

AWAKEN THE GIANT WITHIN

TONY ROBBINS

Tony Robbins is a number one New York Times best seller, entrepreneur and has dedicated his life to helping people achieve high levels of personal fulfillment.

Robbins has helped over 50 million people around the world through his training programs and over 4 million people have attended his live seminars. He can create change in people that usually takes months or years, in minutes.

Knowing Your Power:

Awaken The Giant Within teaches you how to take control of the following five areas of your life in order to achieve greatness:

- **Taking control of your emotions:** At the moment, you're probably used to changing the way you feel in certain situations. You're going to learn how to take charge of your emotions and to start looking for long-term goals.

- **Taking control of your physical health:** You need to learn to focus more on feeling good, rather than just looking good. You're going to learn how to control your body so it allows you to achieve your goals.
- **Taking control of your relationship:** You're going to learn how to grow and learn with other people, both romantically and in business.
- **Taking control of your finances:** You're going to learn how to take control of your finances and setting goals for achieving the highest possible level of happiness.
- **Taking control of time:** You're going to learn to create long-term, pleasurable goals that you can start working towards today.

The Power Of Your Decisions:

Your future is determined by the decisions you make and not by your genetics, history or the environment. What you do today, tomorrow or next year can have a huge, positive impact on the rest of your life. If you're not enjoying your life right now, there's nothing stopping you from changing it.

Don't enjoy your job? Change it.

Don't like living with your parents? Move out.

Want to start a family? Start one.

Anything you want to change can be changed. It all starts with **YOU**.



Making decisions isn't always easy. Many decisions come with huge risks. Changing your job is a good example. You're in a comfortable position right now with friends at work, good pay and a good social life, but you're not enjoying your day. You don't enjoy it anymore and dream of having a career change or working for a different company in this sector. Don't look back in 10 years time and wonder 'What if?' Go and find that new, perfect job and go and get it now!

Not every decision you make is going to be good. But you can learn from your mistakes. Use these bad decisions and ask yourself what you would change to make it better. Use these changes and make the decision again. Keep doing this until the decision you make is the right one and has impacted your life in a positive way.

Always make sure that you're making long-term decisions. Short-term decisions, such as quick-fix diets and fast foods, can have disastrous outcomes. Decisions that affect you in the long-term are the most important.

Pain VS. Pleasure:

The two forces that shape your life are Pain and Pleasure. All of the decisions you make or actions you take are to avoid pain or to gain pleasure.

Throughout our lives we have linked pain and pleasure to different things, depending on what's happened in our lives, where we've been or what we've seen.

Almost everyone would link pleasure with eating chocolate cake and take-away pizza, even though we all know it's bad for our health and bodies eating it on a regular basis. But it's the pleasure we get from eating it that keeps us coming back. When starting a diet, your mind can start to link pain with eating salads and 'healthy' foods because it isn't giving you the pleasure you get from junk food. This is why a lot of people who start dieting, give up. They can't seem to link dieting to pleasure, because they could eat something they enjoy a lot more and get the benefit of not being hungry instead. But you have the power to change this. You need to train your mind into believing that healthy foods and not always being full is a positive thing and is pleasurable.



When you eat your next salad, condition yourself into thinking it's a pleasurable experience and over time your mind will associate salads, healthy foods and dieting with pleasure.

This strategy works with everything. You only associate pain to objects or experiences because that's what you've trained your mind to believe. But you also have the ability to change those beliefs.

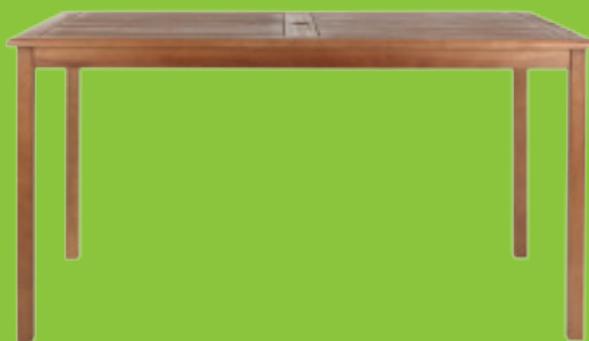
If you're wanting to do something but are afraid of the pain it may cause (either emotionally or physically), follow these 5 steps to help you make those changes now:

- **Step One:** Write down the actions that you need/want to take but have been putting off for a while.
- **Step Two:** For each action, ask yourself these two questions and write down your answers:
 - 1) Why haven't I done this?
 - 2) What pain is linked to doing this?
- **Step Three:** What pleasures have you received from taking part in this action?
- **Step Four:** What will happen if you don't change now?
- **Step Five:** What pleasures will you get from making these changes RIGHT NOW?

