



THE GET REAL METHOD

**CREATE THE LIFE YOU WANT
AND DO WORK THAT MATTERS**

LIYA JAMES

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This book is for you.

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INTRODUCTION

Dear Reader,

I believe that when more people find the courage to Get Real, there will be less suffering. If you picked up this book, you're probably in the process of asking yourself questions about who you really are, what you really want, and where you're going next.

This book is for you if:

- You are at a point in your life where you've done enough of what's expected of you.
- You want to live life on your own terms.
- You feel stuck between what you do for work and what you actually love to do.
- You have an undeniable urge to find meaning in what you do.
- You want to be more intentional in all areas of your life.
- You want your work to inspire the next generation, especially your family.

Getting Real is a decision you make to stop procrastinating and start living a life with purpose. Thank you for doing this. Making the most of the life we've been given is the most important thing we can do to honor it.

This is hard and brave work. Let's do it together. I wrote this book so it would feel like I'm right there with you, guiding and facilitating your process. So, don't just flip through the book. Do the book and the work with your heart and soul.

If you do, you will:

Go deep.

Be inspired.

Uncover your truth.

And most importantly, make progress toward living a life with purpose.

Let's get started.

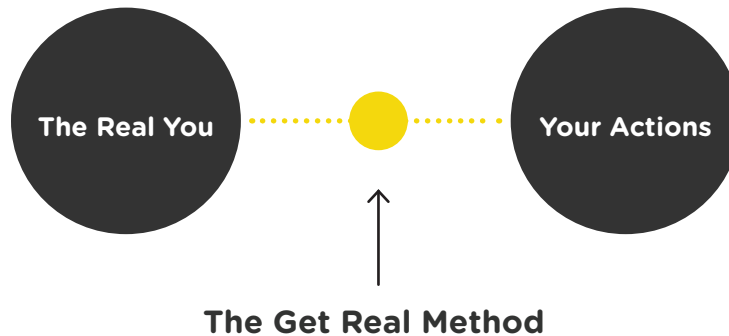
♥ *Liza*

The Get Real Experience

You are perfectly where you need to be

Whether you are recovering from burnout, working through work-life alignment, or rediscovering yourself through a life transition, there is no better place to start than exactly where you are. First, honor and accept where you are with compassion, even if the future is murky and you feel some pain about the past. Then, use the Get Real Method to create what's next for you at work and in life.

Use the method to gain clarity around your values and beliefs, your unique gifts, your truth, and your desires. Learn how to align your actions with the real you and create results from that powerful place.



What do you get when you Get Real?

- You get good at cultivating the most powerful version of you.
- You learn an ongoing practice of uncovering your truth.
- You let that truth guide your actions, decisions, and how you interact with others.
- You build a meaningful and fulfilling life, moment by moment.

A lot of us are seeking to live in this way. But life happens. We are not in control of the world around us, so it's natural to get derailed. But when you get good at the Get Real Method, you become skilled at finding your way back to alignment when it matters—quickly.

Truly committing to Getting Real means being in congruence and in integrity with yourself and being intentional with your actions. You are creating an ongoing practice of noticing when things don't feel right and figuring out how to make them right again, for you.

What do Get Real moments look like in real life?

Jennifer's Get Real moment

Jennifer went to a good state college and graduated with a bachelor's degree in psychology. After graduation, she was recruited by a Fortune 500 company to intern, then joined their marketing department full time. Jennifer didn't expect to stay there for over a decade and often thought about leaving, but she couldn't come up with what she would do instead. So, she stayed and kept climbing up the ladder there.

Jennifer always worked hard. She excelled at her job. She got great annual reviews and often got a raise when the time came. Eventually she started leading a team as director of content marketing.

Growing up with instability and poverty, she had always dreamed of this kind of life. But once she got it, rather than feeling joy and relief, she felt unsettled and out of alignment with herself. Once she was not struggling with money or family issues, she started noticing a big void in her soul.

