

# GREATNESS

A guide to being the creator of your life



MISS BEHAVIOUR

MENTORING | TRAINING | EVENTS

The art of living in your  
GREATNESS is a reflection of  
your CHOICES. What you choose  
to think, how you experience  
every day events, all comes  
down to your perceptions and  
the stories you tell yourself. Our  
transformational programs will  
instil lasting change and enrich  
you in all areas of your personal  
and professional life.



# It starts & stops with you. You are the creator of your life experiences. Let's paint a new picture.

Lara Wilson aka Miss Behaviour, is an inspirational and empowering speaker guiding her audience to understanding how they can be in their GREATNESS, both personally and professionally.

Lara is a Change Agent, behavioural management expert and a highly sought out educator, thought leader, writer and facilitator of life-changing programs. Lara expands thinking beyond what seems possible.

Having studied the world of Business, Human Behaviour, and Philosophy of SELF; Lara has dedicated more than 30 years to obtaining this understanding and knowledge, as well as developing the essential 'toolbox' that can guide you to live in your Greatness.

*"Greatness exists in all of us. Gaining new awareness and fresh perspectives within your life, getting you in the drivers seat, toolbox in hand and kicking some serious goals is what it's all about." - Lara Wilson*



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# GREATNESS is within us all and with the right tools, you can take control and create a masterpiece.

It is a scientific fact that human beings have not tapped into their full potential. These tools, when applied, get you in the driver's seat of life! We show you how to access these principles and change the game, getting you ready to do whatever it takes to awaken all that you are; to all that is.

The message of Self-Mastery and Greatness has been around for centuries. We live in a world where science has now merged with philosophy and spiritual principles, where everything you need to evolve into Greatness is available to you.

Chances are you've heard some of these principles, but many are not yet integrated into your way of being. Not yet...

Self-Mastery is understanding you are the CEO in your life. C.E.O. is our acronym for Consciously Embracing Oneself.

The reality is, approximately 97% of what we do within any day is driven by our unconscious patterns and habits: playing the same thoughts, emotions and beliefs on auto-repeat. A wise man once said: "Doing the same thing over and over again, expecting a different result is the definition of insanity." I think Einstein was on to something!

Until we become aware of these patterns and habits and live deliberately, with new awareness that we have a choice, we get what we have always had. To change that, we need to do something different.

The tools provided in our programs are designed to educate, inspire and empower you.

- Educated:** with new ideas, leading edge concepts & scientifically proven success techniques;
- Inspired:** with new perceptions that have you take action;
- Empowered:** with tools guaranteed to get YOU to GREATNESS!

These tools will help change your current paradigms. Paradigms are mental institutions that hold you back from being in your Greatness. We provide game-changing programs to help you achieve positive, measurable changes in your attitudes, behaviours and beliefs.

**Propelling you into GREATNESS in all areas of life!**

"The level of thinking that got us here is no longer enough." Albert Einstein



# WHAT IS

9 must-know Paradigm Shifts to empower your life.

# GREATNESS?

Join us on a journey of  
self discovery that will  
enrich your life.

# **GROW**

————— to go the extra mile and align to your life's purpose

# **REALISE**

————— your full potential with your inner warrior released

# **EVOLVE**

————— by always learning, tools at the ready

# **APPRECIATE**

————— and accept what is by being present in the now

# **THINK**

————— like there's no box, taking risks to create success

# **NOURISHED**

————— in your wellbeing generating enthusiasm for life

# **EMPOWERED**

————— in your moment-by-moment choices

# **SELF-AWARE**

————— with new meaning and belief, singing your song

# **SELF-MASTERY**

**KNOWING YOU ARE THE C.E.O. IN YOUR LIFE!**

# By changing your attitudes and beliefs you can change your world. The choice of how it plays is yours.

Greatness is an outcome. It is generated from within. Self-Leadership is the name of the game. Self-Leaders are empowered individuals who are self-aware, transformed in thinking and have the tools to THRIVE in Life!

## **GREATNESS IS THE RESULT!**

In this Greatness Guide I will share with you 9 principles, that when applied, will change the game. Each principle is represented within the acronym of G.R.E.A.T.N.E.S.S.

