INTERNATIONAL TRANSURFING INSTITUTE

ANOMALOUS ACTION CHALLENGE

INTRODUCTION

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ANOMALOUS ACTION

BREAKTHROUGH COURSE

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Hello, Hello, Hello and welcome to the International Transurfing Institute 30-Day Anomalous Action Challenge Breakthrough Course.

I'm here to give you a quick rundown and a few tips on taking this course.

These lessons are absolutely jam-packed with knowledge.

Feel free to take a break and return to a lesson if you aren't "feeling it" for whatever reason!

We can assure you that the feeling will come back!'

Widening the limits of our comfort zones – or the "box of limiting beliefs" as I like to call it – happens at its own organic pace.

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So, if, at any time, you begin to feel overwhelmed or your brain is full of doubt, if new perspectives are frustrating you, or you are feeling resistance, then press pause and return later.

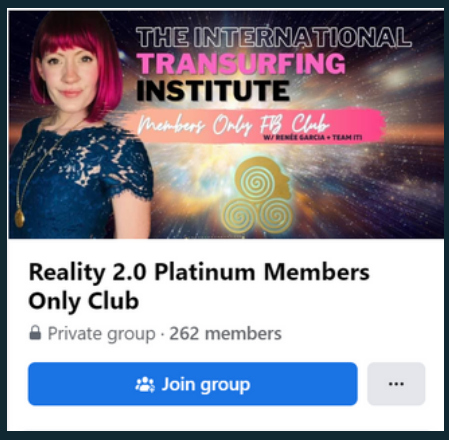
Allow yourself to grow into this new version of you.

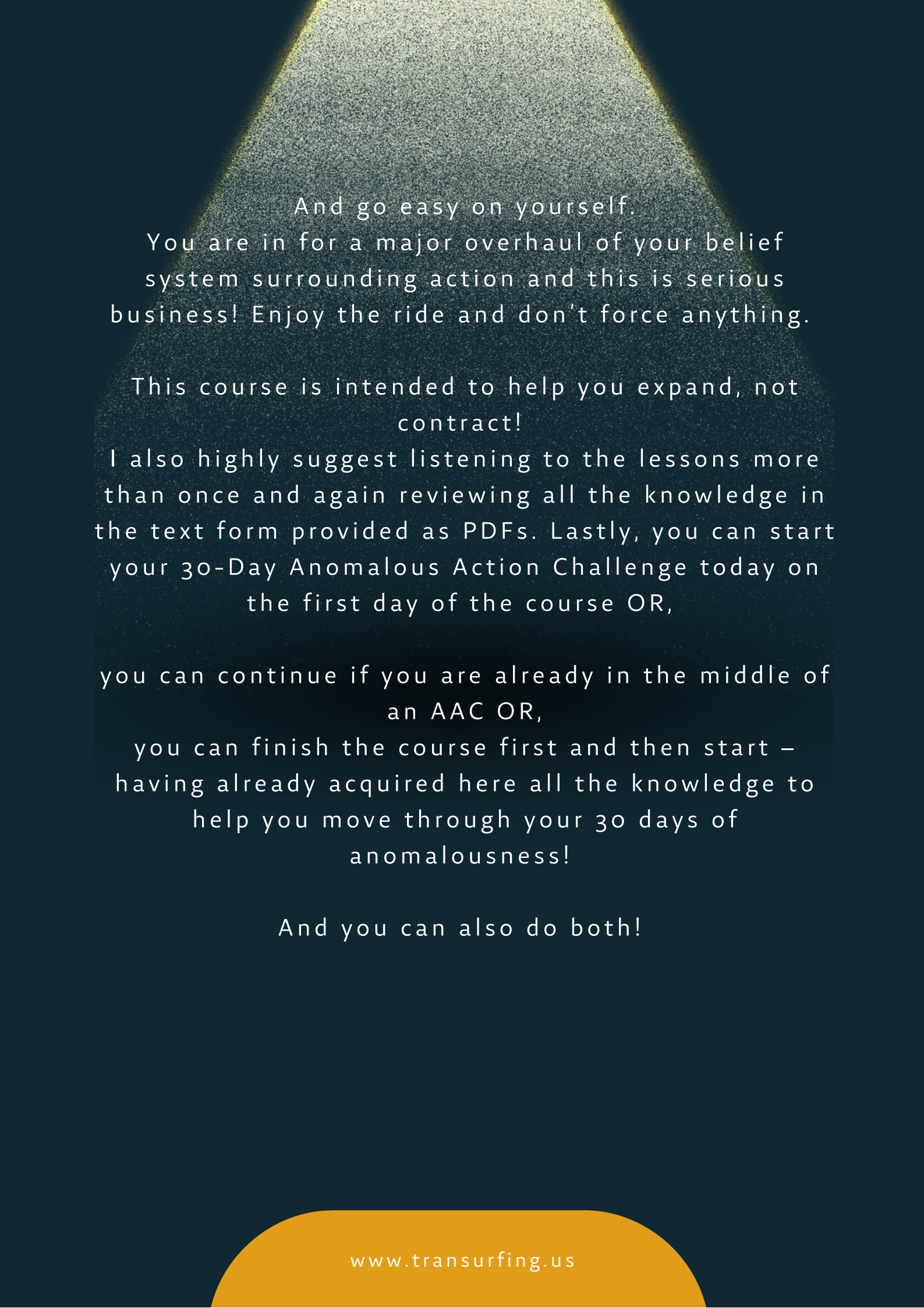
Within the lessons themselves we ask many questions, and with not a lot of time to consider each one as we move through them.

