



The Most Important Document in My Life

Dear Reader

I first heard of Steve Hardison about three years ago. I didn't warm to him very much to begin with. My coach Ankush had requested I watch a recording on YouTube called 'TBOLITNFL'. It'll make sense why if you watch it. I watched it but didn't get what Steve was talking about. Ankush asked me to watch it again. I did, but I still wasn't getting

Steve's message. The problem for me was that Ankush was working with Steve, and I could see him literally transforming before me. It was 2021 and he was working with Steve on creating something called 'his document'.

Early 2022 Ankush strongly encouraged me to attend an event in London at which Steve would be speaking. 'It'll change your life', he said (or something like that). I felt resistance but could see the impact of the work Steve was doing with him and signed up. Purely because I trusted Ankush, I took a real punt on the event and persuaded my two brothers, my son and his best friend, one of my closest friends and five of my clients to join me.

Just a month before the London event I attended an Immersion at which a fellow attendee, Sundance Robson, told me he had watched 'TBOLITNFL' fifty times. I stopped him to check if he had said fifty or fifteen. It was fifty. If Sundance Robson had watched this recording fifty times, I was missing something. Who was this guy Steve Hardison and what was it about him that had Sundance watch this fifty times? What was it about him that had my coach travel to Phoenix five times during 2021 just to create a 'document'. I was curious but far from 'all in'. I also knew by now that to be coached by Steve for one year came with a price tag of \$200K.

The event in London was amazing. Steve had come with his wife Amy. The other keynote speaker was Karan Rai who had been a client of Steve's. Karan and Amy were amazing, but I was totally captivated by Steve. I had never been in a room with someone with that kind of presence. He was passionate, he was intense, he was deeply loving but not in a soft and gentle way, and I had never met anyone who spoke about their wife like he did. I had also never met anyone who used language like he did. It was like he just expected the words he used to become reality.

Six months later I was on another Immersion. The first three days were amazing. I had got all I wanted from it, and we were only half-way through. I was wondering how Ankush was going to keep the momentum going. On day four he announced that we would all spend the rest of the Immersion creating our documents. To be honest, I was

a little disappointed. I knew Ankush had a 'document', and he was benefitting from it, but still I was hesitant. How wrong I was.

I spent the next three days, along with eleven other men, going through what proved to be an incredibly powerful process of connecting with many of the different ways in which I was constantly judging myself (without realising it) and then transforming those judgements into a list of declarations about the person I am now being in the world. I left the Immersion with the basis of a 'document'. It wasn't complete as I knew there were still more judgements I had to see and turn them into additional lines in my document. By the end of the year, it was complete.

In January 2023 I started to share my document. I shared it with my wife Jules, a couple of friends and then some clients. I was reading it twice every day and by the end of the month I had learned it by heart so I could recite it. At the end of March Jules said she noticed something different about me. She thought it was 'the document'. The moment I really knew this was working came in July when Jules came to me and said, 'How do I get a document?'

My commitment to being my document has continued. I recite it every day, morning and evening. I recite it when I am going to the gym. I recite it when I am walking the dogs on my own. Over the last few weeks, I have had eight people who are close to me make a recording of them speaking my document. I have started to use these recordings to listen to my document. It seems to me that, the more time I spend, getting its' words into me, the more I become like my document. I made another commitment to my document in March when I commissioned Stuart Bush to create a piece of art as a visual representation of my document. It is complete, but still drying, and I am really looking forward to it becoming a permanent feature in my home office. Here is that piece of artwork!



My document is a list of just over fifty powerful declarations of who I am 'being' every day of my life ... except when I'm not. They are not a description of who I am being all the time. I am far from perfect. I screw things up, I get scared, I hold back and get off track often. But my document has become like a north star for keeping me on track and getting me back on track. These declarations are also aspirational and call me forward into being more of the person it is possible for me to be.

Each line is like a mountain without a top. With some of the lines in my document I see that I have made massive progress. For each of these lines there is still a long way for me to go. For other lines in my document, the progress has not been so much, and this is where growth is most available for me. These are the lines that will make it more and more into my coaching conversations with Ankush. For me these are the lines where freedom exists. Real freedom beyond my many, many, self-imposed limitations.

There is no other document that has such an impact on how I show up to life. Day by day I am using it to create myself to be more the person I want to be, the person I am when I am fully me. As I see it now, there

are no limits to who I can create myself to be using my document. Every line looks like a mountain without a summit that I get to keep exploring and climbing without it feeling like a struggle. This excites me and gives me incredible hope for the future, in every area of my life – business, personal and just life.

If I had to point to the one thing that has made the biggest difference in my journey of growth and development over the last fifteen years, I'd point you to my document.

If you would really like to know who I am being in the world and would like to hear my document, please drop me a message or email on peter@pm-coaching.co.uk

Have a wonderful week!



Peter McCammon

peter@pm-coaching.co.uk

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PM Coaching

37a Bush Road
Dungannon
BT71 6QE
Ireland



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