



THE STATE ACTIVATION PROTOCOL

**Every result you've ever created
came from a specific state.**

That state is made up of 3 things:

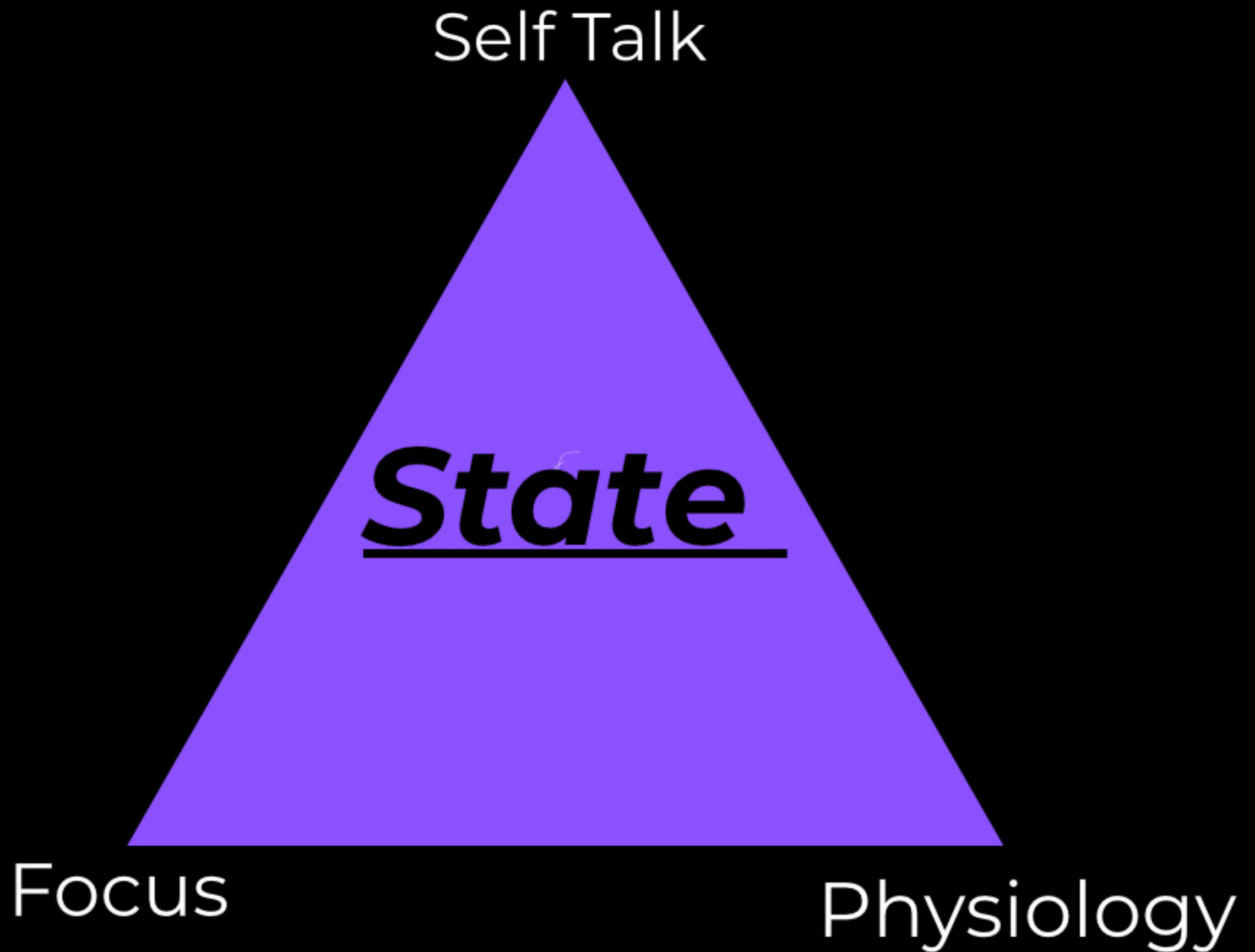
- Self-Talk (what you say to yourself)
- Focus (what you pay attention to)
- Physiology (how you use your body)

GritFlow

GRITFLOW



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**Change your state → you change your
behaviour → you change your results.**

Self-Talk

The internal dialogue
running in your mind.

“I’ve got this”
“This is hard”
“I am unlimited”

Physiology

Your body language, breathing,
posture, energy.

Confident
Peaceful
Buzzing
Calm

Focus

What you choose to pay
attention to.

- Opportunity
- Problems
- Success

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Recall Your Peak State

Think of a time where everything was flowing.

You were confident, focused, and results were coming easily.

- Where were you?
- What was happening?
- How did you feel?



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Extract The Pattern

What was your **self-talk**?

What were you saying to yourself internally?

(Example: "I'm locked in", "Nothing can stop me")

What was your **focus**?

What were you paying attention to?

(Example: Hitting my outreach, The opportunity
in front of me)

What was your **physiology**?

How were you holding yourself?

(Example: Confident, Sharp, Breathing steady, Moving with intent)



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Activate The State

How:

1. Shift your physiology first

stand up straight
breathe deeply
move with intent

2. Install your self talk
(Repeat what you wrote earlier.)

3. Lock your focus
(Again on what you wrote)

the task
progress
outcome



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DAILY APPLICATION

Use This Before:

work
outreach
gym
calls
content creation

Ask:

- What state do I need to be in right now?
- Have I been in this state before?
- How do I recreate it?



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If this shifted something for you...

There's a deeper level to this.

Most people can get in state temporarily
but still have subconscious patterns
pulling them out of it.

That's where I come in.

Book a Subconscious Diagnostic Call on my profile
and we'll uncover what's actually controlling your
behaviours beneath the surface.

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