEREST-BASED DECISION-MAKING



When you make decisions based on what's in your best self-interest, and not based on whether you want to do something or not. If it's in your best self-interest, you just do it.



YOUR RATING:

ZERO PLANNING OR EVEN TO-DO LISTS

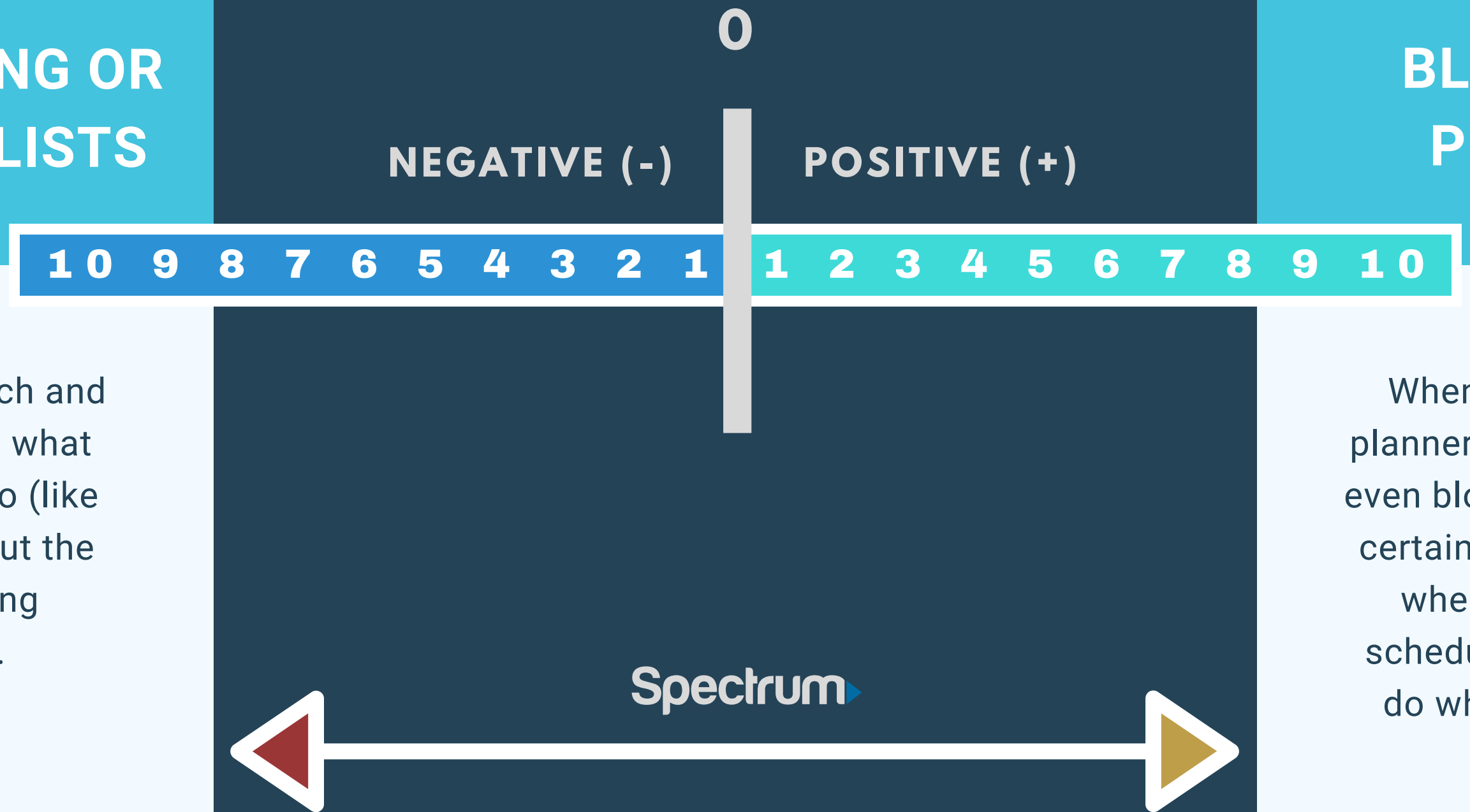


When you wake up each and every day and just do what you're scheduled to do (like work 9-5 and figure out the rest as you go along through the day.

BLOCK-TIME PLANNING



When you go by a daily planner that you fill out and even block off time slots for certain activities, and then when those blocks of scheduled time come you do what's written there.



YOUR RATING:

CONSISTENT SHALLOW BREATHING



When most of the day you're breathing short breathes from chest or nose and not getting nearly as much oxygen as a healthy breather.

