

HOW TO TAKE THE  
MOST DIFFICULT ACTIONS  
YOU KNOW WILL IMPROVE YOUR LIFE

//////////////////// WITH THE //////////////////////

**DJP**  
FRAMEWORK

WAKING UP EARLY + COMMITMENT + POSITIVE THINKING + LEARNING A NEW LANGUAGE + TRAVEL ABROAD  
TING A PET + REDUCE MY CARBON FOOTPRINT + SMILE MORE OFTEN + HAVE FAITH + EARNING MORE MONE  
ROW SOCIAL CIRCLE + IMPROVE MY DIET + BEING MORE SUPPORTIVE + MEDITATING + WORKING OUT + F  
YING AN INSTRUMENT + GOING OUTDOORS + PUBLIC SPEAKING + CONCENTRATING + BEING PUNCTUAL + C

**SFZ.**

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We weren't  
designed to be  
stuck, we are  
designed **to serve**  
**one another.**

## THAT IS WHO WE ARE

### Let's begin.

No matter what you desire to do...

Nothing else is more important than taking  
consistent action towards that ideal.

Consistent action will grant an opening to  
your deepest potential.

In the next few minutes you will discover a  
simple method to immediately free you into  
taking consistent action.

If you struggle to take consistent action...  
that is ok... you are not at fault. **Because we  
all struggle when we are oblivious to one  
major thing.**

**If you struggle to take  
consistent action, it is the  
result of one thing and one  
thing alone:**

## WHAT YOU THINK OF YOURSELF

**That's it. So fear not. It's that simple.**

With this insight in mind, we now have a  
focus and can stop wasting a lot of time.

We only need to work with... what you think  
of yourself. **That's it! How relieving.**

By using the DJP framework, you can see  
quickly what you think of yourself, how to  
shift that, and how to take consistent action.

In this guide I will show you the process, then  
give you an example of how I use it, then turn  
you loose to try it out.

# INTRODUCING THE 3 STEP DJP FRAMEWORK

In order to begin freeing ourselves we just follow these three steps:

- 1 Write down the difficult action in clear and simple language.**
- 2 Remove the judgements using one simple sentence.**
- 3 Find the patterns on where else this shows up.**

In essence, that's DJP.

Difficult action

Remove **J**udgement

Find the **P**attern

You can do DJP on the fly in your head while driving in the car once you have the skill down.

This is truly a blessing because once you see there is actually something you can do when things are difficult, it can bring about a lot of hope.

Let me show you how this works with my most difficult task, singing.

## AN EXAMPLE OF DJP

My difficult action? Singing.

Immediately this will prompt my brain into all kinds of stories. ***"No one wants to listen to you, you suck, you're ugly, give up, hide in business, that's where you belong, etc..."***

But these voices are all the result of one thing. It looks like a bunch of things. But it's just one thing. Watch let me show you.

Let's remove the judgement I have from singing being difficult.

So I tell myself the one sentence a best friend would tell me, ***"Dane, many people struggle with singing, you're not alone."***

Taking a few deep breaths around this, I can feel a natural impulse to start to sing, but then I immediately feel more judgements creep up, my throat gets tight. And I get scared again.

**So I remind myself...**

***"Dane, many people struggle with singing, you're not alone."***

My body really starts to wake up. My feet start tingling. I bend over and rub my belly. I'm starting to feel more and more liberated. That sentence has become my best friend.

### The best friend sentence:

INSERT NAME, MANY  
PEOPLE STRUGGLE  
WITH INSERT ACTION,  
YOU ARE NOT  
ALONE!

Now it's time to stack the freedom by looking for patterns elsewhere.

Does this show up as a pattern anywhere else? Ah yes, in a moment of reflection I get another answer.

Kissing my girlfriend with my heart open. This is actually extremely difficult for me to do.

Immediately judgements creep up, I hear voices of people murmuring, "*Psshhh Dane can't kiss his girlfriend?!*"

Again those voices are the result of just one thing. They don't have any real weight when looked at directly. That means I can freely hear them but they no longer have a hold over me.

I throw in another sentence to comfort myself... reminding me, "*Dane, many people struggle to kiss someone with an open heart, you are not alone.*"

Now I'm starting to feel a natural impulse to take action. From an inspired place. I want to kiss my girlfriend, and I want to sing. From an authentic place. One that doesn't move against inertia.

And I only used DJP. Now to be fair.. I threw in another best friend sentence after finding the pattern of it being difficult to kiss my girlfriend with an open heart.

### But now the seed is planted.

This is more than just singing. This is in kissing my girlfriend. It seems I struggle to share my heart. **Wow.**

And you know what, it is ok because many people struggle with sharing their heart, so I am not alone.

To think that a difficult action could be the doorway to great spiritual growth and insight is incredibly exciting.

*It's exciting for me when an action becomes difficult, because I now have a tool to liberate myself.*

# TAKING DJP TO THE NEXT LEVEL

Now I've told you that if you struggle to take action it is the result of one thing and one thing alone. What you think of yourself. Now let's **take DJP to the next level and add in identity.**

## DJPI

Our difficult action was singing. I reminded myself many people struggle with that. It was very freeing to realize. Next the pattern was kissing my girlfriend with an open heart.

Now with only one isolated incident of singing being difficult, it's hard to find an identity in that alone. But once we see a pattern with more difficult actions, we can start to infer an identity based on the pattern.

### So we ask the following...

**How would you describe yourself as someone who experiences this pattern?** That's the identity, who you believe yourself to be.

Here was my answer.

