

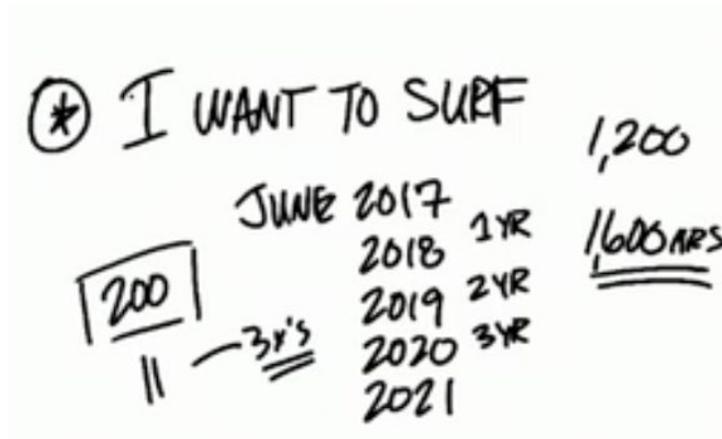
FIVE-DAY WAKE UP CREATOR CHALLENGE - DAY #2: CONNECTION

1. **Welcome - "Go, No Matter What!"** [00:55 - 26:47]

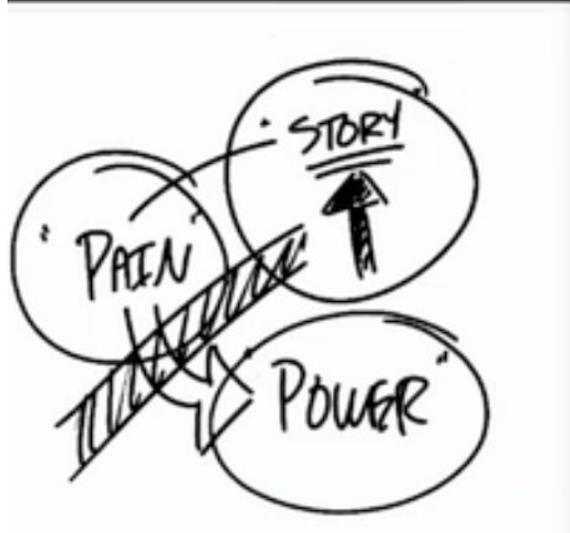
"In creating radical results, oftentimes we want the outcome but we don't know what's actually required to get it. There are moments in the pursuit of what you say you ultimately want where you're going to face great carnage and big decisions."

--Garrett J White

- Garrett shared his surfing journey to illustrate his point about what is required.



- Oftentimes we stop before the pain has a chance to turn into power.
- There's a piece of power that comes from the process of dealing with pain.
- It's not the pain that changes; it's your story.
- To get what you want, you're going to have to let go of the "scared."



"At some level, you've got to transcend the pain of your past, and the story associated with it that holds you back from going...no matter what."
--Garrett J White

2. Breakout Session: Share - Day #1 Assignment [26:47 - 53:12]

"There's a piece inside of you where you're going to have to get disgusted about what you're tolerating."
--Garrett J White



- **Kile: 40**

1. Domain: Body

2. Working/Not Working: shared facts about Body and Balance.

3. Feelings: gross, blah, rewards don't match the work, comparing herself with others her size, doesn't want to look at herself in the mirror

4. Focus: Felt unloved by her husband & matched that feeling, enjoyed not having him around, drinking has made it easier for her to deal with him.

--Garrett: The only thing that can be different from here is for you to be honest.