Are Your Beliefs Creating Or Destroying Your Future:

A way to understand beliefs is to think about it as an idea. You may think of a lot of ideas, but not believe in any of them. Whether something is an idea or a belief will come down to how much certainty you feel about it. Robbins uses the metaphor of a table to show you how to tell the difference between an idea and a belief:

- An idea is a table top that doesn't feel certain because it doesn't have any legs to stand on.
- A belief is an idea (tabletop) with legs. The legs are references that support the idea. They're experiences that help to back it up. Having the legs makes the idea certain.



References can come from personal experiences or you can collect them from other sources. You can also create references in your imagination. The strength and width of these legs comes from how much emotion you have behind each reference.

You WILL come across failure at some point in your life. When things aren't going so well, you're likely to give up and feel as though you're worthless or helpless. These are beliefs that you must not entertain if you're ever to be successful.

In order to break through these 'personal boundaries' that negative thoughts can have, you need to change the beliefs:

- **Add the feeling of pain to the old belief:** Make yourself feel that the belief has brought pain to you in the past, does so in the present and will continue to do so in the future. You need to add the feeling of pleasure to the belief that will replace the old one.
- **Doubt:** Start questioning your beliefs that are referenced by someone else. If you question them hard enough, you may realize that you've been believing a lie for many years.

It is extremely important to realize the level of emotional certainty there is behind each belief. In order to do this, Robbins has classified beliefs into 3 categories:



- **Opinions** - A belief that we're very certain about, but the certainty of that belief can change very quickly. Opinions are easily swayed by people we trust or by the stories that we read.
- **Beliefs** - These are formed when you have a great range of references to back it up. The references will give you complete certainty of the belief and you often disagree to change this belief. However, if someone is able to talk to you about changing this belief with good reason to, it is likely to create enough doubt that you will allow for change of belief.
- **Convictions** - A belief that you hold a lot of emotional certainty to. You will get frustrated when people question these beliefs and there is nothing that anyone can do to change this belief.

Creating convictions is usually the best way to get yourself working towards a goal or living a certain lifestyle, without any hold backs. To do this, you'll need to follow these four steps:

- **Step One:** Have a clear belief about what it is you CAN achieve
- **Step Two:** Keep adding new references to that belief. Talk to people who've gone through the same events or read books on the subject(s).
- **Step Three:** Add emotional intensity to the belief. Visit people who've been through the same journey that you're about to embark on and see how their lives have changed.
- **Step Four:** DO IT. Everything you do in order to make this belief a conviction will increase the emotional intensity, making the belief more stable and more likely to change into a conviction.

Make sure every day that you're improving your ability to enjoy life. Ask yourself what you've learned today, what you improved on today and what was the most enjoyable moment? Being able to enjoy life will give you true security.

How To Make Lasting Change:

It is always easy to make a change but it's hard to keep it up.

Everyone has a 'habit' but not everyone can stop them. This is because "you don't have a 'habit', you've created a network of 'strong neuro-associations' within your nervous system." (pg. 118) You need to change the emotional attachment you have to these experiences in your nervous system. You need to believe that this 'habit' causes pain and not pleasure. You need to believe that you, and only you, can change it and that you will change it. You need to reinforce this belief constantly in order to condition your nervous system to succeed in stopping these 'habits'.

If you're willing to condition your nervous system to change what you feel pain and pleasure towards, you'll need to follow NAC (Neuro-Associative Conditioning)'s step-by-step process:

Step 1: What do you want and what is stopping you from having this now?



Step 2: Link pain to how you are now and link pleasure to the experience of changing.

Ask yourself:

- 1. Painful questions:** What will happen to you and your loved ones if you don't make this change? We often care more about others than ourselves, so asking yourself about how it'll affect others should create a lot of pain.
- 2. Pleasurable questions:** How will the change make you feel? What can be achieved once you've changed?

Step 3: Break the current pattern.

If you keep doing the same things and don't try out new behaviors, emotions or actions, your life will not change. You need to interrupt the behavior/emotion that is normally linked to this pattern in order to change. There are two simple ways of doing this:

1. Go cold turkey and just stop whatever it is you want to change.
OR...
2. Think of the situation that's bothering you and imagine it as a cartoon. How does it make you feel once you see yourself as the leading cartoon? Does it cause you pain or pleasure?



Step 4: Create a better alternative.

To gain long-term changes, you need to find an alternative for the old behavior/action. Simply getting rid of it is not enough. You can easily relapse in a couple of days when surrounded by your old behavior/action.



You'll need something that gives you the same amount of pleasure but something that also doesn't give you any pain. An easy way of finding an alternative is speaking to someone who has already been through the journey you're about to take. Having a role model in this area will become of great use to you and your future.