Each principle also reflects a Paradigm shift. Think of a Paradigm Shift as a change from one way of thinking to another. It's a revolution, a transformation, a sort of metamorphosis. It does not just happen, but rather it is driven by possibilities of change.

## **IF WE DO WHAT WE HAVE ALWAYS DONE, WE GET WHAT WE HAVE ALWAYS HAD.**

In the pages that follow I will be sharing new ideas, leading edge concepts and scientifically proven success techniques to inspire you from within and provide you with the tools to get you to Greatness.

## **LETS DO THIS!**



# GROW

————— to go the extra mile and align to your life's purpose

## Say yes to the expansion that is available. Face Everything And Rise.

If we do nothing, nothing changes. If it doesn't challenge you it doesn't change you. And to change, we have to do something different. This is why we often don't change... because when we do, we are usually outside of our comfort zone. We step into the vulnerability zone.

When we are in our vulnerability, we feel raw and exposed. Our greatest fears are activated; not being liked, not feeling safe, being criticised and losing control. And yet vulnerability is the most beautiful human expression. It's our willingness to be seen.

## List two actions you can take that scare you, but will move you towards your growth:

1. ....
2. ....

“Fear is nothing more than an obstacle that stands in the way of progress. In overcoming our fears we can move forward, stronger and wiser within ourselves.” – *Unknown*

Historically, the 'Fight-Flight-Freeze' response is a physiological reaction that occurs when there is a perceived threat to our survival. This early evolutionary programming plays games with us! Most often, fear is an illusion; it is a constraint within our mind.

F.E.A.R. as an acronym is commonly described as: False Evident Appearing Real.

We are left with 2 choices - Forget Everything And Run or Face Everything And Rise. When you face your fears, you become the person you want to be. If you run from your fears, you're generally not living your purpose.

### PARADIGM SHIFT

Make your growth so much bigger than your fears. It will fuel everything within you, to do whatever it takes!



# REALISE

————— your full potential with your inner warrior released

## Everything we need to live our full potential is already within us. Become a Greatness Warrior!

Warriors live by a disciplined set of values; a visionary code of ethics and honour.

While the word warrior has largely been associated with men and combat, it has also been associated within Greek mythology – Athena the Goddess of wisdom, courage, inspiration, justice, strength, strategy and the arts.

Bushido: literally “the way of the warrior”, is a Japanese word for the way of the Samurai life: of courage, justice, mercy, politeness, honesty, sincerity, honour, loyalty and self-control.

## List four areas in your life that would benefit from releasing your Greatness Warrior potential:

1. ....
2. ....
3. ....
4. ....

“If we did all that things we were capable of, we would literally astound ourselves.” - *Thomas Edison*

A Greatness Warrior is committed to a journey of Self-discovery, living in their brilliance and calling. When you live by this code you become the CEO of your life, in the drivers seat.

Our brain is so powerful! We just need to know how to awaken to all that we are, and all that is. The brain is a super highway. It's like a computer, when we know how to upgrade the system, we get even more powerful results. There is a science that now proves what we focus on expands, that we can change, that we can rewire our brain and create new pathways to live a truly enriched life.

The first step is to recognise you have the power to change. To start living your warrior code, continually striving to be the best you can be. Knowing your world is filled with infinite possibilities!

### PARADIGM SHIFT

A leopard CAN change its spots! You CAN change.



# EVOLVE

by always learning, tools at the ready

There is no end to education.  
To evolve means to develop gradually;  
to live fully in your purpose in life.

Evolving is to raise one's self-awareness and consciousness. It is to come to understand the wonders of life. To realise the true-self, free of conditioning and programming. Becoming aware of just how unconscious we are. Spending time contemplating the true meaning of freedom and what life means to you is essential on your path to Greatness.

Quality questions determine the quality of your life. Self-enquiry and self-reflection is key. When you begin to ask good quality questions you come to realise just how powerful you are. Able to change current limiting paradigms, freeing your mind to new ways of being; self-aware, transformed and empowered.

What three questions can you ask yourself everyday that will help you achieve a more fulfilling life?