So feel free to pause, to make an entry in your journal or to read the lesson in text form as we have provided in the notes. This really helps to consolidate the lesson.

Also, don't forget to bring your questions, insights or conversations on these lessons to the

exclusive Facebook group.





And go easy on yourself.
You are in for a major overhaul of your belief system surrounding action and this is serious business! Enjoy the ride and don't force anything.

This course is intended to help you expand, not contract!
I also highly suggest listening to the lessons more than once and again reviewing all the knowledge in the text form provided as PDFs. Lastly, you can start your 30-Day Anomalous Action Challenge today on the first day of the course OR,

you can continue if you are already in the middle of an AAC OR,
you can finish the course first and then start – having already acquired here all the knowledge to help you move through your 30 days of anomalousness!

And you can also do both!

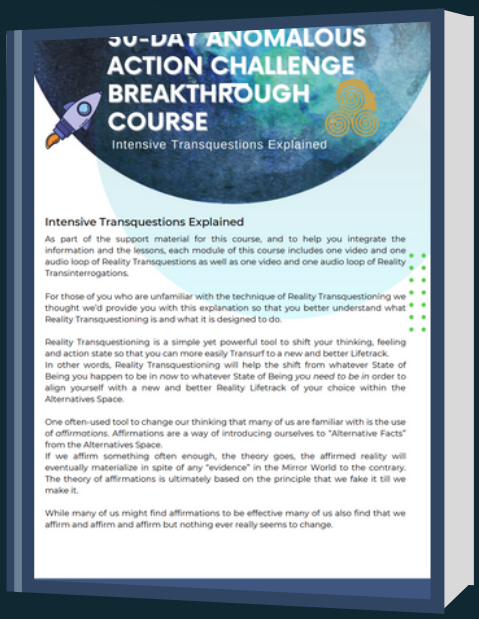
You can start an 30-Day Anomalous Action Challenge today and move through the month while also taking the course at your own pace, then start a new challenge once the course is complete.

There are so many different ways you can use the knowledge within these lessons.
Get creative!

Switch it up or just listen to the lessons until you feel you are ready.

It is entirely up to you!

I'll see you inside.



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