

Inner Game Sheet TEMPLATE w/ Instructions, and 2 samples.

Follow the instructions in each block to fill it out, then, review it at least once a day, right after you wake up. If you really want to turn up the progress, review it in the morning, before you got to bed, and whenever you feel like you're off-center.

Remember, there's no way to "get this right". It's just a tool to keep who you say you are in existence, even when you don't feel like it, and, if you want REAL POWER, you can share this with as many people as you're willing and able so that they start holding you to account for these things as well.

I used to post mine on forums and email lists. Thousands of people knew me as who I said I was becoming, not who the Past said I was. Transformation happens when you enroll others into seeing you the way you've invented yourself, rather than the identity you inherited from your Past experiences, education and upbringing.

Please see the TWO SAMPLE Inner Game Sheets I've included at the end of this document, so you can get an idea of what I used, and how it evolved over time.

With love and respect,

-Jae Ellis

My Life: [[INSERT TODAY'S DATE]]

What is the state of my life, based on what I say I'm Committed to versus what I actually Have?

Health: [[INSERT "Statement of What's So" about your health. Get brutally honest with yourself. No bullshit, no story, no drama. Just the facts.

For example: “I weight 185 pounds, am at 20% body fat, I can jog about 1 mile before getting exhausted, and I get sick about 3 times a year. My diet includes fast food 3 times per week, and no vegetables”.

Then, state what you’re committed to, or what actions you have not been taking that would make a difference in this area of your life.

For example: “I want to weigh 165, be at 12% body fat, be able to jog 3 miles, and be illness free all year. I want to be eating foods that have me feeling great and staying healthy all year round, provide me with energy for my day, and, taste good. I haven’t been watching what I eat, and I only go to the gym once a week at the most.]]

Wealth: [[INSERT “Statement of What’s So” about your wealth. Get brutally honest with yourself. No bullshit, no story, no drama. Just the facts.

For example: “I make \$45,000 annually, I have \$10,000 in debt, and \$3000 in a retirement account. I don’t own any other assets besides my car, on which I still owe \$5000.”

Then, state what you’re committed to, or what actions you have not been taking that would make a difference in this area of your life.

For example: “I want to be making \$80,000 per year, have no debt, and max out my 401K each year. I want to own my own house, and, have enough vacation time each year to take 2 vacations greater than 10 days each. I haven’t been looking for a new job, or taking the one I’m at very seriously. I haven’t been looking for other financial opportunities, nor spoken with a retirement advisor.]]

Relationships: [[INSERT “Statement of What’s So” about your relationship, with yourself and others, both platonic and sexual. Get brutally honest with yourself. No bullshit, no story, no drama. Just the facts.

For example: “I have three close friends, my parents are still alive and I am single. I talk to my parents once a month, don’t speak with my brother, and stay in to watch TV 3 nights per week. I don’t go to singles events, and I go out to bars once a week with my close friends. I don’t approach women outside of the bar, or online”.

Then, state what you’re committed to, or what actions you have not been taking that would make a difference in this area of your life.

For example: “I want a wide social circle of acquaintances and a group of 5 or 6 close friends. I want a great relationship with my parents, where we all relate to each other as people, powerfully, and support each other. I want to get back in touch with my brother. I want an amazing girlfriend who takes my breath away, and who thinks I’m the shit. I want several attractive female friends to learn from and go out with when I’m socializing. I want to meet

women who are into what I'm into, not just at bars when they're drunk and partying. I need to put myself in social situations and events where my type of woman will show up, and where I can make friends that have a lot in common with me.]]

What Ways of Being do I have, that displace possibility, which I give up RIGHT NOW.

[[**INSERT the Disempowering Statements** you say to yourself, over and over, whether out loud or in your inner monologue... you know, the little voice in your head.

“What little voice?”

...yeah, that one.