Step 5: Repeat the new pattern until you're certain you will not change back.

To ensure that this new pattern will last long-term, you'll need to condition it. A simple way to do this is to do it over and over and over again, but with more emotional intensity each time and reward yourself when you do it. This way, it'll become part of your normal daily behavior.

Create yourself a schedule with short-term goals and milestones that you want to reach and only reward yourself each time you reach one of them. This way you'll appreciate the reward more and it will encourage you to behave/act in the new way more often with more emotional intensity.



Step 6: Put it to the test.



1. Ensure pain is fully identified with the old pattern. Do you feel pain when you think of the old behavior/feelings?
2. Ensure pleasure is fully identified with the new pattern. Do you feel pain when you think of the old behavior/feelings?
3. Make sure the new behavior/feeling fits in with your way of life, your values, beliefs and rules.
4. Do you get the same benefits and pleasure that you had with the old behavior/feeling?
5. Make sure that you can see yourself using your new pattern in the future when you come across the old behavior/feeling. If you can't, then repeat the previous 5 steps.

How To Get What You Want:

When you want something, the reason behind it is because you see it as a way to achieve a certain feeling, emotion or status that you crave. You want to earn more money because it'll make you happy. You want to start dieting because it'll give you the body you dream of. You want to stop shouting at your children because it makes you feel bad and you want to feel like a better parent.

Everything you want is to achieve something.

The way you act in certain situations or in your everyday life is based on the way you're feeling in that particular moment. If you don't like the way you act, you can change your emotional state by changing how you use your body, or by changing your focus.

Just changing your facial expression for one minute can change the way you feel throughout the whole day.

Try smiling at yourself in the mirror, at least, once a day. You may feel silly at first, but we all know that a smile is contagious so if you can see yourself smiling, it'll make you smile more and your body and mind will become happier.



Submodalities are elements of an experience that can be changed in order to decrease or increase the intensity of your experience.

There are three main submodalities:



Visual Submodalities:

You focus more on visuals and are likely to describe things as 'brightening your day', 'putting things into perspective' or 'looking at the big picture'.



Auditory Submodalities:

You focus more on the audios and you're likely to describe things as 'sounding great', 'hearing you loud and clear', 'the problem screaming at you'.



Kinesthetic Submodalities:

You focus more on the physical elements and you're likely to describe things as 'weighing on you', 'feeling like you're carrying it all on your shoulders', 'the pressure is on/off'.

To change how you feel about an experience, you'll need to change your submodalities in order to make it a more pleasurable memory. To do this, Robbins has created a checklist that will allow you to discover which elements make experiences more enjoyable for you and which you need to stay away from. To do this, you'll need to think of an experience that gave you great pleasure and evaluate it against the checklist. Make sure you change the experience from it's current state to the opposite that's listed, in order to see if it makes it more pleasurable or painful.

Auditory



Movie / Still?

Is it a movie or a still frame?

Color / Black and White?

Is it color or black and white?

Right / Left / Center

Is the image on the right, left or center?

Up / Middle / Down

Is the image up, middle or down?

Bright / Dim / Dark

Is the image bright, dim or dark?

Fast / Medium / Slow

Is the speed of the image fast, medium or slow?

Specific Focus?

Particular element focused on constantly?

In Picture

Are you in the picture or watching from a distance?

Particular Color

Is there a color that impacts you the most?

Viewpoint

Are you looking down on it, up, from side etc?

Special Trigger

Anything else that triggers strong feelings?

Kinesthetic



Self / Others

Are you saying something to yourself or hearing it from others?

How it's said

How do you say or hear it?

Volume

How loud is it?

Tonality

What is the tonality?

Tempo

How fast is it?

Location

Where is the sound coming from?

Harmony / Cacophony

Is the sound in harmony or cacophonous?

Regular / Irregular

Is the sound regular or irregular?

Certain Words

Are certain words emphasized?

Duration

How long did the sound last?

Uniqueness

What is unique about the sound?

Special Trigger

Anything else that triggers strong feelings?

Visual



Temperature Change

Was there a temperature change? Hot or Cold?

Texture Change

Was there a texture change? Rough or smooth?

Rigid / Flexible

Is it rigid or flexible?

Pressure

Was there an increase or decrease in pressure?

Tension / Relaxation

Was there an increase in tension or relaxation?

Movement / Direction

Was there movement? If so, what was the direction and speed?

Breathing

Quality of breathing? Where did it start/end?

Weight

Is it heavy or light?

Steady / Intermittent

Are the feelings steady or intermittent?

Special Trigger

Anything else that triggers strong feelings?