She began looking for the answers by going to spiritual retreats, reading lots of self-help books, and listening to podcasts. From this, she realized that the void she was feeling was her desire for more fulfillment and meaning in her life.

For Jennifer, Getting Real means letting go of the mindsets and strategies that worked for her when she was in survival mode. It means reconnecting with her true self. It means finding more fulfillment from her work. And it means to start making decisions in congruence with what she believes in and start redefining what true success means for her.

Nick's Get Real moment

Nick majored in art and literature in college. He started a job in a big gaming company after graduating. A few years in, Nick realized corporate life was not for him. He couldn't figure out how to fit his entrepreneurial nature into the rank and file corporate culture. So, he kept stepping on political landmines.

One day, an industry friend called to see if he wanted to do some contract work. He said yes. From there, he fell into a freelance career in game design.

The work was steady and it paid the bills, but Nick kept having this nagging feeling that he wanted to do more. So, he tried a few things over the years. He started a greeting card business, but it didn't go anywhere, so he shut it down. Then, he partnered with a buddy to start a T-shirt business. They couldn't turn a profit on it, and he even lost a little money. He noticed that he'd lose steam when hiccups started to happen in these businesses, so he always turned his attention back to his reliable freelance work.

In his thirties, Nick found his life partner. Soon, they started a family. He doubled down on his freelance work to pay the bills when his partner took time off work to care for their young children. The older he got, though, the more the client work started to feel like a grind. He noticed he really dreaded Mondays. The feeling of dissatisfaction also began to seep into his home life. His partner kept nudging him to explore the root cause. After a few years of that, he decided it was time to dig in.

He tried several types of coaching and counseling. From that work, he got some clarity on why he didn't love his work anymore. He started to remember his vision for starting

a business that aligned with his passion and purpose. But when the kids came along, he stopped trying new ideas. Instead, he focused on providing for his family.

For Nick, Getting Real means figuring out what's really underneath his entrepreneurial desires. It means developing a clear vision and stronger purpose for his next business venture, so whatever he does with his business this time will be sustainable and have long-term growth potential.

Your Get Real experience

No two Get Real moments are the same. But, there are similarities in what people are looking for when using this method to level up.

This method is designed for people who want to live more intentionally and purposefully in all areas of their lives.

When you're Getting Real with yourself, you will discover your truth, your beliefs, your values, and what makes you, you.

What follows is the ability to live in congruence and in integrity with yourself. This is how joy, confidence, and peace find their way into your day-to-day.

Practicing the Get Real Method regularly helps you put intention into your actions, choices, and decisions so you can manifest a life worth living.

My Get Real Story

We all have Get Real moments in our lives. Sometimes we choose them, sometimes they choose us. Today, I am an entrepreneur, mother, wife, owner of my own destiny. But it took a lot of Get Real moments to get here.

Surviving

My parents were the first couple to get a divorce in the village where I grew up in China. After the divorce, my mother and I were kicked out of the only home I had ever known by the only people who had ever loved me. To get away, we moved to the U.S. to live with relatives we could still count on in Honolulu, Hawaii.

At 14 years old, I found myself living in a house half-eaten by termites, desperately wanting to get out. I knew for sure that if I didn't want to live there forever, I had to learn English. Fast. I remember plastering my room with notecards and seeking every opportunity to speak English with anyone who would talk with me. Six months later, I was fluent enough to get a job and tested out of my ESL class.

I got a job running the cash register at a fast-food restaurant. It paid for my basic needs, but I was still going to one of the worst inner-city high schools in the state. When I looked around, I knew many of the kids in my school would end up staying in poverty. Some of my friends even told me that their goal was to keep living in the housing projects where they grew up. I imagined a life beyond this place and asked myself, "How do I get out of here?"

College. I wasn't a great student when I was a teenager, but I kept at it, always picturing myself as someone who would one day become successful. Junior year in high school, I discovered that I needed extracurricular activities to get into a good college. At the time I had none. I talked to everyone I knew who was in a club to see how I could get into one. I took what I could get. I talked a friend into letting me join the riflery club. I offered to help

my chemistry teacher recruit talent for her fledgling academic decathlon team. When I started getting results, I talked her into making me team captain.

