



ACTION PACK WEEK 1-4

SUSTAINABLE WORLD PROJECT

STEP 38 TO 49 OUT OF 50



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1 Action Pack Introduction

In the Facebook Group the focus was mostly on informing and inspiring you. Now in the Selection Group on WhatsApp we want to see whether you are self disciplined, communicative and able to consistently be in action. We will observe you for 4 weeks to assess your leadership skills. At the same time we will also get clear whether we can offer you what you are looking for.

We expect you to spend on average 1-2 hours daily on this Action Pack. Most people talk, they say: "I want to change the world!" However, they do not walk their talk consistently day after day, month after month, year after year. We are looking for exceptional leaders with an impeccable integrity. Leaders who value their word and deliver on what they promise.

Another thing we have seen is that a lot of people just want to do their version of changing the world. In the Welcome Group we took the time to give you a first bit of understanding of what we do. By going through this pack you will get a more specific idea of what we do as a leader.

In the next 4 weeks you will get clarity what we offer and what we expect when you choose to be a Project Leader, a Country Leader or a Primary Continent Leader. If what we do resonates with your heart then you are welcome to join our game. If you want to do something different then that is completely fine.

If you:

1. Show up consistently
2. Are willing to be in action daily
3. Are in communication daily
4. Are able to take feedback and apply the learning

Then after 1 month you have a very good chance to become a Sustainable World Leader. If we see that potential, we will move you to our permanent Project Leader Group, Country Leader Group or Primary Continent Leader Group. In this group we will start working with you on the final step, step 50, creating a life long paid position.

For 4 weeks we give you daily homework to make this world a better place. If you miss one day you can do the work on a next day. Remember that this is not a rigid schedule. You can take leadership and move things around a bit. Just get all the action of the 28 days done. Don't cram everything in just a few days. It will not work and you will be selling yourself and the project short of value. If you make it through this Action Pack you are very close to becoming a leader in our work. You will be a partner, a family member in a team of over 20.000 people who want to give their life for creating a sustainable world; a world that works for ALL people. When you have completed the work, we will move you forward to the next group. Are you ready?

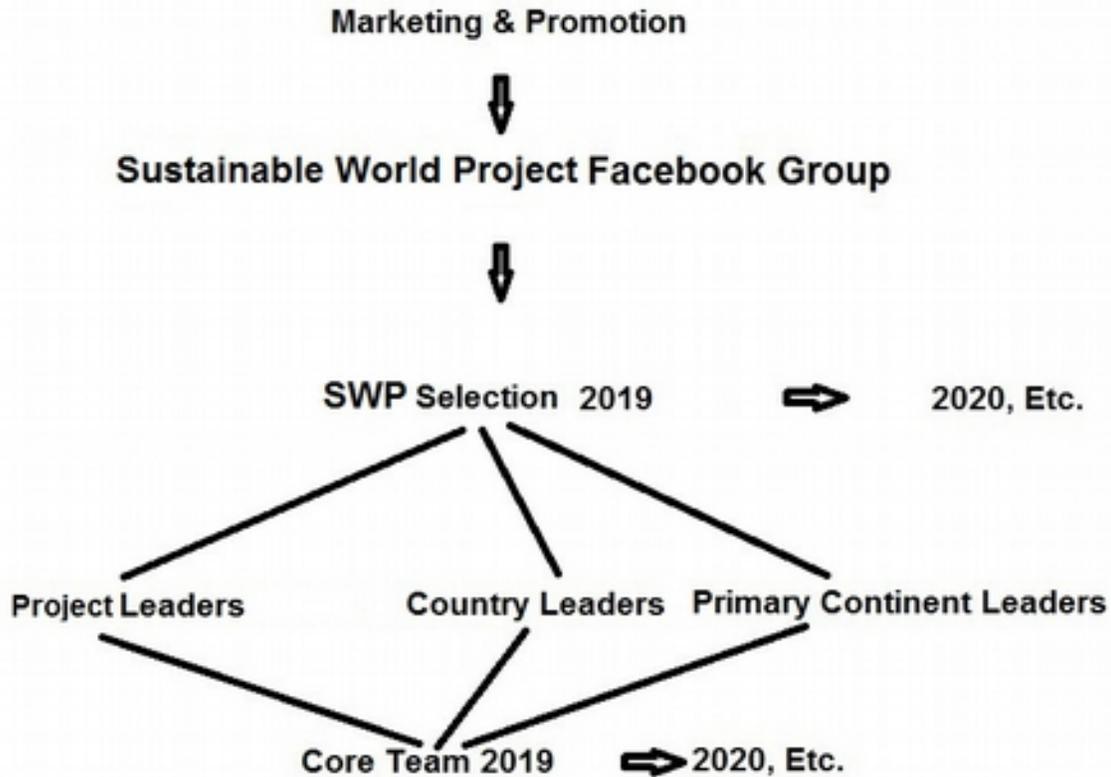
If you need full guidance then you can start on day 1 and simply follow the schedule for 4 weeks. If you are a more mature leader then you choose how and when you will get all the action done. Pls **READ CAREFULLY!** If you do not understand something you have to communicate so we can resolve it. If you do not communicate AND you are not in action you will not be selected for moving forward. If you face technology problems, then take support of the people around you so you can move forward.

If we do not see you in communication and action we will not spend our time on you. This is not personal. This is our expression of love toward the people in our world. What if we could end so much suffering In our world through this project? What if a critical mass generates profound love, sheer joy and inner peace every day? How will that change the world? This is our purpose, this is what matters most for us and this is what we will focus on.



2 Understanding the structure

Down below you see the flow diagram of our groups.



From our marketing effort we receive people in the 'Sustainable World Project' Facebook group. In this group we facilitate our weekly session and aim to inspire and inform people on who we are and what we do. In this group people will read the pinned post and choose in what role they would like to contribute to creating a world that works for ALL people. There are two roles to choose from – Sustainable World Leader or Participating Audience.

SUSTAINABLE WORLD LEADER

To become a leader people need to commit to a 50 step process. The first 49 steps require 2 hour per day for 42 days. The first 5 Welcome Packs will take a maximum of 14 days. By answering the questions of our Day 5 Welcome Pack a leader can move to the the 'SWP Selection' group. They will then receive this Action Pack. Here we observe people for 28 days. We see whether people are getting into action and we ask what role they would like to play in the Sustainable World Project. People can choose between Project Leader, Country Leader and Primary Continent Leader. All the leaders together we name Sustainable World Leaders. After completing the Action Pack the leaders can claim their role and download the Training Preparation Pack and the Sustainable World Pack Month 1. We observe the leaders for a total of 12 months. People who consistently show their leadership will be invited for one or more of the Empowerment Camps and can join the Core Team. This Core Team will facilitate the transformation of our world in the decades to come up to the year 2050.

PARTICIPATING AUDIENCE

To become Participating Audience people need to commit to a 5 step process that requires 2 hours per week for 5 weeks. We have 5 Welcome Packs for leaders and 5 Welcome Packs for



the Participating Audience. After completing Welcome Pack 5 the Participating Audience can download the Sustainable World Pack Month 1.

SUSTAINABLE WORLD PACKS

The Sustainable World Packs will guide people through the 50 steps to transform our world.

TRAINING PREPARATION PACK

The Training Preparation Pack will guide leaders through a 30 step process to join one of the Empowerment Camps.



Packs can be downloaded from <http://www.sustainableworldproject.com/download.htm>

The above is just a guideline. Nothing is rigid in our project. Don't get attached to strategies, dates and time lines. As consciousness rises these things will always change. This is an ever evolving project up to the year 2050.

2.1 The Spelling Game

In our Selection group on WhatsApp we play the spelling game. If you catch someone on a spelling mistake, you can give them a funny assignment. For example you ask them to sing a song or do a dance and then send us the video or audio. Try to come up with new assignments. A leader is always inventing, is always creative! If someone corrects their mistake before we see it we cannot give an assignment.