Do you know how to make yourself feel really good without the help of alcohol, drugs, food or other addictive sources?

Write a list of fifteen to twenty-five things that you currently do to change how you feel, but also add ways that you're yet to try in order to change your state. Do not include the addictive sources.

Doing this will show you that there are other ways to make yourself better than to use items that are addictive and bad for your mind, body and health. Link pain to these things addictive sources and link great pleasure in this new list of ways to make you happy.

Implement this list into your everyday life. How will you make yourself feel better tomorrow if you're starting to feel down and depressed? Don't just write the list and put it to one side. Use it now. Make yourself feel better, **NOW**.

The Answers Lie In The Questions:

Questions are the way you learn absolutely everything, because thinking is a process of asking and answering questions.

We all think 'Shall I just click snooze on the alarm?' or 'What shall I eat for breakfast?' Although you may think that you're just thinking about these scenarios, you're actually asking yourself a question and waiting to answer it with an action.

When you're in a difficult situation, you can't just ask generic questions such as 'Why me?' You need to ask yourself how you can make this situation better. How can this awful experience suddenly become pleasurable? Changing your focus will force you to think more positively.

When you are in the process of solving a problem, ask yourself these five questions:

1. **What is great about this problem?**
2. **What is not perfect yet?**
3. **What am I willing to do to make it the way I want it?**
4. **What am I willing to no longer do in order to make it the way I want it?**
5. **How can I enjoy the process while I do what is necessary to make it the way I want it?**



Where is your favourite place to think about your day?

Is it when you first wake up and you realise you're probably going to have a lot to do today?

Or do you think about it while in the shower, because no one can see just how stressed and worried you are about the amount of work you'll have to do once you get into the office?

You can ask yourself these questions all day, but they will not improve your state of mind. Create a happier atmosphere for yourself and those around you, by asking yourself the questions on the next page when you're getting ready in the morning. You can also answer the evening questions to put yourself into a better state of mind before you sleep. This will show you how asking the right questions can improve your state of mind in a matter of minutes.

Daily Questions:

- 1. What am I happy about?**
What about me makes me happy? How does that make me feel?
- 2. What am I excited about in my life right now?**
What about that makes me excited? How does that make me feel?
- 3. What am I proud about in my life now?**
What about that makes me proud? How does that make me feel?
- 4. What am I grateful about in my life now?**
What about that makes me grateful? How does that make me feel?
- 5. What am I enjoying most in my life right now?**
What about that do I enjoy? How does that make me feel?
- 6. What am I committed to in my life right now?**
What about that makes me committed? How does that make me feel?
- 7. Who do I love? Who loves me?**
What about that makes me loving? How does that make me feel?

Extra Questions To Ask At Night:

- 1. What have I given today?**
In what ways have I been a giver today?
- 2. What did I learn today?**
Did I learn anything new? What did I learn about?
- 3. How has today added to the quality of my life or how can I use today as an investment in my future?**
What same actions can I use tomorrow? What can I change from today to make tomorrow better?

Success From The Words You Use:

Words are one of the biggest give aways as to how you are feeling. You can stand with a smile on your face and try to make yourself feel happy, but you'll be telling someone that you're just 'Okay' and they'll be able to tell that something is not good.

You also need to be aware of the labels that you're putting onto other people. We all complete the same tasks in different ways. If we were all the same, the world would be boring. Labels are not the answer.

Words stick with people easily, even when they're at a young age. If you call your kid 'stupid' when they do something silly or wrong and you keep calling them 'stupid' after that one time, they'll soon grow up to believe they're 'stupid'. Instead, you should say "Your behavior is underwhelming, let's talk about it." This way you'll be able to talk to them about what they're doing wrong and not insulting them. It'll help you a lot in the future when they're older.

Your own words can affect your own mind too. Would you like to get rid of all of the negative emotions you've ever felt and lower their intensity so you can be in charge?

Write down three words that you regularly use to describe a negative emotion and three words that you regularly use to describe a positive emotion.

Next, think of situations in which you would normally use these words, and come up with new words that would break your pattern or loosen your emotional intensity. Robbins give a list of over 60 word transformations, but here are 20 of the most common words that we use.

In order to make sure that you use the new words, use NAC - Neuro-Associative Conditioning.

Also let three people you trust in on what you're doing. People that you see everyday who will be able to help you use your new words. And don't forget to give yourself pleasure immediately after using the new words.

You must also use transformatal vocabulary to intensify your positive emotions. Instead of saying "Today was okay..", you should say, "Today was awesome!" Not only does it sound better to other people, but it will give you a bigger 'buzz' when later thinking about the experience.