In the end, it worked. I was accepted into Carnegie Mellon University, a top school for user experience design, the field I ended up studying. While there, I had my first exposure to people who came from means, not from poverty. It made me realize what else was out there. I met talented kids who were clearly destined for greatness. Very few people like me went there, so I struggled with fitting in, academics, and affording the basics.

Midway through, my mother discovered that she had a brain tumor and needed emergency surgery. I took time off to care for her and returned to school, realizing she would never work again. I had to chart a new course for a good-paying job right away. I asked my academic advisor, “What is the quickest way to get the best paying job possible?” She helped me figure out how to get both bachelor’s and master’s degrees in less than five years. When my friends went on vacations during breaks, I studied or worked to pay for college and bills at home. In the end, I did it.

After graduating, a kind mentor took notice of my drive and helped me get a job at a growing startup in New York. It was my first exposure to working alongside truly successful people. I had an insatiable curiosity for all the things that went into building a successful career. I gladly drank from the fire hose. I worked my way up to become a design principal there, a pretty high position for my field, especially at 28 years old. But, after five years of hustling day and night, the life left me feeling hollow and disconnected.

Awakening

When my company offered me an opportunity to volunteer in Rwanda, I went. It changed my life. There, I met people who survived near-death experiences and decided to live peaceful lives in service to others. This trip set me on a spiritual journey where I trekked through central Asia, looking for answers. Eventually, I moved to San Francisco, where I took a sabbatical and read a boatload of self-help books.

There, I met my husband. We eventually moved to Austin, Texas, where I grew my first multi-million dollar business. In time, I became a mother. I was manifesting the life I had always wanted. But life was still throwing me curveballs.

Getting Real

During my pregnancy, I was diagnosed with Type 2 Diabetes. This meant changing everything about my lifestyle at a time when everything was new. Then, the COVID-19 pandemic began and I started hearing stories of people dying from the disease quickly and unexpectedly, without their families nearby. It hit me hard that I was in the high-risk category. For the first time in my life, I was confronted with the real possibility of dying. I realized I wasn't ready.

I remembered Steve Jobs said in his 2005 Stanford commencement speech that he'd look in the mirror every day and ask himself: "If today were the last day of my life, would I want to do what I'm about to do today?" My answer to that question at that time was, "No."

When I started asking myself, "What is the work I want to be doing right now?" I had to first make sense of my life. Looking back, I could see that as a child, I was imaginative and creative. I had always thought I would be an artist, but I had made more practical choices because of life circumstances. But now, I could see that the whole time I still cultivated my imagination and creativity. Instead of painting, I had used my life as my medium.

I treated every obstacle or challenge as a creative problem to be solved. When I got stuck, I used my imagination to find answers. When lost, I always found my way by being true to myself and who I wanted to be. I found success by relentlessly taking action to get there.

At the same time, when I reflected on the teachings I've received over the years that helped me go from surviving to thriving, I saw overlaps between the way I manifested the life I dreamed of and the methods I used in my design career and the leadership trainings I've led all over the world.

I started to see a clear thread.

I began articulating the Get Real Method and continued working with people more formally, using the method as the backbone of a personal transformation process.

The results I saw astounded me. Moreover, I realized that I finally found the courage to do work that really mattered to me. I was finally using my unique gift to leave a mark on the world in a way that filled my cup, too.

Now, I can say that if today were the last day of my life, I definitely would want to do what I'm about to do today.

I want to get these ideas out there to help more people. I wish I had this method when I was struggling in survival mode and during my awakening process.

That is how this book came to be.