**My identity:** *Someone with fear of having an ugly heart.*

This takes me a few deep breaths. It hit me hard. To comfort myself I throw in that sentence, ***"Dane, many people struggle with the fear of having an ugly heart, you are not alone."***

I allow the best friend sentence to really land. I start to see images of people criticizing their photos after they are taken, *"oh my smile is awkward,"* I start seeing people saying they look fat, being critical of themselves, and I see in mass how many people struggle with the same thing.

I allow that to wash over me. It's hard to wake up from. I feel like I'm really the only one who feels this way. So I take some time and really feel this. And freedom starts to open up right away.

***"WOW, MAYBE THIS IDENTITY ISN'T THAT BIG OF A DEAL IF SO MANY PEOPLE STRUGGLE WITH IT?"***

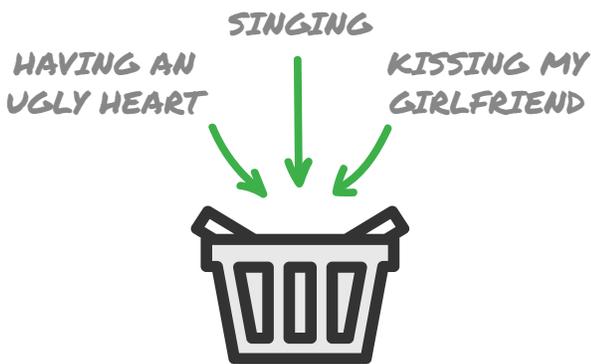
### Now I pull the jedi move.

I pull out my phone and set a timer for **30 seconds** and repeat the timer as **many times as needed.**



**F**irst, I put the three things inside a basket:

- Fear of singing
- Fear of kissing my girlfriend with an open heart
- Fear of having an ugly heart



Then I tell myself. ***“Dane these things are all very real, but they are not true to who you are. Let’s hold them as real but not true in the basket now until we are free.”***

And then... I literally I hold all of this in a basket like I would a newborn baby. Full of compassion, full of love.

### **As real. But not true.**

I turn on the timer for 30 seconds and begin.

**In just 30 seconds the following happens.**

My heart breaks open a little, I start to grieve, then it becomes too much for me, I want to run away.

***The trick is that each new experience that comes up you put in the basket and hold.***

So if you want to run away, **put that in the basket** and hold it while not running.

I turn on the timer for 30 seconds again to hold everything in a basket **as real** but **not true**.

I start to feel nauseous. Want to run away again. I offer myself compassion and say Dane many people would want to run from this. That really hits me hard and I start crying. I turn the timer on for 30 seconds again.

I start to realize I’ve been feeling really worthless for a really long time. **I hold that as real but not true and turn the timer on again for 30 seconds.**

And in 2 minutes, I now have more freedom than I ever have to take my difficult actions of singing and kissing my girlfriend with an open heart.

***I GOT TO HEAL SOME OF MY DEEPEST WOUNDS AND BECAME MORE AND MORE FREE***

# WELCOME TO THE ACTION TAKERS COLLECTIVE

**W**e believe in taking action not to feel good, but because we feel good. We believe in holding all things as real but not true. We believe that compassion is the next great secret to higher achievement with a happy heart.

Remember love is real, success is not your identity, and you are designed to serve.

**Not to fail.**

***Your Success Will Come  
Down To How Well You  
Can Meet All Things  
Unconditionally Inside The  
Basket Until They Lose Their  
Hold On You.***

This is warrior level training. It's not for the faint of heart. If you can hold all things in that basket, you will be free. If you can not, you won't.

**The other side feels so good. It's very worth it.**

But it's not easy. You will likely need a lot of practice training to learn how to hold things in that basket.

**Would you like help?**

I have wonderful news!

There is one very sound and logical skill you can develop to hold this basket like a pro. It takes time. It isn't easy. But it is extremely rewarding.

We have a growing community and a training program called [The Action Takers Collective](#).

We study mindset for the purpose of feeling good while taking action.

As soon as you can sit with all aspects of your mind without moving, you will no longer suffer, you will no longer be stuck, and you will no longer be left wanting.

This group is all centered on developing this one major skill.

To learn more about The Action Takers Collective, [click here](#).

# THE ONE PAGE SUMMARY

## Describe your situation...

**1** Difficult action: \_\_\_\_\_  
Write it down so you can look at it.

**2** Remove judgement: \_\_\_\_\_, many people struggle with \_\_\_\_\_,  
you are not alone.  
Really let this sentence sink in.

**3** Find the pattern elsewhere: \_\_\_\_\_  
\_\_\_\_\_  
Where else does this show up?

**4** Describe the identity: \_\_\_\_\_  
How would you describe the person who experiences this pattern?  
That's who you believe yourself to be. **But it's only a belief.**



## Spend 30 seconds in the basket, holding it all...

- Place all of the things you wrote down into a mental basket.
- Set a timer for 30 seconds and hold them all as real but not true for just 30 seconds at a time.
- Hold all things that come up inside the basket during the 30 seconds.

## FOR EXAMPLE...

If you want to run, hold that in the basket without running.

If it becomes too much, hold that in the basket without running.

If you start to feel more free, hold that in the basket without running.

**And always hold things a real but not true.**

IN CLOSING

**PLEASE MAKE THIS PROCESS YOUR OWN**

Hold anything you want in the basket.  
Skip steps if that works for you.  
Jump from difficult action straight to identity.

***Use the best friend sentence for everything you struggle with.***

**BE KIND TO YOURSELF.  
BE YOUR OWN GURU.  
BE YOUR OWN BEST FRIEND.**

I love you all,  
*Dane*

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**DJP**

FRAMEWORK



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**SFZ.**