Negative Emotion		Transforms Into
I'm Feeling...		I'm Feeling...
Angry	to	Disenchanted
Depressed	to	Not on top of it
Pissed Off	to	Tinkled
Disappointed	to	Underwhelmed
Exhausted	to	Recharging
Failure	to	Learning
Frightened	to	Challenged
I Hate	to	I Prefer
Insecure	to	Questioning
Jealous	to	Overloving
Lonely	to	Available
Overwhelmed	to	In Demand
Painful	to	Uncomfortable
Rejected	to	Overlooked
Sad	to	Sorting My Thoughts
Scared	to	Excited
Stressed	to	Busy
Sick	to	Cleansing
Stupid	to	Discovering
Terrible	to	Different

Good Word		Transforms Into
I'm Feeling...		I'm Feeling...
All Right	to	Superb
Comfortable	to	Smashing
Cool	to	Outrageous
Curious	to	Fascinated
Determined	to	Unstoppable
Excited	to	Ecstatic
Fantastic	to	Fabulous
Feeling Good	to	Cosmically
Fun	to	Vivacious
Glad	to	Over The Moon
Good	to	Dynamite
Great	to	Phenomenal
Happy	to	Jazzed
Interested	to	Enthralled
Like	to	Relish
Loved	to	Adored
Motivated	to	Driven To
Nice	to	Spectacular
Secure	to	Confident
Super	to	Booming

Metaphors Are More Powerful Than You Think:

Using metaphors is an easy way to help you learn. If you don't understand what something is, a metaphor will help you realize that the thing you DON'T know, is LIKE something you DO know.



If you're feeling down or stressed at the moment, look at the metaphors you're using to describe your situation. Look at how they can be impacting on negative emotions. It's just as easy to change these metaphors as it was to create them. If you're feeling like 'the world is on your shoulders', put the world down and see what is most important to do and start from there. The moment you change the way you're thinking about a situation, you will instantly change how you're feeling.

Global metaphors are understood by people all over the world. We gain them from people around us. You've probably never thought about their impact, what they mean or that they're even there at all. We say a lot of things that we don't realize have drastic impact our lives. But it's time we realized it and learned to control them.

A common word that is changed into a metaphor is 'Life'. We could describe life as being a 'challenge', 'competition' or 'A test'. But what if we described life as being like 'a game'. Life is instantly changed from being a competition where it's you against everyone else in the world, to needed everyone else in the world to help complete the 'game'. How do you see life now?

All metaphors can change the meanings you associate to anything. Select your metaphors carefully and select the ones that will enrich your life and the lives of the people you care about. If you hear someone using a metaphor with negative effects, break their pattern immediately and offer them a new one. Do this for yourself too.

- 1. What is life?**
Finish this sentence: "Life is like..." Brainstorm everything you can think of, because you probably have more than one metaphor for life
- 2. What metaphors do you link to relationships or marriage?**
Are they empowering or dis-empowering?
- 3. Pick another area of your life that impacts you the most and list your metaphors.**
This could be your business, parents, children or your ability to learn.

- 4. Create new and positive metaphors for each area.**
Decide that from now on you're going to think of life as four or five new things to start with, at least.
- 5. Condition yourself to live with these new, empowering metaphors for the next thirty days.**
Take control of your metaphors now and create a new world for yourself: a world of possibility, of richness, of wonder and of joy.

Powerful Emotions:

Throughout today, you will feel or would have already felt, a range of emotions. You woke up happy but then realized you had a lot to do today, so now you're feeling a little on edge about how the rest of the day will go.

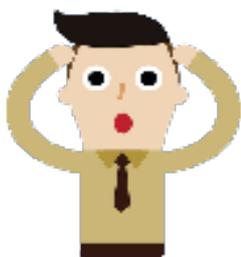
A lot of people believe that their emotions are only controlled by events in their lives and will continuously try to avoid, or take part in, certain experiences in order to, or not to, feel these emotions.

You are the one who creates these emotions and you are the one that can change them at any given moment. So why can't you do this all of the time? It's because your negative emotions will come into play when they want to tell you that something isn't working or that you're feeling pain because of the situation you're in. If you're feeling a negative emotion, maybe you need to change what you're doing or change your perception of your current situation.



4 Ways You Deal With Emotions:

- 1. Avoidance:** Avoiding situations that could lead to emotions you fear.
- 2. Denial:** Dissociating from your feelings by saying "It doesn't feel that bad.." Experiencing an emotion and pretending it's not there will only create more pain. If the message your emotions are trying to deliver is ignored, the emotions simply increase their amperage; they intensify until you finally pay attention.
- 3. Competition:** You will stop fighting your negative emotions and will begin to indulge in them instead. This will lead to you competing with others, saying things such as "You think you've got it bad? Let me tell you how bad I have it.." You will eventually end up investing in feeling bad on a regular basis and will become trapped.
- 4. Learning & Using:** Making your emotions work for YOU. Learn from your emotions and get them to create the results you want for a better quality of life. Emotions you thought as being negative are just a call to action. Learn to use these calls to action to free you from your fears and experience as much as humanly possible. Emotions are signals trying to guide you to a better quality of life.