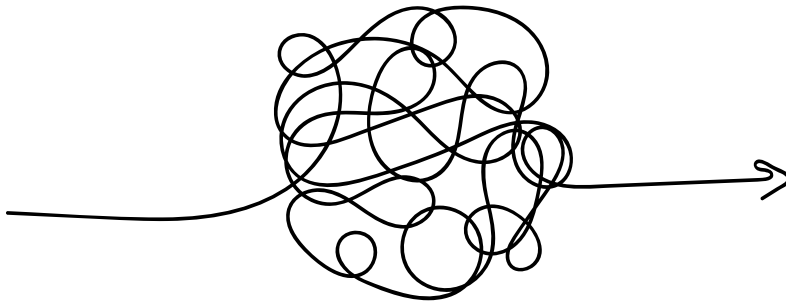
THE GET REAL METHOD

Background

To me, life is filled with two things:

1. Chaos
2. Methods

Methods put our messy worlds in order and our chaotic minds at ease. This book uses creative problem solving to approach the madness that is life.



The pursuit of happiness lies in our ability to create change intentionally

Every life is unique and different. One thing we all share in common is that our lives are in a continuous state of flux. When change happens, and we don't feel like we're in the driver's seat, life can descend into chaos. But, change is an inevitable human condition. It's constant.

Life is always changing whether we want it to or not, cause it or not, are intentional about it or not. I believe that the pursuit of true happiness lies in our ability to view, create, and guide change. We can let change be the cause of our suffering, or it can be a gift.

The good news is humans possess the ability to create a new reality by consciously causing it. It works like this:

- First, we sense that the change needs or wants to occur. This often comes when we feel dissatisfaction with our current reality.
- Then, we define our issues and their undesirable effects through language.
- Finally, we create a vision and begin to harness the resources necessary to move toward our desired future.

Positive changes of any scale follow this natural path of becoming.

Redefining your definition of success when you Get Real

The Get Real Method is a structure that empowers you to leverage your innate ability to create change. It's designed for when you want to infuse more meaning and purpose into your work and life.

I have found that when people start working with the Get Real Method, they often find themselves questioning their definition of success. Instead of markers like money, title, number of followers, or other external benchmarks, they feel compelled to develop an internal compass.

Before diving in, here are a few success markers to look for within yourself when doing this work.

Being in Congruence

One outcome of working with the Get Real Method is being congruent. It's a term coined by psychologist Carl Rogers to mean being in a state where a person's ideal self and actual experiences are consistent. When you live in congruence with who you really are, you have a clear sense of what you're about and what you stand for. You see with clarity the kind

of world you want to live in and you actively work to create it. This clarity can help you manifest your dreams at accelerated speeds because indecision no longer slows you down.

Staying in Integrity

Staying in integrity with yourself is about acting and behaving in line with your values. When you do this, it doesn't matter what other people think. You start to live on your terms. You feel more at peace, you're more confident, and you're less vulnerable to the opinions of other people because they matter less. With the Get Real Method, you practice living in integrity, sense when you fall out of integrity, and learn how to get back.

Living with Intention

Intentional living is a practice of making choices that align with your deeper sense of purpose. You're able to take a wider and more holistic view of your life and your work. You will begin to swap out what you spend time on now that has no real inherent meaning to you with things that do. You wake up wanting to make the most out of every day. You will stop letting others co-opt your time to do things that have no meaning for you. You will look for ways to make your time count. The Get Real Method helps you live out your intention in everyday moments.

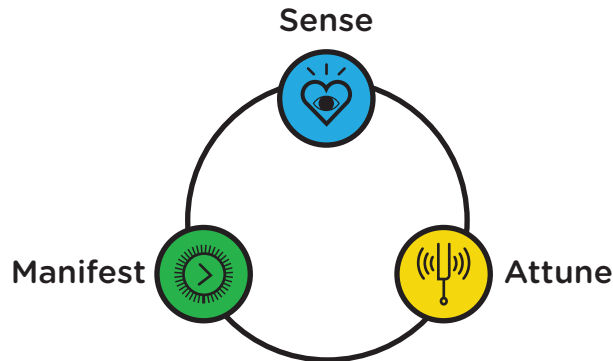
Let's dig in!