For example: “I should be ashamed”, “I’m not allowed to have what I really want”, “I can’t win”, “The Universe is out to get me”, “I’m not enough”, “I don’t know how”, “It’s not my fault”, “It’s HER FAULT!!”, “I got fucked over”, “It has to look THIS way”, “I don’t have the time”, “I don’t have the money”, “It’s out of control”, “I hate this”, “No one told me what to do”, “I’m in trouble.”

It may take a little work to discover these. They exist in the blind spots of your awareness. One way to find them is to start asking people who know you well, what kind of excuses you usually make for not accomplishing your goals or being successful.

Another is to take The Landmark Forum. www.landmarkeducation.com. Tell ‘em Jae Ellis sent you.]]

The Context is Decisive. Your Context in life –Decides- your life. The Context decides your thinking, your feelings, your actions and your results. When Breakdowns happen, you are ignoring the Context which gave rise to the Breakthrough in the first place. The real game is tending to, managing and expanding the empowering Contexts from which your Breakthroughs are generated. What are the Contexts from which I am living RIGHT NOW?

1) [[**INSERT EMPOWERING CONTEXT #1**

For example:

1) I am The Scriptwriter of My Life. The Universe organizes itself around my commitments.]]

2) [[**INSERT EMPOWERING CONTEXT #2**

For example:

2) It's ALL a Learning Experience. If it happens, I needed it. The Universe gives me exactly what I need to breakthrough, to cause my Commitments. There are no failures, only learning experiences.]]

3) **[[INSERT EMPOWERING CONTEXT #3**

For example:

3) Success is Inevitable. All there is to do is stay in action. Coming from my Intentions, Power, Integrity and Commitments, it is inevitable that I will succeed. It cannot "not happen".]]

Consider that who you are at any given moment is a set of Concerns. A concern is something that engages your attention, something that you have your eye on. What are my concerns?

[[INSERT EMPOWERING SET OF CONCERNS TO HOLD YOUR ATTENTION

For example: Where can I partner or team up with others? How can I accomplish what I'm up to? What am I committed to? Who am I being? Where is the next breakthrough? What is possible?]]

The universe is an intention fulfillment machine. What is my intent?

[[INSERT YOUR OVERALL INTENTIONS, bullet list style. These should be congruent with the Contexts you declared, above:

- Intention #1
- Intention #2
- Intention #3

...etc... etc... have 2 to 4 of these.

For example:

- To master human social dynamics, communication and relationships.
- To teach and inspire others to greatness in these areas of their lives.
- To transform the quality of dating, relationships and romance in the USA.
- To live a life that I love, and live it powerfully.]]

Specific Measurable Results that I am causing RIGHT NOW:

[[These should be a measuring stick for fulfilling on the Intentions you declared, above.]]

By [[INSERT SHORT TERM "BY WHEN" DATE HERE]] I will:

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-
1. Specific Measurable Result #1
 2. Specific Measurable Result #2
 3. Specific Measurable Result #3
 4. Specific Measurable Result #4
-

For example:

By the end of my LEC Excellence Seminar (August 1st, 2007) I will:

-
1. Be tracking a total income of at least \$100,000 in 2007, at least 85% of which comes from social, dating & relationship coaching, and related activities (royalties from articles/interviews, etc.)
 2. Have a great industry reputation, both with my clients (98% or better satisfaction rate), my business partners, industry colleagues, and the general public / media.
 3. Be in the best physical condition of my life (overall health, appearance, strength, organ function.)
 4. Be engaged to my future wife.
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By [[INSERT LONG TERM "BY WHEN" DATE HERE]] I will:

||

-
1. Specific Measurable Result #1
 2. Specific Measurable Result #2
 3. Specific Measurable Result #3
 4. Specific Measurable Result #4
-

For example:

By the end of 2007, I will:

-
1. Have exceeded \$100,000 total income, after all expenses and before taxes, for the calendar year.
 2. Have had, or solidly scheduled, a DYD interview with David DeAngelo, and at least two television/radio high-publicity interviews which offer positively-framed mainstream visibility.
 3. Have begun the process of writing a transformational book about dating & relationships and social skills, and have a team of at least 4 key people supporting me in that process from beginning to completion (including at least one with the power to publish / fund the project).
 4. Have a long vacation planned with my fiancée, to travel the world.
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Integrity is simply what works, not what's "right" or "wrong". The Power I experience in my life (i.e. the accuracy and timeliness of fulfilling on my Commitments / Intentions) is directly proportional to my overall Integrity. Who am I being, RIGHT NOW?