If someone catches you on a spelling mistake and gives you an assignment, then be accountable and DO the assignment. If you do not then you are avoiding domination and this is part of the old Egoic paradigm of behavior. You will leave the other person dis-empowered and the relationship will be tarnished. It does NOT serve the world. Have integrity, also with this game. And, have fun!

If the assignment is too uncomfortable for you, then negotiate for a different assignment. Propose something similar that works for you. This is completely fine and in integrity. But DO NOT bail out. If you have integrity in EVERY area of your life AND you are being at service, then SOON your life will be filled with miracles. Would you like that?



3 Daily Action for 28 days

3.1 DAY 1 OF THE MONTH

If you encounter any mistake in this Action Pack then pls send a message into our SWP Selection group so we can fix it.

STEP 38

Always start your day and your work by inspiring yourself – go to our YouTube Channel https://www.youtube.com/channel/UC Econ_LDfqi5OD0wAm48K6g then subscribe and hit that alarm bell so you get notifications.

Next click the following link to our Facebook post and comment what inspired you while watching the mentioned video on the value you can receive in our Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3247953811925602>

Next do the 5 daily actions items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

We all have strong belief systems and programming in regards to gender, class, tribe, religion, culture, race and country. Click the following link to our Facebook post and comment what inspired you while listening to the mentioned audio recording on transcending separation. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3458518127535835>

Next is to get clear whether you want to become a Primary Continent Leader (PCL), a Country Leader (CL) or a Project Leader (PL).

3.1.1 What value we offer for all 3 roles:

1. Access to our online Empowerment Platform where we facilitate
 1. Weekly sessions (Active)
 2. Worldwide interactive events (2026 onward)
 3. Critical Mass Actions (2026 onward)
2. An opportunity to earn a life long paid position so you can focus on doing the good work and no running around to make money. How much time this will take will depend on the average commitment and learning curve in our community.
3. At least one 6 week Empowerment Camp.
4. An opportunity to enhance your leadership in 77 topics, 11 Higher Consciousness Leadership skills and 139 values. See the video (you just watched) mentioned above in 3.1.
5. Being a member in our SWP Selection group where audio recordings of the Founder will enhance your leadership.

3.1.2 What we expect for all 3 roles

1. You will spend at least an average of 2-4 hours daily on Action Items related to the Sustainable World Project. Here you will learn higher consciousness leadership skills as well as support the scaling of the project worldwide. Pls take this daily commitment serious. We have monthly integrity assessments and if you are not willing to spend the time to make this world a better place, than it will be



observed and communicated to you. If you are out of integrity in our game you will get 3 chances to restore basic integrity. To be in the SWP Selection group we need to see you in action claiming and/or maintaining a role. If during this 28 days of going through the Action Pack you experience that what we ask for is too much, then we recommend you take up contributing as Participating Audience. This only requires 2 hours per week. All options are valid and welcome. You choose which option. You choose how much time you want to contribute. Just know where you are and maintain integrity. Only then you will experience power in your life.

ROLE 1 Project Leader

What we expect:

1. You will spend at least an average of 2 hours daily on Action Items related to the Sustainable World Project.
2. You stand for the transformation of your community through projects AND you like to engage in critical mass actions to inspire a new mindset for humanity. Your focus is on doing projects in your country and you commit to join our Critical Mass Actions.

What we offer:

1. You will get a coach up to the year 2050. For now one of the Primary Continent Leaders, later one of the Country Leaders.





ROLE 2 Country Leader

What we expect:

1. You will spend at least an average of 3 hours daily on Action Items related to the Sustainable World Project.
2. You stand for the transformation of your country by empowering Project Leaders who do projects AND you like to engage in critical mass actions to inspire a new mindset for humanity. Your focus is on empowering others and Critical Mass Actions, not on doing projects!

What we offer:

1. You will get a coach up to the year 2050. One of the Primary Continent Leaders
2. We will support you to launch a THRIVE Empowerment Center in your country where you can empower your Project Leaders.

ROLE 3 Primary Continent Leader

What we expect:

1. You will spend at least an average of 4 hours daily on Action Items related to the Sustainable World Project.
2. You stand for the transformation of your continent by empowering Country Leaders who Empower Project Leaders who do projects AND you like to engage in critical mass actions to inspire a new mindset for humanity. Your focus is on empowering others and Critical Mass Actions, not on doing projects!
3. You will make time to join the Camps and Empowerment Tours. This will continue up to the year 2028. You are someone who loves travel and meeting people from all around the world.
4. You have a smart phone and a laptop or desktop.

What we offer:

1. You will get a coach up to the year 2050. This coach will be one of the Primary World Leaders, up to 2022 it will be 'Coach Richard Alexander'
2. You will get life altering value not taught mainstream in Empowerment Camps and Empowerment Tours. This will transform you into a higher consciousness leader.

FOR ALL ROLES

You can choose to join any of the following Camps:

Camp P1 - 6 week Training – Aug 2021– Bangalore, India

Camp P2 - 6 Week Training - Jan 2022 – Bangalore, India

Camp P3 - 6 Week Training - Jun 2022 to Jul 2022 – Near Oxapampa, Peru

Camp P4 - 6 Week Training - Dec 2022 to Jan 2023 – Bangalore, India

Click the following link to our Facebook post and comment what role you choose and what camp you are interested in to join. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3458566177531030>

STEP 39

PROFILE PIC & WRITE UPS



This material will be used for fund raising, marketing and introducing you to the world at large. If you send us the material you give us permission to use it.

Click the following link to our Facebook post and comment what inspired you while listening to the mentioned audio recording on how to make your professional profile picture. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3458593674194947>

Now start by selecting 3 outfits for your professional profile picture. Next pic you see 15 of our 35 leaders in May 2020. What you choose to wear should fit well in this above pic. If you plan to buy something new then make sure you check with the leaders in the Selection group so you buy something that truly works.



3.2 DAY 2 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video with the personal message of the Founder of the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466589536728694>

Pick your coach. You can pick one of the Primary Continent Leaders. Per Jan 2021 these are Mahoro Oliver, Honest Machirori, Mian Ziaudin or Clement Agadja. You can write a message in our SWP Selection Group on WhatsApp saying: "I request [name] to be my coach. [say something to inspire your coach to accept you]" If you are afraid to



be rejected, then practice being bold and face this fear. Pick the person who inspires you.

If the person says no or does not respond then pick someone else. Observe your thoughts and feelings and practice to not take this 'no' personal. It is a 'no' to the request, not a 'no' to you! Don't make it too significant. In life you can always change things. This includes your coach! ;) You pick! You have the power!

Click the following link to our Facebook post and comment the name of your coach. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468869299834051>

From now onward if you have any challenge in the project here is how to resolve it.

1. First you try to resolve it yourself.
2. If that does not work you can take support of your coach. (a PCL)
3. If that does not work your coach can check with the other coaches. (the PCL's)
4. If that does not work your coach can ask the Founder.

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below. Wear your 3 outfits - one at a time! ;) and send us pictures in our SWP Selection Group so we can give you some feedback on what to wear and how to pose. Write: "Can 3 people give me feedback which outfit looks best?"

3.3 DAY 3 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video on the journey of the founder and his vision. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466592630061718>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Click the following link to our Facebook post and comment what value you are receiving in the SWP Selection group on WhatsApp. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466604003393914>

This way we inspire leaders to move forward with their selection process. For example you can write: "In the Official SWP Selection group on WhatsApp we are learning self discipline. Through an Action Pack I am learning to be in daily action to cause results. I am seeing that this way I can" Make it short, specific and concise.

Receive feedback on your professional outfit, or if not given, then ask for it again in our SWP Selection group on WhatsApp. Write: "Reminder - Can 3 people who have completed their professional profile pic give me feedback which outfit looks best?"

When you receive feedback in life observe your mind and emotion. Reflect on your ability to take feedback. One thing I have learned is that feedback says a lot about the one who is giving it. Point being, don't take un-constructive feedback of people serious. The mind is wired to judge. Let the judgment reside at others. Smile, say: "Thank you"



and move on with life. When you get feedback of powerful leaders it will be constructive and given without judgment. Take that feedback serious. Start identifying the more mature leaders in the project and learn from them. Have compassion for the other leaders. We all have to start learning our leadership skills from where we are.

