

...ROBIN BANKS PRESENTS...
SUSTAINING THE
MAGIC
...MIND POWER FOR LIFE...

2018 and beyond



MIND POWER MADE EASY!
Week 1



WORKBOOK FOR WEEK 1: SUSTAINING THE MAGIC

YOUR DAILY RITUAL RECAP:

I would like to honor you for your commitment to this program and ensuring that you sustain the momentum from your Mind Power training. Having just completed your Mind Power journey you are well on your way to becoming a member of the 90 day club. If you can do your Mind power exercises consistently for 90 days it will become a habit ensuring that you continue to produce outstanding results.

The Daily Rituals have been designed to make it easy and effective for you to do your Mind Power exercises in NET time, meaning there's No Extra Time required and you can do them while doing other things as well. I highly recommend that you play and experiment with the various options and then choose which ones work best for you. Feel free to create your own rituals and of course you are more than welcome to do your exercises in the traditional way as well.

RITUAL NUMBER ONE: THE MORNING QUICKIE

1. Remember to focus your mind on a positive thought first thing in the morning. I usually decide on this the night before and ensure that I insert first thing in the morning as I open my eyes.

For Example:

"It's going to be an awesome outstanding day today,

I'm alive, awake, alert, enthusiastic.

I am focused, industrious, organized and efficient

I am always in the right place at the right time"

2. If you're short on time and can't do a full Mind Program I recommend you do some form of brisk exercise for 2-3 minutes and do some affirmations in conjunction with your morning energizer. I jump on a rebounder (baby trampoline), doing a brisk breathing technique with affirmations in between.

"Breathe, breathe, breathe, breathe

Focused, Industrious, organized, efficient

Breathe, breathe, breathe, breathe

Focused, Industrious, organized, efficient

Breathe, breathe, breathe, breathe

Focused, Industrious, organized, efficient"

If you don't have a rebounder perhaps you have a skipping rope or you could do them while



doing squats, you could do 20 jumping jacks or jog on the spot for 2-3 minutes, anything that will raise your heart rate and can be done while saying your affirmations in a powerful rhythm. This is a great way to get your day off to a powerful start!

RITUAL NUMBER TWO: SHOWER & EMPOWER

1. Use your shower time to say your affirmations out loud and powerfully, proclaiming them.
2. Use your shower time to for contemplation; pick a question and then listen to the sound of the soothing water while your mind contemplates the best possible solution.
3. Say your affirmations while getting dressed.

Congratulations! You are now using NET Time: no extra time required because you get to do your Mind Power in the Shower. Plus, you're going to feel energized and uplifted by these exercises and your Mind Power is already done for the day – So Awesome – That's Shower and Empower!

RITUAL NUMBER 3: DRIVE ALIVE

1. Set your watch or timer for 5 minutes use the time to contemplate. Either do one of the contemplation exercises from the Mind Power course, one of the exercises from this course or contemplate something that has been on your mind and for which you are looking for a solution.
- Again, please note that this technique is not for everyone and if you're not comfortable doing it, then please don't try it. Your safety comes first. However, if you are going to try this, be alive while you're driving, be alert and be present to what's going on.
 - Remember to switch off the radio and put your phone on flight mode in order to ensure that you are not interrupted. Set your alarm and spend five minutes contemplating whatever exercise you are focusing on.

It is extremely effective and insightful for me, I hope your it is for you too.

2. Use your driving time to listen to an audio book or one of the affirmation and contemplation recordings on "Attracting a Fabulous Relationship", "Fit, Slim & Looking Great", "Healing Yourself", "Personal Mastery", etc. Again the point here is to listen to something that will enrich your mind while you are driving creating powerful net time.

RITUAL NUMBER 4: YOUR HOUR OF POWER

This for me is the very best use of time as it combines both my physical and mental training into one powerful routine. I leave the gym feeling invigorated, stimulated and focused, ready for a great day. Here are five easy steps you can follow:

1. Always start with Gratitude: Spend 5-minutes practicing gratitude while warming up on either the stair master or one of the other exercise machines.
2. Visualization & Seeding: Next, spend 5 to 10 minutes visualizing every aspect of your life going well and working out in every aspect.
3. Affirmations: Then spend 10 minutes saying your affirmations, I do this while I am

doing my weight training, but it can be done while you are doing your exercise of choice.