1. ....
2. ....
3. ....

“If you think you're green you'll grow; if you think you're ripe you'll rot.” – *Scott Horton*

Ask questions that support your evolution to greatness.  
How would I like my life to unfold?  
How do I want to experience my life everyday?  
What characteristics and traits do I aspire towards?

As you start evolving beyond your current paradigm, your interests and priorities will change. You will understand that you, and only you are the Creator of your life.

Gradually as you become open to new possibilities, clearing the emotional and mental blocks that no longer serve you, your desires will start to manifest as your reality.

You will start creating a life surrounded with more beauty, joy, ease, flow, love and joy; more than you ever thought possible. You will be free to live the kind of life you always wanted. The results are infinite and unlimited.

## PARADIGM SHIFT

Be open. A Master enters the room with an empty cup.



# APPRECIATE

\_\_\_\_\_ and accept what is by being present in the now

**Enrichment is an inside job. Train your mind to see evidence of your life's masterpiece in the making.**

## **MINDFUL OR MIND FULL?**

Did you know that on average you have over 60,000 thoughts a day? What's surprising is that approximately 97% of what we do within any day is driven by our unconscious patterns and habits: playing the same thoughts and beliefs on auto-repeat!

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and sensations.

**What three practices can you do to train your mind to focus on positive thoughts, while being present and in the moment?**

1. ....
2. ....
3. ....

**“Education is not the learning of facts, but the training of the mind to think.” – *Albert Einstein***

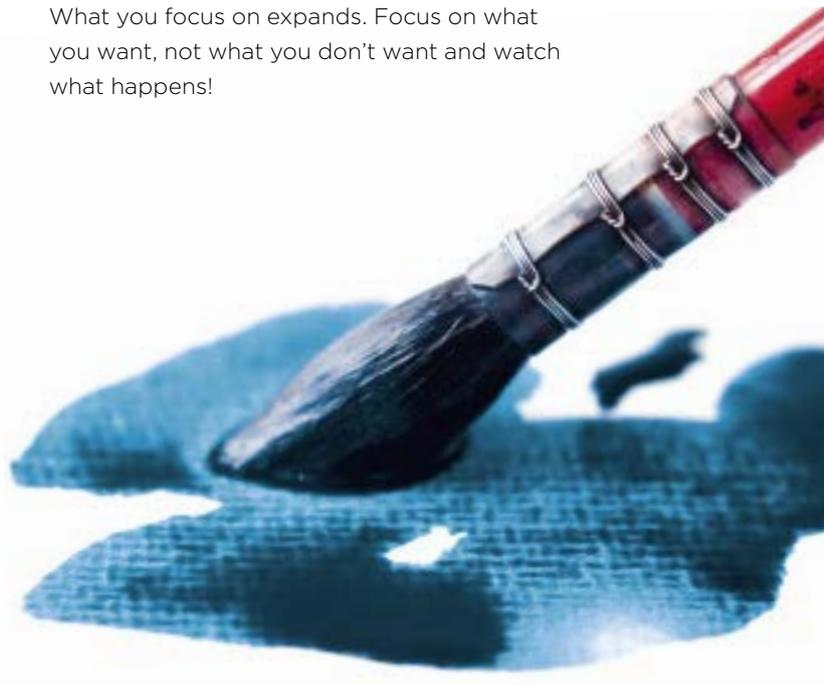
Mindfulness is a discipline and a conscious choice. Meditation, affirmations, nature, music or anything that inspires you, will lift your spirit. Practice filling your mind with positive thoughts: of gratitude and visions of how your life will be different.

Managing our thoughts is vital if we are to truly appreciate and accept what is. When we train our thoughts to be present in the moment, we experience a state of peace. We can then choose to reflect on the past, with the purpose of seeing the gifts: and look forward to see that which we aspire toward.

Our brain is hard wired to attract more of what are looking for. The trap is, you're often looking for evidence of what you don't want... and you generally find it. When you get in the driver's seat and are aware of your thoughts, you can catch the ones that no longer serve you and develop new thoughts, focusing on what you do want. A powerful game-changer to have you be happy in the now.