There are six steps that Robbins follows whenever he feels a painful emotion to find the benefit of that emotion and sets himself up so in the future, he can get the lesson of that emotion and eliminate it more quickly:



Step One: Identify what you're really feeling: Ask yourself "What am I really feeling right now?", "Am I really feeling like this or is it something else?" Maybe there's a less intense word that can describe your emotion right now that will make you less pained.



Step Two: Acknowledge and appreciate your emotions: If you're willing to trust your emotions, knowing that even though you don't understand them at the moment, each and every one you experience is there to support you in making a positive change, you will immediately stop the war you once had with yourself. Appreciate all emotions.



Step Three: Think about the message this emotion is offering you: Getting curious helps you master your emotion, solve the challenge and prevent the same problem from occurring in the future. Four questions to ask to become curious about the emotion: What do I really want to feel? What would I have to believe in order to feel the way I've been feeling? What am I willing to do to create a solution and handle this right now? What can I learn from this?



Step Four: Get confident: The quickest and simplest way to handle any emotion is to remember a time when you felt this exact emotion and realize you've successfully handled this emotion before. Get confident that you can handle this emotion quickly. Think about what you did previously to control it and how can you do it now. Decide to do the exact same thing now and have confidence that it will work.



Step Five: Be certain that you can handle this not only today, but in the future as well: Remember ways you've handled it in the past and rehearse the situation and how you'd handle it in the future. Also, write down four or five ways that you can change your perception when the negative emotion shows itself again.



Step Six: Get excited and take action: Get excited that you can easily handle this emotion and take action now to prove that you've handled it. These new distinctions you've made will change the way you feel, not only today but also in the future.

Have A Compelling Future:

Do you know why people never do the things they really want to do in life? It's because they lack in a drive that only a compelling future can provide. To create a compelling future for yourself, you need to develop bigger, more inspirational and more challenging goals. Why just 'get by' when you can have your wildest dreams?

At first, setting a large goal can seem quite daunting and you may feel at times like it will be impossible to achieve, but having a large goal will inspire you and cause you to unleash your ultimate powers. The foundation of all success in life is setting goals and turning the invisible, visible.

However, we're so caught up in this process of achieving, that we completely overlook just how far we've come, and sometimes it can be in such short spaces of time.

In order to see just how far you've come, get yourself three sheets of paper and write these ten categories on each:

1. **Physically**
2. **Mentally**
3. **Emotionally**
4. **Attractiveness**
5. **Relationships**
6. **Living Environment**
7. **Socially**
8. **Spiritually**
9. **Career**
10. **Financially**



Step One: On the first sheet, write on a scale of 0-10, how you were living your life's desire in each category, five years ago. 0 meaning you had nothing in this area, 10 being you were living your life's desire in this category.

Step Two: Write a sentence next to each category to describe what you were like back then.

Step Three: Do the same on another piece of paper, but for how you're doing in each category today and see how far you've come, or what you're failing in.

What have you learned by doing this? Have you come a lot further than you realized? Whether you have or haven't come further than you had hoped, use these categories to set goals to achieve in the next 5 years. They should be the drive behind you wanting to change. To do this, use the same 10 categories and make projections for where you want to be in the next 5 years. Heading in the right direction will not only allow you to achieve your goals, but you'll be able to achieve a lot more on the way.

However, in this direction you are guaranteed to meet with failure. You can't always achieve your goals without a little turbulence along the way. Sometimes you need to realize that your failures or disappointments are opportunities in disguise. You should never move on to a new goal when you're met with failure on the journey to your original goal, you need to be committed to achieving it.

You can change your approach, but not your ultimate vision.

How To Turn The Invisible, Visible:

Having a compelling future is not just exciting, it allows you to achieve goals that you didn't think were possible. A compelling future allows you to grow both physically and mentally. Take action NOW!

There are four areas to think about and brainstorm ideas about: 'What would I want for my life if I knew I could have it any way I wanted?' 'What would I go for if I knew I could not fail?'

Put yourself into a state of mind where you can create anything you want before brainstorming ideas. Write down everything you can without letting your mind stop. They can be either long or short term goals.

1. Personal development goals

Examples: What would you like to learn? Who do you want to be? Would you like to conquer your fear?