NEGATIVE (-)

POSITIVE (+)

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

CONSISTENT BELLY BREATHING/COHERENCE



When you're breathing in belly and the inhales and exhales are the same duration and force, hyper-oxygenating the body and achieving a state of coherence.

Spectrum



YOUR RATING:

0
5
10
15
20

**EATING HEALTHILY 0%
OF THE TIME**



Living off a diet of fast food and junk food, soda and other things that lack nutrition and are loaded with crap.

10

9

8

7

6

5

4

3

2

1

1

2

3

4

5

6

7

8

9

10

**EATING HEALTHILY
OVER 80% OF THE TIME**



Eating in a way that 8 out of every 10 meals or snacks you're having something healthy, and 2 out of 10 times you eat whatever you want regardless of nutrition.

Spectrum



YOUR RATING:

EXERCISING ZERO TIMES PER WEEK

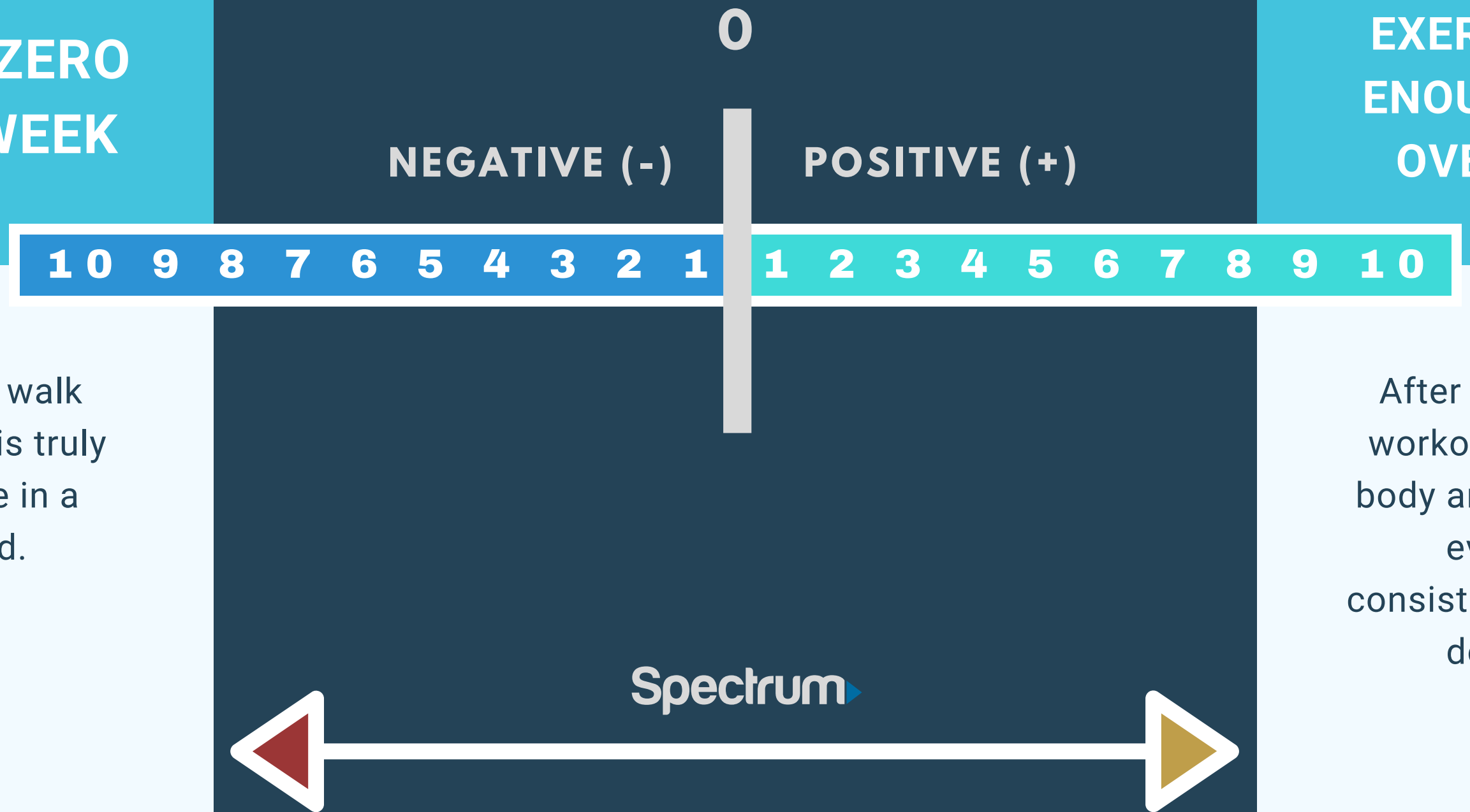


Not even going for a walk one time a week, this is truly getting zero exercise in a given 7 day period.