PROFESSIONAL OUTFIT

Click the following link to our Facebook post and comment what you learned while receiving feedback on your professional outfit. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466616803392634>

3.4 DAY 4 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video on the preparation, soft launch and start of the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466807083373606>

Share the pinned promotional post on your time line so we get more people participating in our project. When you share the post write one paragraph of how your experience is being a participant in the Sustainable World Project.

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279>

3.5 DAY 5 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video with the Vision of the Sustainable World Project for 2023 to 2028. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466828543371460>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Plan going to the professional photographer for next week. Remember to ask the photographer for high resolution pics. We need that high quality so we can use your pics in our promotional material.

Inspiring our Audience

Click the following link to our Facebook post and comment the following message when you are done. "Working on Step 39 out of 50. I have planned to go to the photographer for making my professional profile pic. I will go on [put the date you have planned]. I feel . . . [write how you feel – excited, nervous, etc.] I completed my daily tasks to create a world that works for ALL people." Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466853690035612>

3.6 DAY 6 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video on the Empowerment Platform of the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466895016698146>



Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Prepare to join the weekly session in our Facebook group. The weekly session has 8 or 9 posts. The posts will always start with '**POST [the post number 1..9] - WEEKLY SESSION**' When you participate make sure you comment on all the 8 or 9 posts. This way we will inspire more participation and we create the experience of a worldwide community. Aim to join live but otherwise go through all the session posts and participate latest by Monday.

Weekly Session

Click the following link to our Facebook post and comment. "I commit to joining the weekly Saturday session in this group, starting on [put date upcoming Saturday] at 6:00 pm IST." Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3466835376704110>

3.7 DAY 7 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video on the first THRIVE Empowerment Center in Bangalore, India. This is also our Training Center and Headquarters for the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468861749834806>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

SPELLING

Watch your spelling. A powerful leader is present while writing. Check before posting and check one more time after posting! Your leadership lives in how others see you. Most people will not take your leadership serious if your writing is full of spelling mistakes. **Use a spell check!!!**

3.8 DAY 8 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the Teaser 1 video for the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468878106499837>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Continue working on step 39. Go to the professional photographer this week.

3.9 DAY 9 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video on the first 5 Primary Continent Leaders in the Sustainable World



Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468883033166011>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Listen to this recording to understand how to make your own 'kick @ss' introduction.

<http://www.sustainableworldproject.com/downloads/Intro.mp3>

Read some of the kick @ss intro's of our current leaders. You can ask for it in the SWP Selection WhatsApp group. Write: "Three leaders pls copy in your kick @ss intro so I can make my first draft." Next you find an example. IMPORTANT – DON'T just copy all the text. Paragraph 1 and 6 to 11 you can copy. The other paragraphs you are expected to create yourself. This example is just to give you an idea. It's okay to alter the structure.

1. Example of a kick @ss introduction

My name is [your name]. I am [age] years old. I live in [city], [country], [continent]. In the Sustainable World Project I am in training to be a [role] for [country/continent].

2. [This is the part with your local mission. Start with "My local mission is "]

My local mission is to facilitate programs for radical transformation that bring excellence in my community. I seek to reduce racism, poor service and environmental issues. I do so by making my community conscious of the importance of EXPERIENCING oneness. I make them aware that we are not separate of each other and our environment. When we EXPERIENCE oneness, we realize that we are valuable; we realize ALL is valuable. This leads to valuing other people and our environment. The result will be extraordinary service, powerful relationships and a thriving environment.

3. [This is the part with how your local mission was triggered. Start with "My local mission was triggered by"]

My local mission was triggered by pain I felt when I would interact with people in my community. I have seen players in the service industry breaking nearly every promise they made. I have seen citizens hate each other because of ignorance of programming created by elitist colonists. This divide and conquer game has dis-empowered many communities in my country and beyond. I have seen land degradation due to mining and agriculture. I have seen rampant exploitation with detrimental effects to human beings, animals and vegetation.

4. [This is the part where you elaborate on your breakthrough how your local mission got started. Make it heartfelt. Express your genuine feelings. Touch people's hearts. Make yourself vulnerable]

In the year 2014 I said to myself: "Enough is enough! It is time to unite and stop this madness!" I made a vow to be the change I wanted to see! I started to empower small firms and farms by engaging them on personal and community level. Through non violent communication I made them aware of the dangers of open pits and shafts, as well as the dangers of deforestation. Through sporting and recreational activities I managed to unite my community and bring the spirit of oneness. In all my activities I choose to operate with the highest levels of integrity. I also make sure that I live in harmony with my environment and everything in it. By setting the example I aim to



inspire others into excellence.

5. [This is the part where you share your results of your local mission. Be specific!!]

Now in 2019 I see that there is a tremendous change in the way people are conducting their mining and farming activities .This was a result of a shift in consciousness. Through this empowerment we have managed a 10% reduction in the number of injuries and deaths resulting from people and animals falling in open pits and shafts. Land degradation and deforestation have been reduced by 15%.

6. [This is the part which for all of us is mostly the same. Just add your date, name and vision]

On [specific date] I started my training in the Sustainable World Project. Using 9 programs for radical transformation I will be learning how to create value in my community, how to co-facilitate critical mass action to raise the collective state of consciousness, how to overcome the violent mindset and how to inspire non-violent heart centered living.

7. On Monday July 6th 2026, in Empowerment Camp 7, 750 Sustainable World Leaders will start facilitating a first 6 week long global critical mass action in the Buddha Maitreya Pyramid at 1:30 Sidereal time. This will start shifting the global collective consciousness for 1 hour per day over 6 weeks time.

8. On Saturday October 3rd 2026, through Worldwide Interactive Events on our online Empowerment Platform, 1.596 Sustainable World Leaders will start to be in unity consciousness for 1 hour per month with 0.1% of the world population, inspiring these 8 million people 'Participating Audience' into a non-violent heart centered living.

9. By Monday September 3rd 2028, through Worldwide Interactive Events on our online Empowerment Platform 10.000 Sustainable World Leaders will start to be in unity consciousness for 2 hours per week with 1% of the world population, inspiring these 80 million people 'Participating Audience' into a non-violent heart centered living.

10. The rise in consciousness will result in millions of people 'Participating Audience' taking inspired action. Their objective is creating communities, countries and continents that work for all. This is the start towards the fulfillment of VISION 2050 - a world that works for ALL people.

11. My name is [name]. My vision is [your vision – replace the following example => a world where ALL OF US live in harmony with each other and our environment.]

Participate and play a key role in transforming your world. Read our pinned post on how to do so - <https://www.facebook.com/groups/725583880829287/permalink/2173053816082279>
[end example]

Make a first draft of your 'kick @ss' intro. If for whatever reason you feel you cannot (fully) stick to the format, then know that this is okay. Just make your draft and we will work with you.

Kick @ss Intro



Click the following link to our Facebook post and comment your experience on writing your kick @ss intro. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468895059831475>

For example you can write: "I am working on Step 39 out of 50. My experience of writing my kick @ss intro is [write whatever is your experience] I completed my daily tasks to create a world that works for ALL people."

3.10 DAY 10 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the visualization video of Empowerment Camp P3 in Peru including the 2 week Empowerment Tour to Machu Pichu. A total of 33 Primary Continent Leaders will attend this Camp. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468907346496913>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Make the final version of your 'kick @ss' intro. Put it in the 'SWP Selection' group with your professional profile pic (cropped top half of your body) and ask for constructive feedback. Write: "Can 3 people give me constructive feedback for this 'kick @ss' introduction?"

3.11 DAY 11 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the visualization video of Empowerment Camp P4 in Bangalore India for 50 Primary Continent Leaders. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468913916496256>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Share the pinned promotional post on your time line so we get more people for the project. When you share the post write one paragraph of how your experience is being in the project so we inspire your community.