The Method

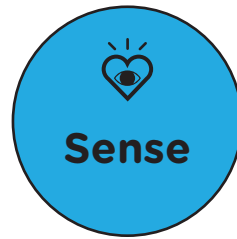
The Get Real Method is a system to create a meaningful life

There are three practices to master when you Get Real: How to Sense, Attune, and Manifest.

- To **Sense** is to have an ongoing practice of looking deeply within yourself.
- To **Attune** is to actively create resonance with your inner self.
- To **Manifest** is to collaborate with the universe to create tangible success.



These three practices build on each other and work in an ongoing cycle. When mastered, you can apply them to any life challenge. These practices help you align your heart and soul with your brain. They invite your inner wisdom to collaborate with your creative spirit.



What

To sense in the Get Real Method means to have an ongoing practice of looking deeply within yourself. You do this to make sense of events in the past and present so you can examine the stories you're telling yourself. In this process of inquiry, you gain insights and new perspectives.

Seeing through these new lenses, you will begin to formulate clearer visions of the future. Sensing is about being present with yourself and getting a more in-depth look at your own perceptions. This practice involves being mindful of your current reality at all levels: emotionally, logically, and energetically.

Why

When you get good at the practice of sensing, you learn to quickly gather data and gain clarity from your living experiences to inform your next best step. When you can engage your heart and soul to fact-check yourself, you can distinguish between what's really happening versus your perception. You gain the ability to reframe stories from a more empowering point of view and open doors to new possibilities. Any profound transformation starts with a good deal of sensing with the self.

How

Sensing can take a lot of forms in different contexts. In the Get Real Method, you will be using three main skills to dialogue with your heart and soul:

- Observation
- Synthesis
- Perspective shifting

Let's dig a little deeper into these.

Observation

The observation skills I want you to practice through the Get Real Method enable you to be an investigator and strategist for your own life. No one is more capable of this than you.

You will learn to look inside yourself and your lived experiences to retrieve insight, creativity, and wisdom. By engaging in authentic dialogue with your inner self, you practice being present to your current reality.

When you can do this, you are able to see yourself with a fresh set of eyes. You look into the future with intention to grow and shed that which is no longer useful.

Synthesis

Once you are able to gain insights from self-observation, you will learn how to step outside of yourself to gain perspective. You will learn to synthesize your insights by looking for patterns hidden within your life experiences and your own behavior.

You will use these insights to develop life principles. You will behave in alignment with the real you. And you will be able to let go of what is burdensome and unproductive, becoming more aware of what's available to you. You will develop meaningful visions that bring you alive.

Perspective shifting

The act of reframing your stories about yourself and your situation is a powerful way to harness your power. Instead of dwelling on what could have been, how things should be different, or how others need to change, you focus on yourself and change the things that are within your control.

You anchor yourself in new mindsets through techniques like creating Possibility Statements and storytelling so that you can move from being stuck to a place of possibility.

Every workshop in this book involves using these kinds of practical skills to sense. The more you practice them the better you will get at applying them to the challenges in your life.



What

To attune is to create resonance. When you practice attuning with yourself, you're practicing being a good caretaker of your ego, your soul, and your inner child. Change can be challenging for these parts of ourselves. They resist.

This resistance is often why a lot of us feel stuck in our lives. Sometimes we feel like we know where we want to go, but we don't move the needle to get closer to our goals and visions for years and years.

New mothers, for example, tend to be very good at being attuned with their infants. A well-attuned infant feels safe and has a regulated nervous system to deal with distressing events. We want to do the same for our ego and inner child when we attune to our future realities.

In the Get Real Method, you attune yourself to new realities so you may summon the courage to make them possible.

Why

Getting good at this kind of attunement helps you create new realities faster. You generate evidence that the new reality is possible. You test and see if you like living in that reality before making more significant steps to achieve it. Taking this approach makes change feel less painful and less risky. It might feel like a slow process at first, but once your ego stops

resisting, you will have moments when you feel like you can leap over chasms that might've seemed too big for you to conquer before.