EXERCISING JUST ENOUGH WITHOUT OVER-TRAINING



After finding out a great workout regimen for your body and life, going by this every week with consistency, even when you don't feel like it.



YOUR RATING:

0
5
10
15
20

NO-ACTIVE SLEEP ROUTINE

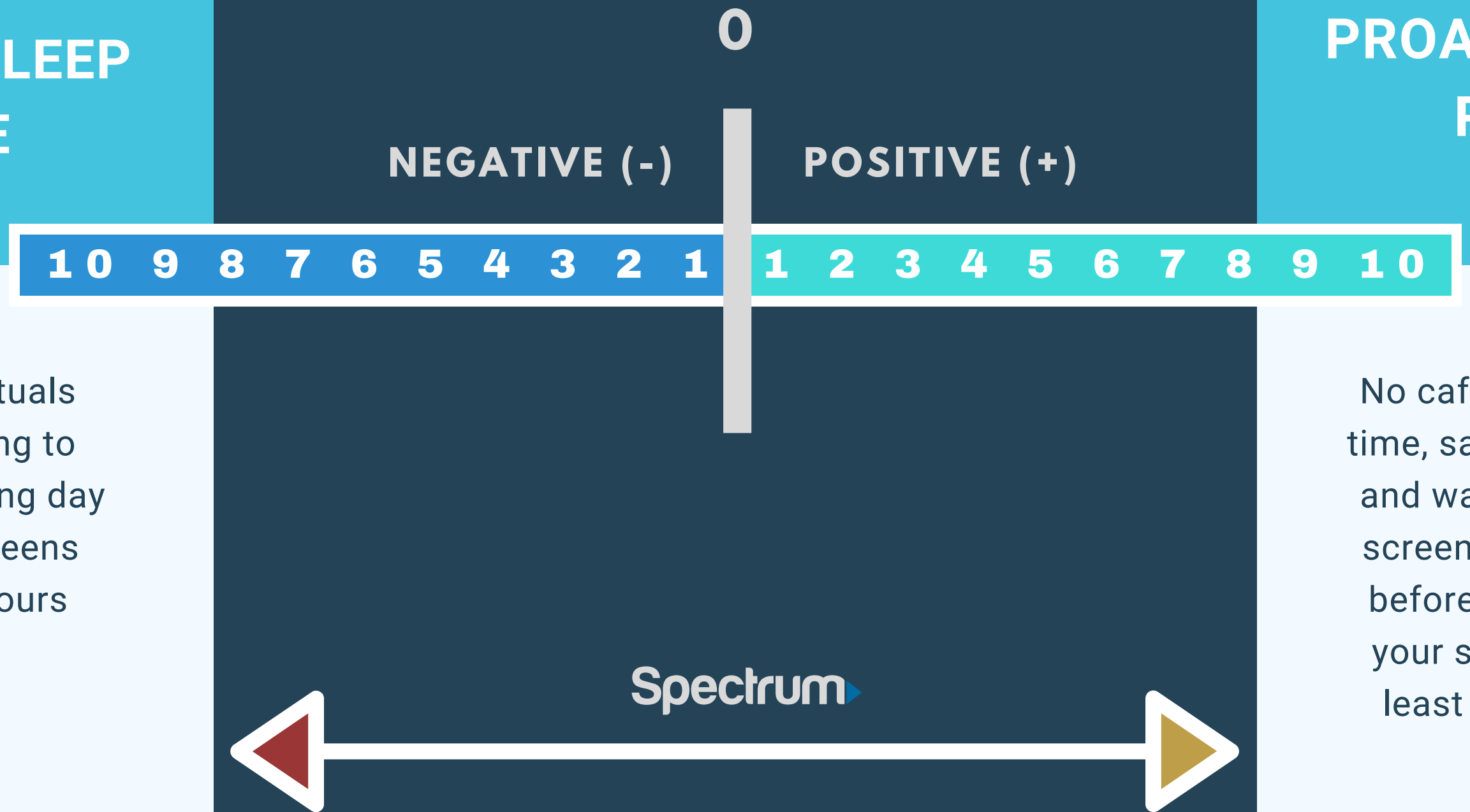


Having zero sleep rituals and literally just going to bed whenever, changing day by day, watching screens with blue light for hours before bed.