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

If you have not yet gotten feedback on your intro remind by putting a message in our WhatsApp group: "Reminder – Can 3 people give me feedback for this 'kick @ss' introduction?"

3.12 DAY 12 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the visualization video of Empowerment Camp 3 in Bangalore, India for 139 Country Leaders. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468919589829022>



Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Finalize your 'kick @ss' intro. Now introduce yourself in the SWP Selection Group on WhatsApp with your professional pic (cropped top half of your body) + 'kick @ss' intro. Share how the process was to make the professional pic and intro. We want to inspire people in the group to move forward and join us at the next level.

After receiving the reponse of the participants and an approval of your coach you may now also officially introduce yourself in our Facebook Group – <https://www.facebook.com/groups/725583880829287/>

Share your professional profile pic (we recommend the half body pic) and your kick @ss intro on Facebook. Make sure it ends with the link to our pinned post, but that it only shows your professional pic. Just take a look at one of the kick @ss intro's of the other leaders on Facebook. Every weekly session some of those will get posted.

Giving Constructive Feedback

Now your professional profile pic and kick @ss intro is official you may start contributing to other people's profile pic. Click the following link to our Facebook post and comment what you learned while listening to the recording on how to give constructive feedback. <https://www.facebook.com/groups/725583880829287/permalink/3468940739826907>

3.13 DAY 13 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the visualization video of the pre event and start of the first weekly Worldwide Interactive Event in 2028 where we connect 80 million people Participating Audience. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3468957806491867>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Join the next weekly session. The weekly session has 8 or 9 posts. The posts will always start with '**POST [the post number 1..9] - WEEKLY SESSION**' When you participate make sure you comment on all the 8 or 9 posts. This way we will inspire more participation and we create the experience of a worldwide community.

3.14 DAY 14 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the visualization video of a part of the TID Program for 2028. Here is the link: <https://www.facebook.com/groups/725583880829287/permalink/3468969316490716>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.



3.15 DAY 15 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the video with an overview of our vision for 2030 to 2050. Here is the link:
<https://www.facebook.com/groups/725583880829287/permalink/3468975683156746>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 40

Expanding the family – Share the pinned promotional post in 5 groups on Facebook. You can share in groups you are already a member of, or you can share in new groups. Check the groups so you make sure it is appropriate for you to share.

Don't share in groups which have a specific purpose or program. For example you don't share in a group which is on 'How to build a car' or 'Tony Robbins VUPW (Virtual Unleash the Power Within) 17 to 20 September2020'. It is not appropriate.

But you can share in groups on youth, meditation, peace, sustainability, leadership, spirituality, NGO's, volunteering, jobs, truth movements, travel and more.

Link to the pinned post to share:

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

When you have shared in 5 groups then click the following link to our Facebook post and comment 'Done'. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471463839574597>

3.16 DAY 16 OF THE MONTH

Read page 1 to 10 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading page 1 to 10 of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471543502899964>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 41

Replace your WhatsApp pic by your professional pic. Head and shoulders only. Change the about section in WhatsApp into your role. For example: In training to be a Primary Continent Leader in the Sustainable World Project. Check spelling and capitalization.

Change your Facebook profile. Add your professional profile pic. Head and shoulders only. Then add the Cover Pic + Description, add your role and change your intro. Take a look at Mahoro's Facebook profile to understand. Link Mahoro's profile –



<https://www.facebook.com/mahoro.oliver.3> If you need guidance then ask in the WhatsApp group if someone can help you.

Cover Pic

Download the Sustainable World Project Cover Pic by clicking this link –

http://www.sustainableworldproject.com/downloads/SWP_Fb_Cover.jpg

SWP Cover Pic Description

Pls copy the following text and use it as description for your Cover Pic:

Click the following link and read the pinned post to team up in creating a world that works for all people –

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279>

Role

In training to be a Primary Continent Leader (your chosen role at step 38) for Africa (your continent) in the Sustainable World Project OR

In training to be a Country Leader for Uganda in the Sustainable World Project OR

In training to be a Project Leader in Uganda in the Sustainable World Project

Intro / Bio

Change your Bio into the following text:

A 50 step plan to create a world that works for all by the year 2050. Tap Cover Pic to participate.

3.17 DAY 17 OF THE MONTH

Read page 11 to 20 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Save this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471548859566095>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 42

Experience a self healing session. When our mindset is in a state of Egoic Consciousness we are reacting to all the stimuli in life. To overcome this you have to shift your mindset. Today we will teach you a possible way how to do so.

You can lay in your bed and find your most comfortable position. Start by going with your attention all over your body and observe how the body is feeling. Observe, acknowledge and accept how the body is.

Then observe your breathing. Observe, acknowledge and accept how your breath is.



Then observe the mind. Observe the thoughts in the mind. Observe, acknowledge and accept all the different thoughts.

Then observe the emotional state. Observe the feelings in the mind. Observe, acknowledge and accept all the different feelings.

Then observe your surroundings. Observe the sounds, temperature and whatever else. Observe, acknowledge and accept your surroundings.

Do the above for atleast 15 minutes.

SELF HEALING

Click the following link to our Facebook post and comment what was your experience in the self healing session. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471582016229446>

3.18 DAY 18 OF THE MONTH

Read page 21 to 30 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471550936232554>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Share our pinned promotional post on a friends time line so we get more people for the project. If needed take your friend's permission first.

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

When you share the post write one paragraph of how your experience is partnering up n the Sustainable World Project so we inspire your community.

3.19 DAY 19 OF THE MONTH

Read page 31 to 40 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471552036232444>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

**STEP 43**

Be online at least 1-2 hours (on average) every day to follow up on all the conversations and be in action. If you have not made an average of one hour per day then restore integrity by communicating in our WhatsApp group: "My average was under 1 hour daily. I recommit to spend at least 1-2 hours average daily as it is my purpose is to create a world that works for ALL people." That is how simple it is to restore integrity. It is all about communication.

3.20 DAY 20 OF THE MONTH

Read page 41 to 50 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471554119565569>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Join the next weekly session. The weekly session has 8 or 9 posts. The posts will always start with '**POST [the post number 1..9] - WEEKLY SESSION**' When you participate make sure you comment on all the 8 or 9 posts. This way we will inspire more participation and we create the experience of a worldwide community.

3.21 DAY 21 OF THE MONTH

Read page 51 to 60 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf>

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471589642895350>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

3.22 DAY 22 OF THE MONTH

Read page 61 to 70 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3471592692895045>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

**STEP 44**

Start a daily meditation practice to shift your mindset. Even if it is 5 minutes per day. Just start and experience the difference. Ask in the SWP Selection group if you need guidance.

Accountability

Put the following message in the SWP Selection group when you are done. "Working on Step 44 out of 50 – I started my daily meditation. Henceforth I will meditate for [how many minutes] every day. I completed my daily tasks to create a world that works for ALL people."

3.23 DAY 23 OF THE MONTH

Read page 71 to 80 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473872889333692>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 45

Bring in your life. Make a new comment in our post on Facebook. Start with: "My name is [your name]. I am in training for being a [your role]. I am currently going through a 50 step selection process to claim this role. Today I am doing Step 45. In this step I am asked to share the following.

One area where I am challenged as a leader is (tell us your challenge) What I need to learn to overcome this is (you fill in the rest) When I learn this one thing I will be able to . . . (you fill in the rest)"

Click the following link to our Facebook post and make this comment.

<https://www.facebook.com/groups/725583880829287/permalink/3558582900862690>

3.24 DAY 24 OF THE MONTH

Read page 81 to 90 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473874549333526>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

**STEP 46**

Write at least 2 paragraphs with a vision for your country in the year 2030. You can use the Vision 2026 document as a sample. Find a picture online that is relevant to your text. A picture that inspires you. Start making your vision 2030 document just like I made Vision 2026. Share your vision as a comment in our Facebook group. Make sure your spelling is checked.

Click the following link to our Facebook post and now make this comment.