How

In this book, you will learn how to attune with your future through creative expression. You will create evidence of success that you can feel and touch and bring your ego along on the journey with less resistance. These are the three main skills you will practice:

- Visualization
- Prototyping
- Embodiment

Let's dig in a bit more.

Visualization

The act of making an abstract thought tangible in the real world can make the unimaginable inevitable.

When an idea exists vaguely in our minds, it can be hard to see how it could become a reality. Luckily, one of the most unique things that distinguishes humans from other living things is creative expression.

When you take an abstract idea and write a story about it or visualize it, you are forcing yourself to fill in the blanks. The idea becomes more real, more specific, and it begins to exist in the real world, on paper. When you can see it and touch it, your mind begins to believe it's possible. By doing this, you're actually initiating the creation of that idea. This act of creation eats away at resistance. It changes your vibration. It makes you brave.

The first time I understood the power of visualization was working with a coach to imagine the life I wanted. We drew a simple picture of my desires. The drawing was basic, but that's

not the point. Having the artifact exist in the world and being able to look at it and hold it made it achievable for me. Having a physical object I kept by my desk reminded me to make room for this in my life. I pulled that picture out not long ago and I was stunned. I recognized in that picture the life I have now!

This concept works in business, too. When I used to run a multi-million dollar design studio, we worked with corporate clients on innovation projects. I believe one of the most valuable skills we offered was our ability to visualize ideas on paper.

We often would work with clients to draw pictures of ideas and create stories of people using their products. These visualizations engaged our intuition and helped people connect the dots. We could quickly choose a concrete path to go down. Then, we could rally together around something tangible. Usually, within six months to a year, we would put this innovation or product into the world and start making money.

The great thing about visualizing something through a story or a drawing is how little effort it can take to create. And if you don't like it, it doesn't threaten your livelihood. Just crumple it up, toss it away, and try again. The act of going through this process will elicit insights from within you. Learn to pay attention to them. This is a skill you need to live a bold and daring life.

Prototyping

Prototyping helps us walk the path to our future with our eyes wide open.

Prototyping takes attunement a step further. It's a process of experimenting with making an imagined idea even more real. There are many ways to prototype an idea.

- Prototype through co-creative conversations.
- Collaboratively prototype an idea by making a model of it with craft supplies like cardboard, paper, markers, or even things like playdough.
- Play-act it through techniques like bodystorming.

In my one-on-one coaching with people, we often prototype shifts in career or business. For example, toward the end of our Get Real coaching program together, Sarah had an idea to start a business. She was very excited, but the idea was daunting because she'd always worked full time. I advised her to prototype her future business rather than immediately quit her job.

We came up with a series of experiments to test out her ideas. The goal of these experiments was to gain insight into what it would be like to make this huge career move before she fully committed.

First, we came up with a small offering we could implement in one week. Sarah took a few days off of work, during which she made a simple one-page website and tried to sell her offering to just one person. The process taught her a lot about what it'd be like to market and sell a service. She also learned a lot about what she liked and didn't like about it and what was challenging and satisfying.

I encouraged her to do a retrospective on her experience by checking in with how she felt, and we came up with new questions to explore. Then, we came up with another prototype to answer those questions. By prototyping her career change through a series of experiments, we safely figured out her next steps without jeopardizing her livelihood.

Embodiment

When we embody our new reality, we supercharge our current reality with energy and mindset from the future.

Once we get more clarity and conviction from prototyping, we begin to embody our future. To move further and deeper into our new reality, we need to think like our future self.

For example, to manage my diabetes, I needed to lose about 30 pounds. I also needed to put in place a slew of other healthy habits. If I just focused on my weight or blood sugar levels, I might be able to change my behaviors in the short term, but long-term changes

required a different mindset. I had to think like someone who has beaten diabetes. I needed to ask myself, “What does someone who has beaten diabetes do consistently?” Well, they care for their physical wellbeing as diligently as their spiritual wellbeing. They move their body in a way that invites vitality. They nourish it with nutritious and whole foods. And they’re compassionate with themselves in the process by balancing discipline with self care.