4. Acknowledge Yourself: After you've finished doing your affirmations it is time to affirm yourself with gratitude for all you have achieved and all that you are and do. Spend 5 minutes acknowledging yourself, ideally looking yourself in the eyes as this is can be an extremely powerful way to connect with yourself.
5. You can use the rest of the time to listen to an audio book, affirmation recording or work on your self image.

RITUAL NUMBER FIVE: WALK & TALK

Take a walk and talk yourself through your affirmations, use the time for contemplation and to go over your personal mantra's.

This is a great time to do your Mind Power, especially if you don't want anyone to hear you or just want to be in your own space of creation.

RITUAL NUMBER 6: RUN FOR FUN

Run for Fun is definitely one of my personal favorites and it combines seeding, visualization and affirmations into one powerful potent process.

1. Play an affirmation recording, I enjoy listening to "Creating an Abundance of Money" or "Living with Purpose" and listen to it while running on the treadmill.
2. There ideally should be a mirror in front of you and your vision board visible to your left. On your right hand side a list of your top 15-20 goals for the year.

There is something extremely powerful about looking yourself in the eye as you say your affirmations because you're making a commitment to yourself. As I run on the treadmill I'll be saying my affirmations and I alternate between reading my goals, imprinting my vision and connecting with my soul.

That's ritual number 6, Run for Fun.

RITUAL NUMBER 7: VISUALIZE & MATERIALIZE

Treat yourself to a luxurious bath, light some candles, play some soothing music and use the time to visualize what you soon will materialize.

RITUAL NUMBER 8: PRESS PLAY EVERYDAY

Create net time by listening to one of the various Visualization and Affirmation recordings that John and I have created on a particular topic that is relevant to you. Do this anywhere you can; while you're driving, walking, running, working out or cleaning the house.

The key is to make it a habit and do it regularly and consistently.

I encourage you to try them all so that you can figure out which ones work for you. Then do whatever it takes to stay on track with your program.

EXERCISES FOR WEEK 1:

1: Contemplation Exercise

For 5 minutes every day, contemplate the following – “What Makes Me Unique?”. Now remember you can do your contemplation while you driving in the car, you can do it in various places or you can sit down and contemplate, “What makes me Unique?”

2: Affirmations

Affirm the following statement for 5 minutes every day:

“I am unique and my uniqueness is my greatest gift to the world”

“I am unique and my uniqueness is my greatest gift to the world”

Remember that you can do your affirmation while you Shower & Empower, Walk & Talk, anywhere that works best for you.

Exercise No. 3: Visualization

Spend 5-10 minutes visualizing how your uniqueness serves the world. Feel the effects it has on the people around you and yourself. What are the gifts you bring that are unique to you and see the profound impact that has on the world around you.

Exercise No. 4: Your Top Ten Qualities

Create a list of the top 10 qualities you like about yourself which make you unique and acknowledge yourself for being you. You are more than welcome to create more than 10 but what you’re particularly interested in, is which are your top ten and even better in which order. For example, I am; Confident, charming, eloquent, expressive, humorous, friendly, enthusiastic, driven, determined and intuitive.

Now I have other strengths and of course weaknesses as well, but I believe these are my top ten strengths and probably in the order I’ve presented. While other people may have similar qualities to you, the order they’re in will differ which is part of what makes you unique. Naturally there are many other factors which make you unique as well, your background, your genetics and so forth. At this stage focus on your top 10 qualities and it will serve you to know them as you deepen this journey of Personal Mastery.

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

Exercise No. 5: Your Five Shadow Qualities

While it is good to know what your strengths are it is equally important to know what your weaknesses and shadow qualities may be. Remember to do this exercise with no judgement, keep an open mind and be gentle with yourself as knowing and identifying these qualities can lead you to incredible freedom and personal transformation.

1. _____
2. _____
3. _____
4. _____
5. _____

I invite you to immerse yourself into this week's exercises as you truly get to know yourself and in so doing, honor and love yourself, because You are unique and Your uniqueness is your greatest gift to this world.