- **Brennan:**

1. Domain - Business

2. Working/Not Working: shared facts about business, balance, and body.

3. Feelings: unmotivated, distracted, disconnected, plays the comparison game

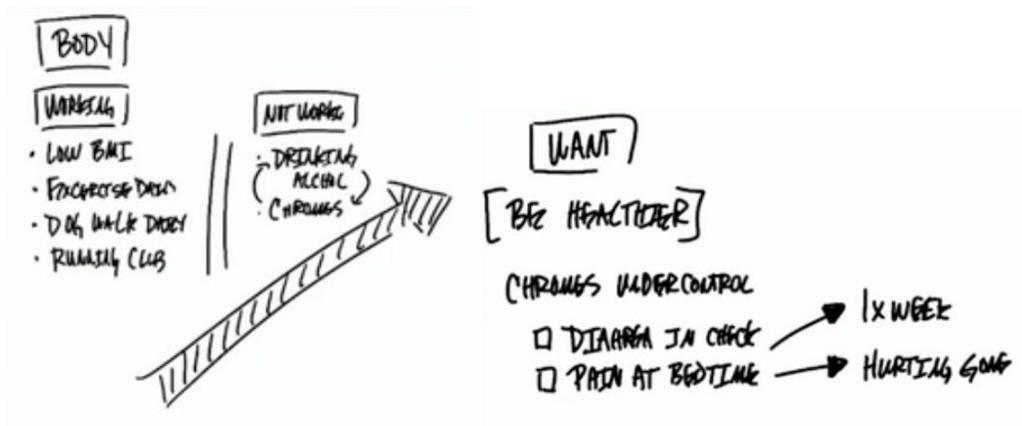
4. Focus: I'm productive until my wife walks in the room, looking back (regret) rather than looking forward, back taxes, debt.

-Garrett: You're on a hero's journey, you were led to this job. Find out what you're supposed to find out. "I'm here for a reason and a season, what is it?"

3. **One-On-One-Share** [53:12 - 1:10:01]

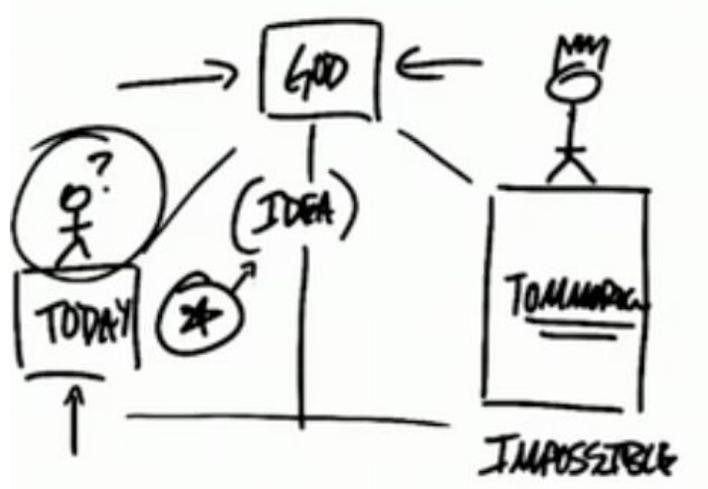
"When I get clear about the facts, I open up the opportunity and ability for me to connect to another reality than the current reality,"

-- Garrett J White



Tim:

1. Domain - Body
2. Working/Not Working: Crohn's disease, pain, drinking, daily exercise, weekend running

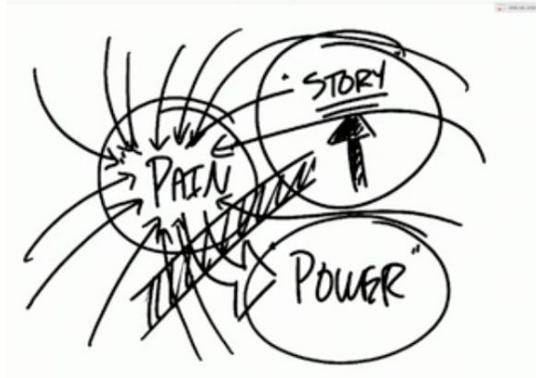


- King Tim is an Impossible reality with the current Tim.
- The Impossible becomes possible through revelation.

4. **Meditation - Introduction: "I Am Mastermind"** [1:10:01 - 1:20:29]

5. **"Be Still"** [1:20:29 - 1:26:40]

BE STILL : KNOW THAT I AM GOD.
 BE STILL : KNOW THAT I AM.
 BE STILL : KNOW THAT.
 BE STILL : KNOW.
 BE STILL.
 BE.



Tim's message: Be still in the pain and listen.

Garrett:

- The alcohol is covering up your ability to learn from the pain.
- If pain is the gateway to power but if I continue to sedate the pain, I continue to cut myself off from the power.
- If I don't learn from pain, it continues to repeat itself.

6. Day #2 Assignment [1:26:40 - 1:30:25]

- Complete and IDEA STACK on the primary idea given to you during the Meditation.

"The actions that I take daily are fueled and backed by a fire of revelation."

--Garrett J White