<https://www.facebook.com/groups/725583880829287/permalink/3473901315997516>

STEP 47

From now onwards keep supporting new members in the Facebook Group. Today check the new comments on Facebook and encourage the new leaders.

Have you sent your high resolution profile pics to info@sustainableworldproject.com? If not, then do so now.

3.25 DAY 25 OF THE MONTH

Read page 91 to 100 of Vision 2026. Download link -

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf> Safe this file on your phone or laptop.

Click the following link to our Facebook post and comment what inspired you while reading these pages of Vision 2026. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473875776000070>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

Share the pinned promotional post on your time line.

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

When you share the post write one paragraph of how your experience is being in the project so we inspire your community.

3.26 DAY 26 OF THE MONTH

Click the following link to our Facebook post and comment what inspired you while watching the Teaser 3 video of the Sustainable World Project. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473916015996046>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 48

Support our promotion on Twitter and Instagram. Make a Twitter and Instagram account if you don't have. Then follow our channels.



Instagram <https://www.instagram.com/richard24081969/>

Twitter <https://twitter.com/GetaLifeYouLove>

Click the following link to our Facebook post. Comment 'Following' if you are now following. Comment 'Ready to lead' if you are a Twitter or Instagram expert. In that case one of our leaders will contact you so you can take leadership and make a meaningful contribution.
<https://www.facebook.com/groups/725583880829287/permalink/3473933382660976>

3.27 DAY 27 OF THE MONTH

Now enhance your leadership and you choose something to inspire yourself for 10 minutes.

Click the following link and comment what you did to inspire yourself.

<https://www.facebook.com/groups/725583880829287/permalink/3473943359326645>

Prepare to join the weekly session on Saturday. The weekly session has 8 or 9 posts. The posts will always start with '**POST [the post number 1..9] - WEEKLY SESSION**' When you participate make sure you comment on all the 8 or 9 posts. This way we will inspire more participation and we create the experience of a worldwide community.

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

3.28 DAY 28 OF THE MONTH

Now enhance your leadership and you choose something to inspire yourself for 10 minutes.

Click the following link and comment what you did to inspire yourself.

<https://www.facebook.com/groups/725583880829287/permalink/3473943359326645>

Next do the 5 daily action items (4.1, 4.2, 4.3, 4.4 and 4.5) of chapter 4 and then return here to do the remaining item(s) down below.

STEP 49

If you think you are ready to claim a role, then in a moment you can make a request to be added to our permanent groups with all the leaders. We will either add you or give you specific feedback and a specific time frame for what more you need to learn.

Make sure you have checked that ALL steps till step 49 have been properly completed. Your actions will be checked by one of our leaders. Short cuts will lead to rejection of your application.

Now let's first revisit what we are doing.

THE GAME PLAN

The game we are playing is to create a world that works for ALL people by the year 2050. To accomplish this we aim to unite 50 Primary Continent Leaders, a 1000



Country Leaders and a 9000 Project Leaders by 2028. To unite this critical mass of 10.000 Sustainable World Leaders we have designed our game with 4 elements.

1. An online Empowerment Platform
2. The launch of THRIVE Empowerment Centers
3. The Primary Leader Training
4. 16 Empowerment Camps

Every element of the game has a set of rules. These rules are created by us to be able to accomplish the mission. Take a look at the next **TWO** declarations and choose whether you would like to play this game. If so then as a leader who has claimed a specific role we expect you to comment "I align" on our declarations in our Facebook Group. Go ahead, you can do so now.

DECLARATION 1 – VISION 2050

We commit to bring to you, your community, your country and your world:

1. An unconditional income through the new Quantum Financial System. This income will over time grow to abundant income. It is at that time people will realize that money is not needed in a higher consciousness society.
2. 10.000 Sustainable World Leaders impacting the consciousness of 80 million people Participating Audience (1% of the world population) in the year 2028.
3. Non polluting new energy solutions.
4. Non polluting transportation solutions.
5. New healing technologies.
6. A transformed learning environment where young people are empowered, not indoctrinated.
7. Decentralized decision making by consensus where we move the power from government to community and ultimately to the sovereign individual.
8. The transformation of your legal system. We move away from the Egoic paradigm of right and wrong, reward and punishment. We move into a paradigm of mediation that produces healing, completion and workability for all involved.
9. Restoration of environmental damage and loss of species.
10. The transformation of media and entertainment from a fear mongering, manipulative, elite owned indoctrination system to an inspirational, empowering and enlightening information stream that seeds our consciousness in a positive way.
11. The transformation of the food industry - healthy, non GMO, non toxic, holistic, organic home or farm grown food.
12. A new infrastructure in terms of how people live and travel - new ways of housing - reduction of roads, rail and power lines - start of anti gravity transport and new local energy solutions.
13. A new paradigm of relating to one another - non-violent communication, non judgmental listening and empowering non-violent heart centered ways of being - reduction in mental, verbal, emotional and physical violence.
14. A transformation from slavery work for money in a state of survival to a freely chosen activities contributing to others while living in a state of abundance.

[end declaration]



If you are ready, that means, COMMITTED, to play along then comment "I align" on our Facebook post. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473973472656967>

Next read the 2nd declaration you have to make if you want to claim a role.

DECLARATION 2

1. I declare I will make an average of at least [choose 2, 3 or 4 as per your chosen role] hours daily for being a [choose your role Project Leader, Country Leader or Primary Continent Leader]
2. I declare I will listen daily to ALL audio recordings and read all text messages of coach Richard Alexander up to a total of 30 minutes AND respond to requests made within 48 hours. I am committed to get the learning and I am committed to inform myself on what is happening in the project and our world. I respond with what (value) I got, what I learned and/or how I will apply this value in my life so I enhance my leadership and improve my game. By improving my game I improve our collective game as our group of leaders becomes a critical mass.
3. I declare that my internet connection is sufficient to play my role in our game of transforming our world. I have good access to WhatsApp, Facebook and YouTube.
4. I declare I will join every Weekly Session and respond to the total of 7 posts with a comment. I will go out of my way to join live on Saturday, but if I cannot I will go through the session and comment on every post latest Monday.
5. I declare that on average I will daily take at least 15-30 minutes to respond to other people's messages in the Weekly Session, the official Selection Group on WhatsApp and in our Facebook Group. I will listen and get people's experience. I will encourage people in the Facebook or WhatsApp group in moving forward in the selection processes. My commitment is that people who share their life experience or make a next step in a selection process get at least 3 comments from us to acknowledge and/or encourage them.

Now remember that our game is not completely rigid. Nothing will happen if there are daily fluctuations or you do more of one thing you are very comfortable with and less of something you are not comfortable with. Just make sure you communicate. The rules of the game are to paint the picture of what we jointly need to do to win our game. This is what it takes to reach our end goal of a world that works for all.

If you are ready, that means COMMITTED, to play along then comment "I declare I will honor the 5 points of this declaration" on our Facebook post. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3473997499321231>

NOW ALSO POST THE ABOVE 2 DECLARATIONS IN OUR WHATSAPP GROUP

INTEGRITY ASSESSMENT EXPLANATION

Slowly go through the list items 1 to 84 you find down below. After reading one item reflect whether you have done the task. If so, then comment under the Fb post (link will follow) "I declare I have done item 1". Then move to the next item. If you have done the task then, comment under the post "I declare I have done item 2"

Why do we do the integrity assessment this way? It is so you really take the time to read, reflect and respond. We are committed you take claiming a role serious. We are committed you honor



your word as yourself! Imagine how much power you would have as a leader when you truly value your word.

Yes, this way it takes a lot of time. Yes, this way it is a lot of work. If you find this too much then don't do it and stop here. We are looking for the few exceptional leaders whose love for humanity is that big that they are not just willing to go the extra mile, but the extra 1000 miles. Can you imagine how it would be to live in a world that works for ALL people? Can you imagine how meaningful your life will be if you would have played a key role in causing this?

Understand that your leadership lives in the way the community is relating to you. If they see you say things you have not done, you will have no power in your leadership. The world is in need of a new type of leader. The world is in need of a higher consciousness leader who sets a powerful example to ALL the people in our world. Is that you? Do you honor your word as you honor yourself?