## **PARADIGM SHIFT**

What you focus on expands. Focus on what you want, not what you don't want and watch what happens!



# THINK

————— like there’s no box, taking risks to create success

To reach new heights we must get out of our own way. Allowing our selves to make mistakes. Welcoming failure as a stepping-stone to success.

Adversity is our greatest teacher. Failure is how we learn wisdom. Don’t let failure discourage you. The things that challenge us the most, teach us the most.

The greatest success stories have one common theme, that they have many failures before reaching greatness. Success is generated from wisdom. We learn what does and doesn’t work, what feels right, what to do and what not to do. It’s a necessary part of our life journey.

Think of a time in your life when you have ‘failed’. Now write down three positive aspects of the perceived failure:

1. ....
2. ....
3. ....

“Failures are evidence that we are willing to do what it takes to succeed.” – *Lara Wilson*

When we allow ourselves to accept that our failures in life are simply signposts showing a better way, we come to understand that we are not the sum of what happens to us. It’s what we do within any given situation that determines our success.

## ACCEPT LIFE IS MESSY

Success is generated when you go above and beyond your current reality (paradigm), and do whatever it takes to get out of your own way. It’s about being prepared to take risks and make big, glorious, fantastic mistakes. Perfection is an illusion. A trap, holding us prisoner from achieving our greatness.

When we learn to accept failure as a gift, we are in flow with life. Aligned to our core belief, passion, energy, and enthusiasm, creating and attracting success.

## PARADIGM SHIFT

If you set your goals ridiculously high and fail, you will still fail way above everyone else’s success.



# NOURISHED

————— in your wellbeing generating enthusiasm for life

**It is imperative that you nourish your wellbeing. It is the determinate of your success or failure. When we are well tuned, with a full tank, we are enthusiastic for life!**

Your environment, the people you surround yourself with, the clutter and disorganisation, all effect your state of mind and have a direct effect on your wellbeing. As do the books you read, the television you watch, the drama you are involved in and your daily practices. From the moment you wake up until the moment you sleep, these factors determine how you will feel.

## **MORE ENERGY OR MORE PRODUCTIVITY?**

**Where in your life can you change your environment or habits, to better manage your wellbeing?**

Physically.....  
Emotionally.....  
Soulfully.....

**“Your wellbeing is not just about what you do physically or what you eat. It’s also about what you consume intellectually and emotionally.” – Lara Wilson**

Energy, not time, is the fundamental currency of high performance! To be fully engaged, we must be physically energised, emotionally and mentally focused, and soulfully aligned with a purpose beyond our immediate self-interest.

Performance, health and harmony are grounded in the skillful management of energy. For some it requires a paradigm shift, consider the following?

- Rather than managing time, manage energy.
- Rather than seeing life as a marathon, see it as a series of sprints.
- Rather than seeing downtime as wasted time, see it as productive time.

When we push ourselves we are draining our energy and at risk of burnout. Fill your energy tank as a priority!

## **PARADIGM SHIFT**

If you’re not at your best physically, emotionally and mentally, you are no good to anyone, least of all yourself.



# EMPOWERED

in your moment-by-moment choices

**Know in every moment you have a choice; you can either let it define you, destroy you or strengthen you.**

Life is 10% of what happens to you and 90% of how you CHOOSE to respond. Most times our brain is hard wired with 'trigger points' that have us react rather than respond. We point the finger of blame; we play the victim, feeling powerless and complain, or assume the role of martyr. This can create cycles of drama that keep us trapped and disempowered.

Our EQ (emotional intelligence) will determine whether we react (give our power away) or respond (feel empowered). Often when we go into a reactive state, we are operating from our head and not in our heart. Being in our heart speaks a very different language, profoundly influencing the way we perceive and respond to the world.

**What three emotions have you experienced lately that could be positively re framed with a more empowered outlook?**

1. .... VS .....
2. .... VS .....
3. .... VS .....

**“There is nothing more powerful than knowing we always have a choice. Choose wisely.”**

*– Lara Wilson*

For centuries, the heart has been considered the source of emotion, courage and wisdom. There is now a scientific explanation in how and why the heart affects mental clarity, creativity, emotional balance and personal effectiveness.