[[INSERT A DECLARATION: WHO YOU SAY YOU ARE, AND THE INHERITED IDENTITY THAT YOU'RE GIVING UP.

NOTE: I do this using Landmark Education style languaging. You can use this, or find something else that works for you.

For example:

***WHO I AM* is the Possibility of Power, Transformation and Fearless Self Expression.** I give up my Act of being “a powerless fraud who’s in trouble.” I give up my old inherited identity, and I embrace my invented life and my self-created identity, fully. I am the scriptwriter of my life.]]

What structures can I put in place, consistently and constantly, to support my Integrity, Intentions and Commitments?

[[INSERT a bulleted list of structures you can use to keep your invented self, intentions and commitments in existence.

- Structure #1
- Structure #2
- Structure #3
- Structure #4
- Structure #5

Etc... etc...

For example:

- Calendar w/ Reminders
- Scheduled events that call me to be (classes I teach, seminars & workshops I take, activities with other people that hold me to account)
- A realistic schedule with time for practice, research, maintenance and R&R.
- Friends, team mates, partners and a lover who all hold me to account to be who I say I am, and actively listen me as that.
- A public image and presence on the web, and other places, enrolling the world in who I say I am.
- Multiple workouts per week (both cardio and resistance training), with partners.
- Redone budget, with advice from more experienced individual(s).]]

Who we are in the present is given to us by the FUTURE that we're living into. What is my Future?

[[INSERT THE INVENTED FUTURE THAT YOU ARE STEERING YOURSELF TOWARDS, RIGHT NOW. Bulleted list, that generally follows the health, wealth, relationships model you used in the beginning.

For example:

- A dating & relationship coach, transformational coach, social dynamics teacher, and public speaker.
 - A passionate lover with my extraordinarily attractive and wonderful wife, who participates in my business part-time and my lifestyle full-time (philosophy, art, athletics, socializing, traveling).
 - I am a loyal friend with a large inner circle of close friends, several of whom got rich doing business with me, and an extremely wide international social circle of casual friends.
 - I work for myself, my own business, and consult for others. My passions pay for my lifestyle.
 - I am financially ten times wealthier than my parents.
 - I am in excellent physical shape, with a very attractive appearance and great health.]]
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IN THE FIELD: Generate myself. Generate my Best Self and accomplish what I intend, even when I don't feel like it. What structures can I put into place, to reframe interactions in the field, remind me to Generate myself, and empower my state & emotional control, moment by moment?

[[INSERT SPECIFIC RESOURCES & STRUCTURES for when you're IN-FIELD, facing down your fears, socializing and approaching lots of women. Bulleted list:

For example:

- A copy of this document, which I can refer to at any time to remind myself of Who I Am.
 - Pre-created Verbal / Kino anchors I can use in field, to center myself and generate my state. Movements, songs to sing, affirmations, etc (i.e. "Yeah yeah yeah", ass slap, etc).
 - Specific rules and stacks to use for warm-ups, and to "re-state" myself when necessary: lots of banter lines in-the-can, funny stories and games.
 - Practices: first set on the left, clearing phone calls or conversations with a coach / team mate, warm up with hired guns, etc.
 - Coaching. 1-on-1, from more experienced friends, workshops / seminars, on the phone, etc.]]
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**Jae Ellis: Inner Game Sheet from 2006,
...while I was still into being a “Pickup Artist”**

My Life: 12/18/2006

What is the state of my life, based on what I say I’m committed to versus what I actually have?