PROACTIVE SLEEP ROUTINE

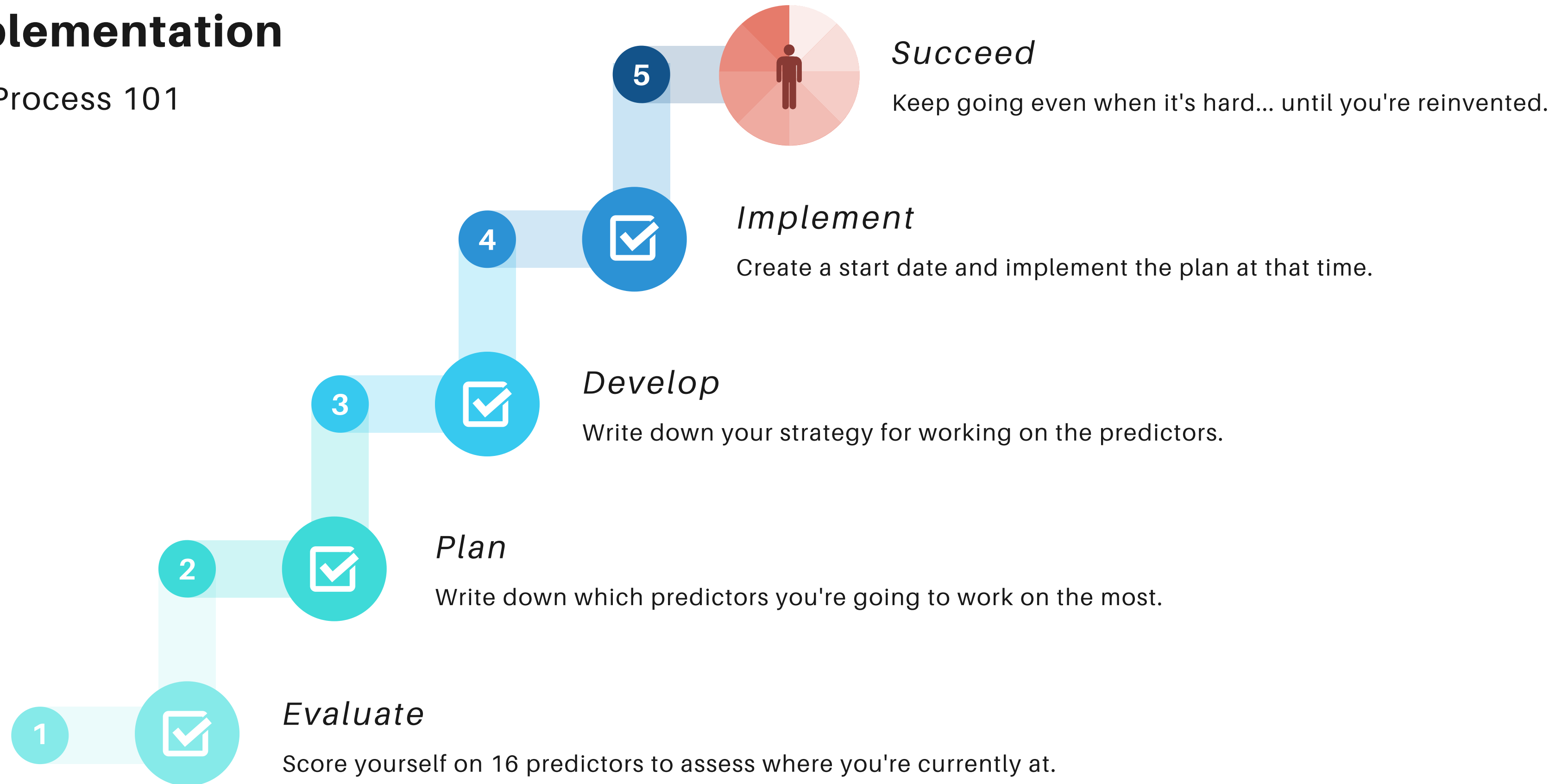


No caffeine after a certain time, same general bedtime and wakeup time daily, No screens for hour or longer before bed, optimized for your sleep type needs, at least 7-8 hours of sleep usually.



Implementation

The Process 101



The Compound Effect

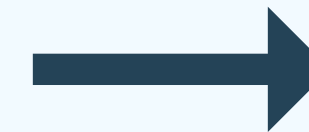
TINY CHANGES

Little changes, ones that are easy and simple, which anyone can keep going if they want to.



COMPOUND EFFECT

After weeks, months, and years, the compound effect says that those tiny changes end up leading to gigantic results.



NEW LIFE

The compound effect will eventually lead to a new life if you've made enough small changes and let them compound long enough.

HOW DID YOU SCORE?

Do you have some room for improvement? Are you ready to reinvent yourself? And are you ready to start now, do the hard work, be consistent, and dedicate yourself to excellence?

“

ALWAYS REMEMBER

Every positive change in your life begins with a clear, unequivocal decision that you're going to either do something or stop doing something.

ANONYMOUS