Failure is part of the process. But failures don’t get us down for very long when we are embodying our future, more successful selves.

Little kids are really good at embodiment. For example, my daughter is only three, but she’s already had periods of embodying her inner artist and musician. She learned basic color theory at the age of two, mostly on her own. Every time she mixes blue with yellow to make green, it’s like winning a gold medal. She called herself a painter. One day she got interested in Gustav Klimt’s work and asked if she might paint with him!

As adults, we have more mental chatter to contend with when we try on new personas. In the upcoming chapters, we will develop some strategies to reframe that chatter to make progress toward our visions.

Don’t confuse embodiment with “fake it til you make it.” When we embody the future, we’re seeking advice from our future self and putting that into practice in our present. When we embody our new reality, our vibration is altered by actively engaging with that new reality. This is what I mean when I talk about “living into” our future.

In each of the workshops in this book, you will practice all of these skills for attuning to the future.



What

Many of us have heard of the concept of manifesting but all too often people I work with stop short of asking the universe to make it so. In this book, manifesting is the practice of collaborating with the universe. It's not just about having the right mindset to attract success. It's about taking action to engage in manifesting our dreams.

Why

Have you ever gone on a retreat, had profound insights, but soon after, when you get back into your day-to-day life, they fizzle out? Then, sadly, you don't make the changes needed to integrate that work into your life?

The most essential part of the Get Real Method is taking the insights you gain from this work and living them out in your day-to-day life.

The number one reason many people don't make positive changes in their lives is because they don't take action. The ego doesn't like change. It is threatened by dreams. The ego serves up reasons why we shouldn't make any changes and wraps them up in a bow of fear. It's really good at tricking us into thinking we're logical by sitting back and not upsetting the status quo.

With the Get Real Method, you will learn how to manifest new realities without upsetting your ego. You will bring the ego along. So change feels safe and joyful.

How

Manifesting your future reality involves three main skills:

- Taking action
- Collaborating with the universe
- Enrolling others

Let's break it down.

Taking action

We make our ideas and visions real through small Get Real actions. We let go of sitting and making plans for two reasons. First, we use planning as an excuse not to make progress. Second, when goals are too big and plans are too complicated, we get overwhelmed, we get demotivated, and we don't make progress.

With the Get Real Method, we focus on today, so we don't wait to make progress. We think of goals only three months out, because there are too many things in life—heck the world!—that are totally out of our control and affect our plans. Action-taking in the Get Real Method is designed to acknowledge that. We are real about the unpredictability of life. We are adaptable. We make progress toward our visions.

But, what are Get Real actions, really? They are small actions that take anywhere from a few seconds to a few hours to accomplish. When we take these actions, we focus on being in motion, making progress, and learning.

There is a special kind of Get Real action, which is a micro action. These actions take a few seconds to a few minutes to do. They are repetitive. Micro actions create a domino effect in our behavior. We are reminded to do the right things daily to form new habits needed to be successful.

The key to making Get Real actions effective is not just about doing them, we must also learn from them. To do that, we do retrospectives. During a retrospective, we look at the data from the action we just took to inform our best next step. When we do a retrospective, we can journal about insights we gain from our actions by answering questions like these:

- How do I feel?
- What resistance is coming up for me?
- What about this action worked well for me?
- What did I believe that I no longer believe?
- What did I learn that I didn't know before?

In addition to taking action, we also will need to shift our mindset about action-taking. Too often, when we take an action toward a goal, we laser in on what we want to happen so much that if the exact outcome we want doesn't happen, we let self-doubt and negative talk get in the way and jeopardize our whole dream-getting venture. To accelerate our manifesting, we need to spend less time being bogged down by our expectations. Let's talk about how we can collaborate with the universe do this.