-Less talk, more action. I need to be in action, every day, instead of thinking about it or talking about it. My skills and resources do not increase by theorizing about them, rather, they increase by getting out in the field.

This applies to all facets of my life: Physical, mental, social and financial.

I need to follow my weekly schedule. If it doesn’t work for me, change it so that it does. I don’t have to have the perfect schedule, just one that works and furthers my commitments. This includes workouts, socializing, sarging, etc. Don’t get caught up in perfection, nor analysis paralysis.

Always look for new opportunities that present themselves. “Jedi” my life, move as one with the flow of intentions, events and opportunities while being a Cause and powerfully generating my own Intention. Give up being attached to specific outcomes, while still remaining fully committed to my intentions. Play to win, but take nothing personally.

Take action **EVEN WHEN YOU’RE AFRAID**. Be “balls out”. You have nothing to lose, except by wussing out. After all, **THIS IS IT**. There is no practice life. Every day is my last. Err on the side of **ACTION**.

I am my own work of art. Cultivate my broad range of talents and interests. Be a Renaissance Man. Evolve, constantly, always look for the next level. I’ve never “arrived” –enjoy the breakthroughs, and celebrate them, and also cast aside all hubris.

The universe is an intention fulfillment machine. What are my intentions?

1. To master human social dynamics.
 2. To master the art & process of picking up, having fun with and seducing women.
 3. To master romance, foreplay, sexual technique and performance, giving my partners the best experiences of their lives.
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Specific Measurable Results:

- By the end of this year, I will have an average closing ratio of 5% / set.
 - By the end of this year, I will have an average of 5 women that I periodically, but regularly, see, and new sexual partners an average of once per week.
 - By the end of this year, I will have begun implementing my business ideas in reality. This may include preparing to move to a new area, website & domain name, registered corporation, and other vital components. I will be in a formal training program for PUA Instruction with a professional company (MM, Pickup101, etc).
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What is my passion, my purpose? How is my intention in line with this?

To teach others the things I learn that enrich and bring joy to my life. To experience power, freedom, fun and passion. My intention fulfills this purpose and passion.

Integrity is what works, not what's "right" or "wrong". The power I experience (accuracy and timeliness of fulfilling my Commitments / Intentions) is directly proportional to my Integrity. Who am I being?

My Character is Romeo Rebellious, a classy romantic bad-boy. Entrepreneur and business partner. Social point-man, and networker. *Who I am is the Possibility of Fun, Passion and Power.* I give up my Act of being a cowardly doomed loser. I give up my old inherited identity, and embrace my new created identity fully.

What structures can I put in place, consistently and constantly, to support my Integrity, Intentions and Commitments?

- Calendar w/ Reminders
 - Scheduled events that call me to be (classes I teach, seminars & workshops I take, activities with other people that hold me to account)
 - A realistic schedule with practice time, research time, and maintenance time.
 - Friends and lovers that hold me to account as who I say I am, and listen me as that.
 - A public image and presence on the web, and other places, that enroll the world in who I create myself as.
-

Who we are in the present is given to us by the FUTURE that we're living into. What is my Future?

A social dynamics teacher, dating & relationship coach, pick-up instructor, and public speaker. A passionate lover with my "10" bi spouse, who participates in my business part of the time, and in my lifestyle full-time (philosophy, study, art, athletics, and we go out sarging together). I am a loyal friend with a large inner circle of close friends, and an extremely wide international social circle of casual friends. I own my own business, and also consult for other businesses, and do contract work. I am financially ten times wealthier than my parents. I am in excellent physical shape, with a very attractive appearance and great health.

What pieces of my past are still hidden from my view, somewhere out in my future, misaligning my Intention?