2. Career/business/economic goals

Examples: how much do you want to earn? What goals do you have for your company? What investments will you make? What are your career goals?

3. Toys/adventure goals

Examples: Where would you like to live? What big event would you like to attend? What would you like to own? Where would you like to travel?

4. Contribution goals

Examples: How could you contribute? How can you help clean up the oceans? What could you create?

Step One: Brainstorm for 5 minutes, everything that you'd like to improve in your life that relates to your own personal growth.

Step Two: Give a time line for each and every single one of the things you've just written down. You don't need to know how you're going to achieve them, you just need to give yourself a time line of how and when to operate.

Step Three: Choose the ONE most important one-year goal in this category and write a paragraph about why you're 100% committed to achieving this goal in the next 12 months. It needs to be a goal that'll bring tremendous amounts of excitement in your life and you will feel as though your year has been well spent once it is achieved.

When you've finished, you should have four one-year goals that you wish to achieve, that should be filling you with excitement when you think about fulfilling them. Once you have the perfect four goals, get to work on them immediately.

Now you need to think about the person you need to become in order to achieve these goals.

People fail to achieve the goals they have set because they write them down and forget about them. You need to feel as though you're achieving each of your four one-year goals every day. You don't necessarily need to have achieved the complete goal within 24 hours, but once a day, do something that'll help you get one step closer to the finish line. Contact people, draw up a plan or research the topic. This way, you can not fail.

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“The Ten Day Mental Challenge”:

We all want consistency in life, we don't want love to last just a day and we don't want richness to last for just one year. True consistency is established by your habits. Unless you've already achieved your ultimate goals, you need to change your way of thinking that has led you to here and that will not get you to where you want to go.

For the next ten days, beginning immediately, commit to taking full control of all your mental and emotional properties, by deciding right now that you will not satisfy any un-resourceful thoughts or emotions for ten consecutive days.

By committing yourself to these 10 consecutive days of refusing negative emotions, you'll be breaking from limiting habits and sending your brain messages and commanding new results. You'll be able to take control of how you feel in an instant.



Rule One: Refuse to inhabit un-resourceful thoughts or feelings.

Do not indulge in any negative emotions, questions or metaphors.

Rule Two: When you catch yourself beginning to focus on a negative emotion, use techniques you've learnt to focus toward a better emotional state.

Use the problem solving questions to change your state and keep you in the right state until you find out what needs to be changed.

Rule Three: Make sure your whole focus in life is on solutions and not on problems.

When you see a problem occurring, immediately find out what the solution can be.

Rule Four: Don't beat yourself up if you find yourself indulging in a negative emotion.

As long as you change immediately, it is okay. But if you continue to indulge in this emotion, you must start your 10 days over from the next morning.

Your Master System:

You're about to learn how to create global changes through changing one of the five elements of your master system. Each element affects your evaluations of situations. Learning how to change them can affect the way you think, feel and behave in different areas of your life. Making just one change can cause you to never think about certain questions ever again. Instead of wasting time fighting effects, understanding your master system will allow you to eliminate the cause right away.

The Five Elements Of Your Master System Are:

- 1. The mental and emotional state you're in:**
When making superior evaluations, make sure you're in an extremely resourceful state of mind and emotion rather than in a survival mode.
- 2. The questions you ask:**
Questions create the initial form of evaluations. Your habitual questions play a major role in this process.
- 3. Your hierarchy of values:**
The values you select will shape every decision you make in your life.
- 4. Your beliefs:**
Global beliefs give us a sense of certainty about how to feel and what to expect from ourselves, life and from people. They determine your expectations and often control what you're willing to evaluate in the first place.
- 5. The reference experiences you can access from your brain:**
These references form the raw material that you use to construct your beliefs and guide your decisions.

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If you want to make a change in your life, it is because of one of two things:

You either want to change how you feel
OR
You want to change your behaviors

You need to adopt a new global belief that says: **"I am the source of all my emotions. Nothing and no one can change how I feel except me. I can change it in a moment."**

(pg. 333)

The Rules You Live By:

We all have different rules and values that affect not only the way we feel, but how we respond to any given circumstance. Your rules will determine whether or not a certain criteria has been met.

Like many parts that make up our Master Systems, a lot of your rules would've been influenced by experiences you've had in the past or they would've been given to you throughout your childhood. You probably believe a lot of the same things you did when you were younger and you probably have a lot of the same rules as before.

Threshold Rules and Personal Standards

Threshold Rules are those that must not be broken and must be done.

Personal Standards should not be broken and should be done. It's important that you don't have too many MUST rules in your life because you'll lose your enthusiasm for life. The chances of your MUST rules being violated are too great if you have too many. However, you need you ensure you have plenty of MUST rules in order to achieve certain goals. You need to create a balance between the must and should rules and use them both in appropriate situations.