Collaborating with the universe

When we're doing things that are bigger than us, we're only in control of showing up, we're not in control of what happens. When we try to manifest a bold mission or purpose, we are also changing the world, not just ourselves.

Changing the world is too big for any of us to do alone. We can't push through with sheer force or just hard work. We must engage with all of the elements and sources to create change together.

One way to do this is to dialogue with the universe. It can be a simple prayer or meditation or talking to nature. If you have a practice for this, please use it throughout the upcoming workshops. Personally, I use a five-part prayer to seek guidance from spirit. I first learned

this prayer from a friend, Tammy Mabra, who I really respect as a spiritual guide. I've evolved it to work with my Get Real work. And it goes something like this:

1. Express gratitude
2. Offer intention
3. Surrender
4. Affirm
5. Express gratitude again

The ability to practice gratitude, surrendering, and seeking spirit's assistance when we come across our limits can bring peace and joy to the process of manifesting bold visions.

Collaborating with the universe also involves letting go of expectations. I suggest the practice of non-attachment for people taking Get Real actions. What do I mean by non-attachment? It means while we hope that a certain action might produce a certain outcome, we are also open to other ways it could pan out. We are open to working with any result we create from that action.

With this mindset, we begin to change our narrative about outcomes to be less binary, like it's either a success or a failure. We will begin to look at taking actions or even taking risks with a sense of curiosity, possibility, and open-mindedness. We get curious about what we've learned and what's possible.

When we let our actions transform us in this way, we might be surprised by the unexpected joy and magic we experience on our journey of creating new realities. And often we will notice unexpected allies, opportunities, and events that show up to help us manifest visions and goals at a much more accelerated speed.

Enrolling others

Once we are in partnership with the universe, we will also need to enroll other people. Having enrolling conversations is an important skill for anyone who wants to bring forth a

new possibility. In an enrolling conversation, we share our thinking about the future with others from a place of authenticity. We share what moved us to create this vision of the future, how we wish to be transformed while contributing, and why it's important to us.

We also bring curiosity to enrolling conversations. We wonder about the other person's point of view about the topic. We honor what they want to see in the future. We ask them about their role in it. We ask how we can be of service.

In an enrolling conversation, our intention is not to change anyone's mind. We are in a listening and serving mode. We stay open to opportunities and possibilities to co-create together. We are anchored in being present with the other person.

The experience of an enrolling conversation from the other person's perspective should feel as though you've helped. The goal is to be there for them, to be vulnerable, and for them to fully share their current reality and hopes and dreams, too. These authentic conversations have helped me connect with people on my journey to realize my personal mission. I hope you also can benefit from co-creating with others for mutual support.

Enrolling conversations can go so many ways, but here are a few components and principles to keep in mind:

- State intentions for the conversation. Whether it be to simply witness each other's journey or something more.
- Share any emerging vision and mission, where you are in your growth journey, and present challenges you're working with.
- Ask questions and seek to learn about the other person's reality, thinking and vision for themselves, their future and the world.
- Listen deeply, without judgment, so they feel heard. This alone can be a service to the other person.
- Ask follow-up questions and confirm what you think you're hearing. Assume nothing.
- Be attentive to places where possibilities and co-creative opportunities arise.

Offer a specific future interaction idea if one arises. Otherwise, just give gratitude. Having enrolling conversations connects us to others so we aren't alone on our Get Real journey and opens up possibilities for leveraging our extended community. When we learn to show up vulnerably and with a service orientation, we will find allies. And we won't have to make this journey alone.

Getting Real is a Transformation Process

The Get Real Method is a system for continuous life improvement. It contains practices that give you the power to invite the wisdom in you to collaborate with the creativity within. By mastering these practices, you will gain the ability to view, create, and guide change at any scale in your life.

This is simple, but it's not easy.

You will come up against resistance when you seek to make changes in your life. We have a whole Get Real workshop dedicated to dealing with that.

Let's begin your Get Real journey.

Don't Stop Here, Keep Going!

Thanks for taking the time to download a free preview of my book!
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