They are hidden, so I will continually look for them, and the next breakthrough. Some I've discovered recently include "I sabotage myself", "I can't win", "I was in a bad mood", "I have to work hard to attract", "I don't know how to do this / what I want".

What existence systems can I put in place to continually put my past in the past, put my Intention into my future, and call myself to Be who I am committed to being?

- Affirmations
 - NLP Exercises
 - Landmark Education coursework, and exercises.
 - People in my life enrolled in who I say I am, that call me to be my created self.
-

Generate myself. Emotional state control. Generate my Best Self and accomplish what I intend, even when I don't feel like it. What structures can I put into place, to reframe interactions in the field, remind me to Generate myself, and empower my state control moment by moment?

- Text message or printed out affirmations, routine notes, anchors to powerful states ("I had a dream about you last night").
- Copy of MySpace page, or other "character sheet". Remind myself who I am.
- Pre-created Verbal / Kino anchors I can use in field, to center myself and generate my character and state. Movements, songs to sing, affirmations, etc.
- Specific rules and stacks to use for warm-ups, and to "re-state" myself when necessary. Funny stories, first set on the left, phone call / txt to a coach, hired guns, etc.
- Coaching. 1-on-1, from more experienced friends, workshops / seminars, on the phone, etc.

Jae Ellis: Inner Game Sheet from 2007,

...I was in love, full-time with AskRomeo.com, and took on transforming the quality of dating, relationships and romance in the USA.

My Life: 03/16/2007

What is the state of my life, based on what I say I'm Committed to versus what I actually Have?

Continue to BE IN ACTION, every day, in line with all my Intentions and Commitments.

Follow my weekly schedule. If it doesn't work for me, change it so that it does. I don't have to have the perfect schedule, just one that works and furthers my commitments. This includes workouts, socializing, flirting, etc. Don't get caught up in perfection, nor analysis paralysis.

Always look for new opportunities that present themselves, while being at Cause and powerfully generating my own Intention. Give up being attached to specific outcomes, while still remaining fully Committed to my Intentions. Play to win, but take nothing personally. Be Fearless.

Generate Being Fearless. Know myself as bigger than all circumstances. Be "balls out". You have nothing to lose, except by wussing out; after all, THIS IS IT. There is no practice life. Every day is my last. Err on the side of ACTION. Even when I -am- afraid, be courageous – *always take action*.

I am my own work of art. Cultivate my broad range of talents and interests. Be a Renaissance Man. Evolve, constantly; always look for the next level. **I've never "arrived;"** enjoy the breakthroughs, celebrate them, and cast aside all hubris. Anything is possible; my past has no impact in the present.

What Ways of Being do I have, that displace possibility, which I give up RIGHT NOW.

I should be ashamed, I'm not allowed to have what I really want, I can't win, The Universe is out to get me, I'm not enough, I don't know how, It's not my fault, I got fucked over, It has to look THIS way, I don't have the time or money, It's out of control, I hate this, No one told me what to do, I'm in trouble.

The Context is Decisive. Your Context in life –Decides- your life. The Context decides your thinking, your feelings, your actions and your results. When Breakdowns happen, you are ignoring the Context which gave rise to the Breakthrough in the first

place. The real game is tending to, managing and expanding the empowering Contexts from which your Breakthroughs are generated. What are the Contexts from which I am living RIGHT NOW?

- 1) I am The Scriptwriter of My Life. The Universe organizes itself around my commitments.
- 4) It's ALL a Learning Experience. If it happens, I needed it. The Universe gives me exactly what I need to breakthrough, to cause my Commitments. There are no failures, only learning experiences.
- 5) Success is Inevitable. All there is to do is stay in action. Coming from my Intentions, Power, Integrity and Commitments, it is inevitable that I will succeed. It cannot "not happen".

Consider that who you are at any given moment is a set of Concerns. A concern is something that engages your attention, something that you have your eye on. What are my concerns?

Where can I partner or team up with others? How can I accomplish what I'm up to? What am I committed to? Who am I being? Where is the next breakthrough? What is possible?