We do random checks of the 84 items and if you declare that you have done items and we discover that you did not, then for 3 months you cannot re-apply for a role and your out of integrity will be publicly addressed. You will look very bad in the eyes of our worldwide community in our Facebook group.

Don't do this to yourself. If you have not done the task, then do it. If you are not clear about something then communicate so you get clarity!

Now click the following link and peacefully take the time to assess your integrity in the 84 items listed below. You will also find the items in the Fb post. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3476392739081707>

MY INTEGRITY ASSESSMENT FOR STEPS 38 TO 49 – I am about to claim my role. I declare that I have done all the 84 items in the following list. I understand that a role as a Primary Continent Leader, Country Leader or Project Leader requires me to have impeccable integrity.

1. Read chapter 1 of the Action Pack - Introduction
2. Read chapter 2 - Understanding the structure
3. Read on the Spelling Game
4. Subscribed to our YouTube channel
5. Day 1 – Watched the video on the Sustainable World Leader Training
6. Step 38 – Listened to the recording on transcending separation
7. Shared on Facebook what I learned after listening
8. Read on the different roles and posted which role I prefer
9. Step 39 – Listened to the recording on how to make a professional profile picture
10. Shared on Facebook what I learned after listening
11. Completed making my professional profile pic
12. Day 2 – Watched Teaser 2 with Personal Message Founder
13. Day 3 – Watched the short life story of the Founder
14. Shared on Facebook what value I get in the WhatsApp group
15. Shared on Facebook what I learned on receiving feedback
16. Day 4 – Watched the Soft Launch video
17. Shared the pinned post on my Facebook time line
18. Day 5 – Watched the video with the Vision 2023 – 2028
19. Shared on Facebook my plan to visit the professional photographer
20. Day 6 – Watched the video on the Empowerment Platform
21. Participated in weekly session 4 times on Saturday or otherwise latest Monday



22. Day 7 – Watched the video on our THRIVE Empowerment Center
23. Picked my coach and posted that on Facebook
24. Day 8 – Watched the Teaser 1 video
25. Day 9 – Watched the video with our first 5 Primary Continent Leaders
26. Listened to the recording on how to write my own kick @ss introduction
27. Day 10 – Watched the video of Empowerment Camp P3 in Peru
28. Completed writing my kick @ss Introduction
29. Day 11 – Watched the video of Empowerment Camp P4 in India
30. Shared pinned post on my experience in the project on my time line
31. Day 12 – Watched the video of Empowerment Camp 3 in India
32. Introduced myself with professional pic and kick @ss intro on Fb and WhatsApp
33. Shared my experience of making the professional profile pic + intro on Fb
34. Listened to the recording on how to give people constructive feedback
35. Shared on Facebook what I learned after listening
36. Day 13 – Watched the video on the pre-event Vision 2028
37. Day 14 – Watched the video on the TID Program in 2028
38. Day 15 – Watched the video on Vision 2030 – 2050
39. Step 40 – Shared pinned post in 5 groups, checked that it was approved and commented completing the task on Facebook
40. Day 16 – Read page 1 to 10 of Vision 2026
41. Step 41 – Replaced my WhatsApp profile pic
42. Changed the about section of my WhatsApp into my role
43. Replaced my Facebook profile pic
44. Added the Facebook Cover Pic and added the description
45. Added my role on Facebook
46. Changed my Bio on Facebook
47. Day 17 – Read page 11 to 20 of Vision 2026
48. Step 42 – Did the self healing and posted my experience on Facebook
49. Day 18 – Read page 21 to 30 of Vision 2026
50. Shared pinned post on a friend's Facebook time line
51. Day 19 – Read page 31 to 40 of Vision 2026
52. Step 43 – Assessed my integrity and shared on that on WhatsApp
53. Day 20 – Read page 41 to 50 of Vision 2026
54. Day 21 – Read page 51 to 60 of Vision 2026
55. Day 22 – Read page 61 to 70 of Vision 2026
56. Step 44 – Started a daily meditation practice and posted on that on Facebook
57. Day 23 – Read page 71 to 80 of Vision 2026 and commented on Facebook to bring in my life
58. Day 24 – Read page 81 to 90 of Vision 2026
59. Step 46 – Shared my vision for the year 2030 on Facebook
60. Step 47 – Sent my high resolution profile pic by email
61. Encouraged new leaders on Facebook and will do so more henceforth
62. Day 25 – Read page 91 to 100 of Vision 2026
63. Shared the pinned promotional post and my experience on my time line
64. Day 26 – Watched the Teaser 3 video
65. Step 48 – Following our project on Twitter and Instagram
66. Day 27 – Empowered myself and shared that on Facebook
67. Day 28 – Empowered myself and shared that on Facebook
68. Step 49 – Commented on the two posts with declarations, assessed my integrity and shared my experience of coming to step 49.



69. Daily Actions 4.1 – Shared the 15 posts where I commented on the videos. I shared 5 times on my Facebook time line, 5 times on a friends time line and 5 times in a Facebook Group. I made sure that as well the text as the video got shared.
70. Daily Actions 4.1 – Shared the 10 posts where I commented on Vision 2026. I shared 3 times on my Facebook time line, 3 times on a friends time line and 4 times in a Facebook Group. I made sure that as well the text as the link to the vision got shared.
71. Daily Actions 4.2 – Shared pinned post 28 times in different groups. I checked for the posts having been approved
72. Daily Actions 4.3 – At least 4 times I have appreciated someone in the last 28 days
73. Daily Actions 4.3 – At least 4 times I have been understanding to someone in the last 28 days
74. Daily Actions 4.3 – At least 4 times I have answered a question for someone in the last 28 days
75. Daily Actions 4.3 – At least 4 times I have asked a question to someone in the last 28 days
76. Daily Actions 4.3 – At least 4 times I have welcomed a new member generously in the last 28 days
77. Daily Actions 4.3 – At least 4 times I have allowed new members to join the group. I do briefly check their profile so I ensure they are not fake accounts
78. Daily Actions 4.3 – I respond to people's comments on our pinned post, our 'Welcome Post' or any other post. I help them get their Welcome Pack
79. Daily Actions 4.3 – I respond to people's comments on any post where they ask for the Welcome Pack for Educational Institutes. I help them get their Welcome Pack
80. Daily Actions 4.4 – Daily I browse through messages and posts on Facebook and WhatsApp and respond where necessary
81. Daily Actions 4.4 – Listened to ALL audio recordings of coach Richard Alexander up to a total of 30 minutes AND responded to those recordings within 48 hours
82. Daily Actions 4.4 – At least one time I have guided someone who completed Welcome Pack 5. If no new members joined: I have fully understood how to guide someone who has completed Welcome Pack 5
83. Daily Actions 4.5 – At least 4 times I have taken action and posted on Facebook on connecting an Educational Institute to our Sustainable World Project
84. Daily Actions 4.5 – At least 28 people Participating Audience I have invited to join our Facebook group. I have posted 28 times on Facebook to inspire others.

FINALLY ONE LAST POST ON FACEBOOK

Share your experience in the Facebook Group of coming to step 49. If we in the Core Team see you as a potential leader then we will invite you to join the permanent Project Leader Group, Country Leader or Primary Continent Leader Group. Here you can take the last step, step 50, to become a paid leader, like Mahoro.

When you are a paid Country Leader or Primary Continent Leader, we expect you to work full time. As a paid Project Leader you can run your project and daily you spend 2 hours on staying connected to us and contributing to our mission. We will evaluate ourselves and each other on a monthly base. If we accept you as a leader, but you do not sustain your leadership, you will get feedback and may be removed from the group.



When you have completed step 49 then write a new post in our Facebook Group: “I completed step 49 out of 50 of the selection process. My experience of this month was . . . (write about your experience) I request to become a [Project Leader / Country Leader / Primary Continent Leader].”

Add your professional profile pic to the post and format it well. Have paragraphs if you write more than just a few lines.