When we react we activate negative emotions. Leading to disorder in the heart's rhythm and in the nervous system, thereby adversely affecting the rest of the body.

In contrast, choosing to respond activates positive emotions creating increased harmony and coherence in the heart's rhythm and balance in the nervous system.

When we become more emotionally intelligent and learn to be in our heart we become empowered in our moment-to-moment choices.

## **PARADIGM SHIFT**

I create my moment-by-moment reality by the choices I make. I had the power all along.



# SELF-AWARE

————— with new meaning and belief, singing your song

**Stay true to self. Stop worrying what other people think. Live in your unique brilliance and calling!**

We each create our own meaning and belief about the world and ourselves. Self-perceptions we then project into how we see the world. If you believe life is difficult, it is. If you believe life is magical, it is.

By the age of seven, we have set up so many of our beliefs that are still in the drivers seat. And really, do we want a seven year old calling the shots?!

SQ (Spiritual Intelligence) represents the positive meaning and belief you have about yourself and the world. Self-LAW is the law unto self; Self-Love, Self-Acceptance, Self-Worth.

**I am... Two of the most powerful words, what you put after them shapes your reality. Write three words to encapsulate Self-L.A.W.**

I am .....

I am .....

I am .....

*“Watch your thoughts, as they become your words. Watch your words, as they become your actions. Watch your actions, as they become your habits. Watch your habits, as they become your character. Watch your character, as it becomes your destiny.” – Lao Tzu*

Affirmations change the game in how we create new pathways of meaning and belief. Affirmations are sentences aimed to affect the conscious and the unconscious mind. The words chosen automatically and involuntarily create mental images into the mind. Repeating affirmations result in new mental images, affecting the unconscious mind, which in turn, influences your behaviour, habits, actions and beliefs.

**Self-LAW affirmation:** I love and accept myself no matter what, and know that I am worth it.

The more you come to love and accept yourself and know your worth, the less you will care what other people think. This sets you free to be your true self, singing your song, living on purpose.

## PARADIGM SHIFT

It's none of my business what other people think of me. What matters is what I think of me!



# SELF-MASTERY

————— **KNOWING YOU ARE THE C.E.O. IN YOUR LIFE!**

**Be the CEO (Consciously Embracing Oneself) in your life. Get your Genius on. Keep at it! Greatness awaits!**

Greatness is not for quitters - it is for anyone ready to do whatever it takes, to become a Master of their life's creation. Greatness is not a getting and having, but becoming and being.

Self-Mastery is you as the CEO in your life. Your thoughts, feelings and beliefs are created with you in the drivers seat. Living by a code; Nobody does anything to me, I am the Creator my own reality. As Self-Leader you are empowered, self-aware, transformed in thinking and have the tools to THRIVE in life. GREATNESS is the result!

**What can you do right now, today that puts you in the drivers seat as a powerhouse Self-Leader?**

1. ....
2. ....
3. ....

**“There is so much to be gained when we say ‘yes’ to what’s next.”**  
– *Lara Wilson*

## **SELF MASTERY IS LIVING THE ENRICHMENT MODEL**

**IQ - MIND:** The art of mind management to create positive, rational thinking.

**BQ - BODY:** Knowing that the body intelligence fuels our energy and life's purpose.

**EQ - HEART:** Deepening awareness of choice and how it impacts our behaviour and all of life.

**SQ - SOUL:** A philosophy that enriches the meaning and belief we hold of ourselves and the world.

Life is a BIG canvas - throw all the paint on it you can - your Life Masterpiece awaits. Do it deliberately, with conscious choice, discipline and commitment. Embrace our ethos that repetition teaches the genius.

## **PARADIGM SHIFT**

I am a powerhouse creator aware that whatever I focus on I will find evidence of. I choose deliberately to focus on what I want, and not what I don't want, Consciously, Embracing One Self!



# Ready to get giddy with your GREATNESS?

Let's connect!

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“There is no end to education, it is not that you read a book, pass an exam, and finish with education. The whole of life, from the moment you are born to the moment you die is a process of learning. It is the cornerstone to GREATNESS.”

– Lara Wilson



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