How to tell if your rules are empowering or disempowering you:

1. If it's impossible to meet, it's a disempowering rule
2. If something you can not control determines whether you meet the desired outcome, then it's a disempowering rule
3. If you have only a few ways to feel good but a lot more ways to feel bad, then it's a disempowering rule

If you're living life with rules that conflict each other, the solution is simple: You need to set up a system that includes rules that are easily achievable, make it easy to feel good and make it very hard to feel bad.

Have you ever been upset at someone you've loved? Maybe they've done something they shouldn't or didn't do something that they should've? Every time you're upset with someone, it's because they've upset your rules, not because of their behaviour. Knowing this will help you to stop blaming them every time they break one, or more, of your rules.

Start taking control of your rules by answering, as thorough as possible, the following questions:

- What does it take for you to feel successful?
- What does it take for you to feel loved-by your kids, parents, spouse and whoever else is important to you?
- What does it take for you to feel confident?
- What does it take for you to feel you are excellent in any area of your life?

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Now ask yourself whether these answers are acceptable. Make sure your rules are only controlled by you and that no outside influences control your outcomes. Make sure it's super easy for you to feel good and super hard for you to feel bad.

Who You Are:

Your identity is what you believe yourself to be. It's how you define your own individuality. It's what makes you unique from the rest of us, whether it be good or bad.

Something our bodies all crave is consistency. Whether it is the right or wrong thing to do, we will always act in a way that is consistent with our identity. As we develop new ideas about who we really are, our behaviors will also change in order to support our new identity.

Take a moment to think about this question: **"Who am I?"**

Are you your possessions? Are you an emotion? Are you a label? Are you a career? Are you your income?

Do you like who you are? What don't you like about you? What do you love about you? What would you change about you?

These are all questions that can help you discover who you truly are, because if you don't know who you truly are then how can you be sure that you're making empowering decisions and are walking down the correct paths?

Once you feel like you know who you are at the moment, complete these two tasks:

1. Write down the definition that you would find under your name in a dictionary.

Let these answers sink in, then answer:

2. If you were to create an ID card, what would be on it and what would you leave off?

Picture or not? Physical description? Emotions? Achievements? Beliefs? Possessions? Abilities? Motto? Aspirations? This identity card would be used to show someone who you really are.

Enjoy this new identity of yours. Use it to its full potential and go and achieve full success. You need and want to be a person that will help you achieve your destiny.

If your identity isn't everything you need it to be, then you need to follow these four steps:

1. Make a list of all the parts of your identity that you WANT to have.

Think of yourself as having this identity - how will you behave? Breathe? Walk? Etc. Are there any role models for you with similar identities that you can use?

2. Decide who you want to be TODAY and describe this identity in full detail.

Make a list of all of the things you need to become this person.

3. Come up with a plan that allows you to know that you're consistently living with your new identity.

Are your friends going to reinforce or destroy your new identity?

4. Tell everyone around you about your new identity.

Use your new label to describe yourself everyday and it will be conditioned within you.

**Never stop believing!
Never stop achieving!
Never stop having fun!**

Key Quotes:

1. "Maybe we should be asking ourselves 'How am I going to live the next ten years of my life?' 'How am I going to live today in order to create the tomorrow I'm committed to?' 'What am I going to stand for from now on?'" (pg. 31)
2. The Buddha: "We are what we think, All that we are arises with our thoughts. With our thoughts, we make our world." (pg. 92)
3. Albert Einstein: "The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality." (pg. 185)
4. "Life is constantly testing us for our level of commitment and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This is still the common denominator separating those who live their dreams from those who live in regret." (pg. 285)

Key Points:

- Make decisions that affect you in the long-term
- Link pain to unwanted habits and pleasure to your new ones
- Change can happen in an instant. You can create this change.
- There are better ways to make you feel better than addictive sources
- Ask the right questions
- Use transformal vocabulary to intensify positive emotions
- Life is a game
- Change your identity to be the person you want to be
- Make sure your values are empowering and reflect your end goal
- Have references that will help you achieve your goals and make you a better person

The One Action To Take:

You should now know that you're able to change how you feel in an instant, therefore you're able to change your past behaviors. You now need to create a dedicated plan for changing your negative emotional patterns that you always experience.

Task One: Write down all of the emotions that you experience in an average week.

Task Two: List the events or situations that trigger these emotions.

Task Three: Come up with a counter emotion for each negative one, and apply one of the appropriate tools for responding to it.

Commit this day to replacing the old, hindering emotion with a new, influential emotion and condition it until it is consistent.