The universe is an intention fulfillment machine. What is my intent?

- To master human social dynamics, communication and relationships.
- To teach and inspire others to greatness in these areas of their lives.
- To transform the quality of dating, relationships and romance in the USA.
- To live a life that I love, and live it powerfully.

Specific Measurable Results that I am causing RIGHT NOW:

By my birthday (May 18th, 2007) I will:

5. Have replaced and exceeded, by 20%, the income I was previously generating at Learning Tree, from Dating & Relationship and Social Coaching as my full time career.
 6. Have paid off my Apple FCU credit line, and HSBC credit card, and have my IRA account on track to max out for the year.
 7. Be in great health via consistent physical training & nutrition, and milestones for my 8/1/07 goal.
 8. Have scheduled & financed at least 2 weeks of vacation with my girlfriend this summer.
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By the end of my LEC Excellence Seminar (August 1st, 2007) I will:

5. Be tracking a total income of at least \$100,000 in 2007, at least 85% of which comes from social, dating & relationship coaching, and related activities (royalties from articles/interviews, etc.)
 6. Have a great industry reputation, both with my clients (98% or better satisfaction rate), my business partners, industry colleagues, and the general public / media.
 7. Be in the best physical condition of my life (overall health, appearance, strength, organ function.)
 8. Be engaged to my future wife.
-

By the end of 2007 I will:

5. Have exceeded \$100,000 total income, after all expenses and before taxes, for the calendar year.
 6. Have solid, coach-reviewed business and financial plans for at least 10-times-growth in 2008.
 7. Have had, or solidly scheduled, a DYD interview with David DeAngelo, and at least two television/radio high-publicity interviews which offer positively-framed mainstream visibility.
 8. Have begun the process of writing a transformational book about dating & relationships and social skills, and have a team of at least 4 key people supporting me in that process from beginning to completion (including at least one with the power to publish / fund the project).
 9. Have a long vacation planned with my fiancée, to travel the world.
-

What extraordinary *ways of being* am I focusing on RIGHT NOW, as a continual framework from which to generate the extraordinary life and results I am committed to??

Being...

- Powerful – being straight in my communication, and taking what I get.
- Peaceful – giving up that “there’s something wrong here.”
- Racket-Free – giving up being right.
- My Word – Integrity; doing what I say, by when I say I will do it.
- Committed & Unattached – playing to win, full-out, and giving up attachment to the outcome.

Integrity is simply what works, not what’s “right” or “wrong”. The Power I experience in my life (i.e. the accuracy and timeliness of fulfilling on my Commitments / Intentions) is directly proportional to my overall Integrity. Who am I being, RIGHT NOW?

***WHO I AM* is the Possibility of Power, Transformation and Fearless Self Expression. I give up my Act of being “a powerless fraud who’s in trouble.” I give up my old inherited identity, and I embrace my invented life and my self-created identity, fully. I am the scriptwriter of my life.**

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 - A public image and presence on the web, and other places, enrolling the world in who I say I am.
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 - I work for myself, my own business, and consult for others. My passions pay for my lifestyle.
 - I am financially ten times wealthier than my parents.
 - I am in excellent physical shape, with a very attractive appearance and great health.
-

What existence systems can I put in place to continually put my past in the past, put my Intention into my future, and call myself to Be who I am committed to being?

- Affirmations, Visualizations
 - NLP Exercises, like iMethod and stuff from Mind Lines.
 - Landmark Education coursework, and exercises, and structures like this sheet.
 - People in my life enrolled in who I say I am, that call me to be my created self.
-

IN THE FIELD: Generate myself. Generate my Best Self and accomplish what I intend, even when I don't feel like it. What structures can I put into place, to reframe interactions in the field, remind me to Generate myself, and empower my state & emotional control, moment by moment?

- A copy of this document, which I can refer to at any time to remind myself of Who I Am.
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