4 Daily Actions for EVERY day in Week 1 – 4

This chapter is to guide you in your daily actions. When the 4 weeks are over, you might have claimed a role. If you think that at that time you can stop all your action, then you will soon discover our monthly Integrity Assessment and Restoration process. ;) This will remind you a maximum of 3 times that the only way we can transform our world is if we keep playing that game. If you stop playing the game we will still love you, however there will be no purpose for you to be in our SWP Selection group on WhatsApp. We will let you go. We still see you as part of our family. You can be active on Facebook, but only the truly committed leaders who are in the process of claiming a role or are maintaining their role will be in the SWP Selection group.

4.1 Inspire yourself – 10-15 minutes

READ THIS CAREFULLY – The idea is you watch or read ONE thing daily to inspire yourself. Then you make a comment on what inspired you and last you share the post where you commented. Do just ONE thing DAILY. If you skip days and then do a lot of videos and/or reading in one day and share a lot of them you miss the point. Don't do this Action Pack because you HAVE to get the work done. Understand that you got to take the time to let yourself be touched, moved and inspired. Be with it. You don't get inspired if you are in the 'getting the homework done mode'.

If you share more than one post per day also promotion wise it is not working. People are already on info-overload. Learn that slow is fast and fast is slow. Quick fixes to get the work done will be noticed by our team and does not reflect good on your leadership. Be slow, steady and consistent. Say “No” to distractions. If you are challenged by power or internet limitations, make sure you communicate that to us. Leadership is all about communication!

See what you can do. Be unreasonable. We might remember you as the one who made it all work. If there is any breakdown then communicate. Remember it is a game. Play the game fully, but DO remember it is just a game. Enjoy the process.

If you are doing day 1 to 15 then you are watching videos

If you are watching videos, then share the post where you have commented what inspired you. Of the 15 times you will share you can share 5 times on your time line, 5 times on a friend's time line and 5 times in a Facebook Group. Make sure that not just the video gets shared, but also the text. Otherwise people will have no understanding what the video is about. In our text is also the link to the pinned post. This is how people who see your shared post can include themselves and partner up in creating a sustainable world.

If you are doing day 16 to 26 then you are reading our Vision 2026

If you are reading pages in Vision 2026, then share the post where you have commented what inspired you. Share 3 times on your time line, 3 times on a friend's time line and 4 times in a Facebook Group.



4.2 Change people's lives – 10 minutes

Share our pinned post in one **OTHER** Facebook group or share on the time line of a friend. Here is the link to our pinned post.

<https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

DO NOT SHARE IN OUR OWN GROUP AS IT IS THE PINNED POST OF OUR OWN GROUP!

Use Facebook in Google Chrome or find another way so besides the video of our pinned post, also the text of our pinned post gets shared! Remember that if you share a post, you might inspire one person to become a next Primary Continent Leader. This Primary Continent Leader will transform their continent by the year 2050. You will have been the cause of that! Inspired? Join new groups and keep sharing in the next group and the next group. You can join Facebook groups on the other continents or international groups. Check whether your shared post gets approved.

ACCOUNTABILITY

Make a new comment on our Facebook post and write the group name or first name of the person on whose time line you shared our pinned post. You can write: "I shared in the group Meditation" or "I shared on my friend Tom's time line." Here is the link to the Facebook post where you can add that new comment -

<https://www.facebook.com/groups/725583880829287/permalink/3248540395200277>

4.3 Building the worldwide family – 5 minutes

Every day at any convenient time for you do at least one of the following 7 items in the SWP Facebook Group. Keep switching between the following 7 so you train yourself in these simple but impact full communications:

1. Monday - Appreciating someone (@John, what I like about you is that you are . . .) Do not compliment the body, that is inappropriate. Appreciate things like you are a powerful communicator, you are a compassionate person, you are an inspiring leader, etc. The more specific you make your compliment, the more powerful it will be!
2. Tuesday - Understanding someone (for example go to any weekly session where someone was sharing something personal - You can say "I hear you" or "I understand you" or anything else empowering)
3. Wednesday - Answering a question of someone in the group.
4. Thursday - Asking someone a question (What did you do today? What did you learn today? What is your dream?) to create dialogue and therefore relatedness.
5. Friday - Adding a new member. When you see new members are asking to join the group then take one minute to look at their profile. If it is a profile of a real human being then you can allow the person to join.
6. Saturday - Welcoming a new member. Do it generously. Say more than just the word welcome. Imagine you would join a new group. What kind of welcome would exceed your expectations?
7. Sunday - Answering a comment on our pinned post or welcome post for new members. (see below - **COMMENTS ON OUR PINNED POST, OUR WELCOME POST AND OTHER POSTS**)



ACCOUNTABILITY

Make a new comment on our Facebook post and just write **ONE** of the following 7 options:

Write "I appreciated someone" or "I understood someone" or "I answered a question" or "I asked a question" or "I added a new member" or "I welcomed a new member" or "I answered a comment on our pinned post" Which one did you do today? If you did more than one then you can of course mention all the ones you did.

Here is the link to the Facebook post where you can add that new comment - <https://www.facebook.com/groups/725583880829287/permalink/3248618868525763>

Now copy this comment into our SWP Selection group so we remind everyone of all the possible contributions we can make daily.

COMMENTS ON OUR PINNED POST, OUR WELCOME POST AND OTHER POSTS

When people put their name under our pinned post and say:

"I would like to know how to support the creation of a world that works for all people by the year 2050. Pls send me Welcome Pack Week 1 for the Participating Audience."

or

"I would like to know how to support the creation of a world that works for all people by the year 2050. Pls send Welcome Pack Day 1 for being a Sustainable World Leader."

Then first check whether another leader has already responded. This will show as a comment of our leaders on the new people's comment asking for the Welcome Packs. If there is no comment of one of our leaders on their comment, then you reply with:

"My name is [your name]. I am in training for being a [Primary Continent Leader / Country Leader / Project Leader]. You can download the first Welcome Pack through the following link. Download link: *[then paste the download link for the 1st Welcome Pack. You see this link just below.]* If you have any problem in downloading this Welcome Pack, then please let me know and I will assist you."

Following you find the direct links to our first Welcome Pack. At the end of every Welcome Pack people find the ways to get the next pack.

DOWNLOAD LINK WELCOME PACK 1 FOR SUSTAINABLE WORLD LEADERS

<http://www.sustainableworldproject.com/downloads/Welcome%20Pack%20Day%201.pdf>

DOWNLOAD LINK WELCOME PACK 1 FOR PARTICIPATING AUDIENCE

<http://www.sustainableworldproject.com/downloads/Welcome%20Pack%20Week%201.pdf>

If the person comments again that he or she has problems downloading, then you download the correct Welcome Pack and send it to them by Fb messenger or WhatsApp.



You can do so by communicating: “I sent you a friend request. Pls accept and I will send you the Welcome Pack.” Then send the Friend Request.

When the Friend Request is honored, then send the person the pack either by Facebook message or ask for their WhatsApp number and send by WhatsApp message.

You can choose what is easier for you. This is not about having to do it this way. It is about making sure new people get their first Welcome Pack.

The person who you have reached out to now becomes your student. You are responsible for moving this person forward in our project to create a world that works for ALL people. Remember that this is a big thing. You can not only change a life, but if that person becomes a Primary Continent Leader, then it could mean you are causing the transformation of an entire continent.

Take it serious and communicate generously. Guide people with kindness and clarity. Ask when they will start and help them with any challenges they face. Remember to follow up 2 times if they do not start. If they do not start after 2 reminders then you let them go. It is not yet the right time for them.

4.4 Supporting the Project – 10-15 minutes

Every day at your convenient time be informed what is going on - Read the communications made in our WhatsApp and Facebook group.

Listen to the recordings of 'Coach' (daily up to a maximum of 30 minutes) as that is where you can get value to enhance your leadership. Then RESPOND within 48 hours in the same group where you found the recording. Respond with what is present, what you learned, how you will apply the learning in your life or otherwise. Remember that powerful leaders respond to important communication. This builds the relationship and creates value exchange. The relationships you build are the foundation of creating unity. Unity consciousness is the only TRUE source of power.

You can cut a bit on all the small talk “Please, Thank you, You are welcome!” Powerful leaders don't make time for that. They say what matters and what truly makes a difference. Your responses can be short and concise.

GUIDING PEOPLE WHO HAVE COMPLETED WELCOME PACK 5

Monitor the Facebook group daily. If you see the following post then take action.

“Yeah!!! I have completed till step 37. I request a moderator to get in touch with me for further instructions on where to send my answers. I request to be moved to the official SWP Selection Group.”

1. First comment on the post: “My name is [name] and I am in training for becoming a [role]. I will guide you with your application and have sent you a friend request on Facebook. Pls accept.” Then send the friend request.



2. When the friend request is accepted then send the personal message: “Pls email the document with your answers to our questions to [your email address] and a cc to info@sustainableworldproject.com”
3. When you receive the document with the answers then do the following. First check whether they have taken all the steps of the Welcome Packs. Steps 3, 4, 6, 7, 8, 9, 10 & 12 have requests to share in our Facebook Group. Pls check whether this person has included the answers to these steps in the file. If not then guide the person to meet this requirement.
4. Then read the answers of step 14 to 37. If you find answers are short or not giving specific real life examples then give that feedback to the person. Give them 2 days to fix it. When that is fixed only then make your recommendation whether to accept this new member or not in the 'SWP Selection' group on WhatsApp. If there are too many spelling mistakes in the application, then give the person 3 months to improve on English and re-apply. I trust you in your decision. Send the document with the answers of the applicant as an attachment in our 'SWP Selection' group on WhatsApp. You can write: “[Name of person who applied] has requested to join our 'SWP Selection' group on WhatsApp. I recommend to [accept / reject]. If you do not align with my decision then pls respond within 24 hours. I need at least 2 Country Leaders or Primary Continent Leaders to take a look at this application.”
5. Give the other leaders 24 hours to respond.
6. After 24 hours if you have not yet heard of at least 3 people aligning, then write: “REMINDER - [Name of person who applied] has requested to join our 'SWP Selection' group on WhatsApp. I recommend to [accept / reject]. I need at least a total of 3 leaders to look at the answers. Of these 3 I need at least 2 Country Leaders or Primary Continent Leaders to take a look. So far I have only heard of [number of leaders that responded]. Pls make some time to look at the answers as including a new person in our family is a very important decision. Pls let me know whether you align or not with my decision and respond within 24 hours.” If you or the other leaders are aligned, then communicate your decision to the applicant. If there is no alignment then engage in dialogue with the other leaders till consensus is reached on what we set as conditions to be met for this person to be accepted.
7. In case of acceptance **make a new post** in the Facebook Group: “[tag the name] We have received your answers and I would like to inform you that you will be added to our official WhatsApp Selection Group with potential Primary Leaders. Congratulations! I would like to ask you to make a new post and share with the group what was the experience of going through the 5 Welcome Packs? What did you like about the project that made you move forward? How do you feel now knowing you have been pre-selected?” Add the person as a contact to your phone. Do so by taking two parts of their name. As first name put the short name they have given at step 26. (short name you would like us to use) Then pick what you think is their last name. Then also add their country. So taking Bello Sophiath Dasola with short name Sophie from Nigeria as example. Her short name is Sophie. Last name Dasola. Country would be Nigeria. So you would add **Sophie Dasola Nigeria** as a contact. Add the contact now and then share the contact details in the SWP Selection group so we can all save the new person. This is so we all know how to address this person properly in a way that the person is comfortable. Then add the person to our 'SWP Selection' group on WhatsApp and put the Welcome Message. You can obtain this message by asking your



coach in the SWP Selection group to send the latest version to you. If you are not yet an admin (needed to add people) then make that request in our 'SWP Selection' group. Say: "Admins of this group, pls make me admin too"

8. In case of any one person not aligning to accept the applicant then tell the applicant in **a private message** (not publicly!!!) why they are not yet accepted and ask whether they are committed to correct their mistakes. Guide them to succeed, **BUT** if people don't show leadership 3 times in a row I recommend to let them go. As a leader you have to learn to take tough decisions. Saying "No" to people is one of those! Detach and focus on leaders who are more committed. In case of doubt you can always check with a more senior leader.

4.5 Building our participating audience

4.5.1 Participating audience students

Every Tuesday (or other day that works for you, but make sure you do this ONCE a week) spend time to help build our PARTICIPATING AUDIENCE STUDENTS. This is part of our mission to provide value for students and to transform the global education system.

Contact the person you are most comfortable with of your former high school, college or university. It can also be any other institute you are somehow connected to. Do you know teachers, students or staff members, then contact them. Best is to do so in person, otherwise you can also call them. Start genuinely sharing about the Sustainable World Project. Speak from your heart and share what this project means to you. Share the one thing you have learned that is truly changing your life. Allow yourself to speak with passion. If this person shows interest then send them Welcome Pack 1 for Educational Institutes.

WELCOME PACK EDUCATIONAL INSTITUTE

<http://www.sustainableworldproject.com/downloads/Welcome%20Pack%201%20Educational%20Institutes.pdf>

You can also find this pack in the download section of our website. Scroll down to the heading **DOWNLOADS FOR SCHOOLS, COLLEGES AND UNIVERSITIES** -

<http://www.sustainableworldproject.com/download.htm>

Remember contacting this person is a big thing. You can not only generate income for your training, traveling and life, but if that person connects us to a next institute, then it could mean you are causing the transformation of hundreds of students and maybe thousands of other people who join as Participating Audience.

As the person representing that Educational Institute will go through the steps of the two Welcome Packs and our Starter Pack he or she will get inspired. If they do not communicate to you in regards to joining, then you can follow up 2 times. Have a week in between if you don't hear anything and then send a gentle reminder. If after 2 reminders there is still no communication or action, then let it be. Detach. We are not desperate. We do good work. The good work WILL attract the institutes which are ready.



When you have contacted someone, sent the Welcome Pack 1, reminded your contact person or visited your contact person, then comment on our post in Facebook so we inspire others.

ACCOUNTABILITY

Make a new comment on our Facebook post and just write:

“Leaders, I have [contacted / sent Welcome Pack 1 to / reminded / visited] this institute. [mention name of the institute, city and country]”

Here is the link to the Facebook post where you can add that new comment - <https://www.facebook.com/groups/725583880829287/permalink/3251078634946453>

4.5.2 Participating Audience Others

Another way we sustain our project is through our Participating Audience Others. Every day reach out to just 1 person that inspires you in your community. Send them this message or make your own message.

Dear [name], [write one personal paragraph where you speak from your heart why you would like this person to team up with us.] Then copy the rest of the message. Remember don't do this to 'get it done'. Do it from your heart! Do it because you really would like to see a world that works for all. Express yourself with your genuine feelings for this person. Don't write to get a big quantity of people. Write to get quality people!

Example

Dear Alisha, I am inspired by your dedication to make this world a better place. We know each other for 5 years and I love the work you do. I wish we had more people like you in our world! Thank you for being who you are!

I would love to work with you on making this world a better place. Would you like to see what we do? Then please read our pinned post. Here is the link - <https://www.facebook.com/groups/725583880829287/permalink/2173053816082279/>

ACCOUNTABILITY

Make a new comment on our Facebook post and share who you have invited or that you have invited someone. Tell us one thing you like about them. If you think the person is uncomfortable you mentioning them publicly then leave their name out. You can write:

“Today I have invited . . . [*when the person has accepted your invite then tag the person, or mention their first name or just mention a label like friend, family member, colleague, etc.*] What I like about [*him/her*] is . . . “

Who do you know that is active in creating a sustainable world? Do invite your family, friends, colleagues and others to join this group. “

Here is the link to the Facebook post where you can add that new comment - <https://www.facebook.com/groups/725583880829287/permalink/3251240388263611>