

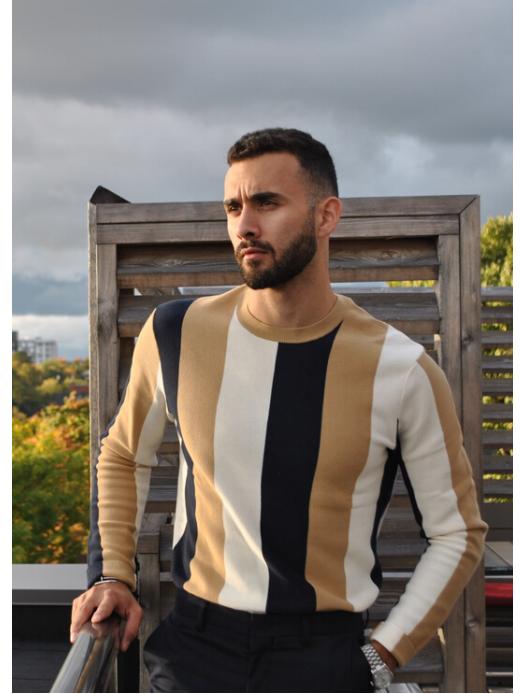
AN IMMERSIVE GUIDE THAT INCLUDES INFORMATIONAL
STRUCTURES AS WELL AS APPLICATION EXERCISES

REWIRE THE COMPLEX BRAIN

USING NEURO-LINGUISTIC PROGRAMMING
TO UNLOCK YOUR POTENTIAL



BY THE BEST-SELLING AUTHOR
NOAH MERRIBY



A Word From The Author Of The Book The Best-Selling Author Noah Merriby

To Your Success

WISHING YOU ALL A BLESSED AND BLISSFUL JOURNEY
TOWARDS SUCCESS

**For those who already know who I am,
there is no need to read this paragraph.**

For those of you who don't know who I am, my name is **Noah Merriby**, I am a Best-Selling Author, Mentor, and Passionate Instructor who taught more than 100,000 students. Author of many Highest Rated And Bestselling Courses. Expert in Productivity, Personal Development, Psychology, Marketing And Behaviorism. I am an Internationally Recognized Awards Winning Speaker with more than 10 Awards in Public Speaking.

I wrote this book to help you in your journey towards success. After months of research, I came up with this immersive guide to help you as you go through the course and make sure you get the best out of it.

I believe that if you want to be the best, you need to learn from the best, and here I am, a vessel for you, for your success, for your incredible journey. I believe each and every person has greatness within. Now its your time to show your greatness.
Wishing all the best in life.

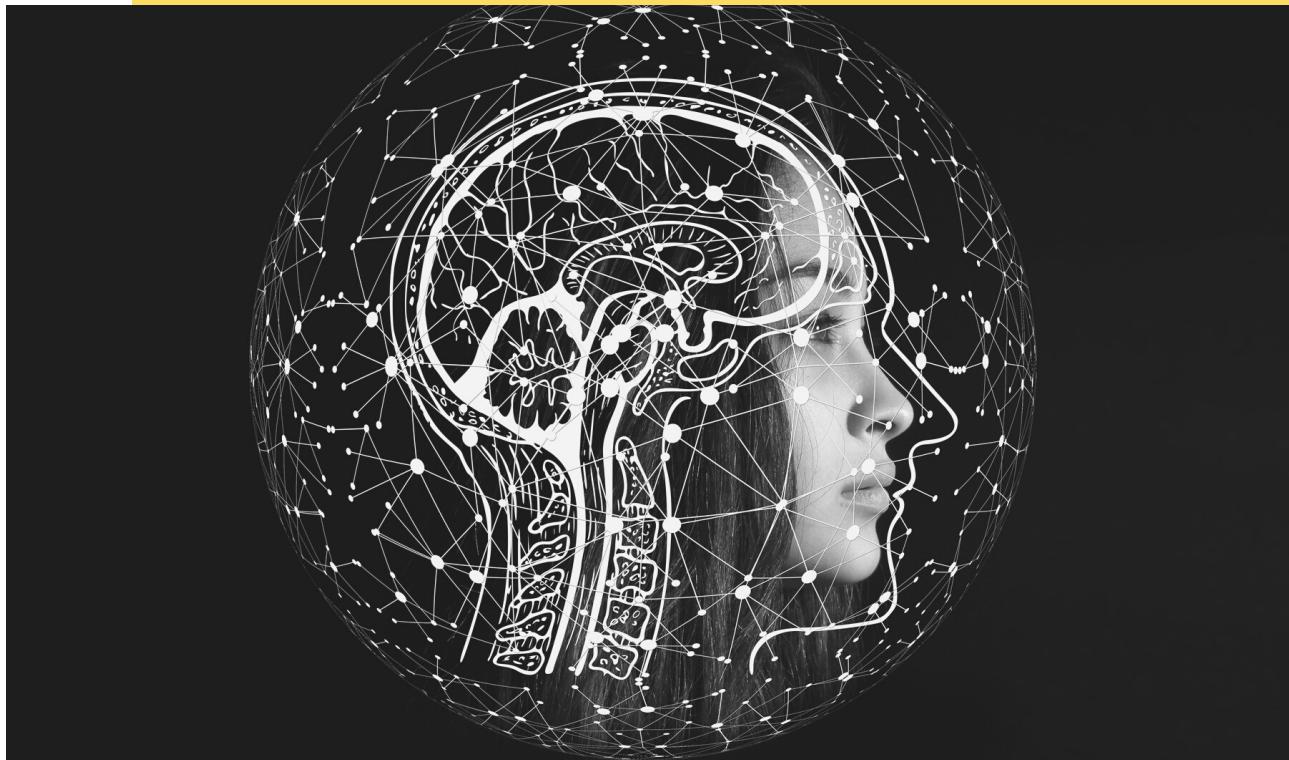
Yours truly,

A large, elegant, handwritten signature in black ink that reads "NoahMerriby".

AN INTRODUCTION TO

NEURO-LINGUISTIC PROGRAMMING

WHAT IS NEURO-LINGUISTIC PROGRAMMING TO BEGIN
WITH?



In The Introduction

**What Is NLP
How It Can Help You**

**Why It Can Be Life-
Changing**

I was initially interested in Neuro-Linguistic Programming when I started seeing how fast it can help us change. We usually think that it takes a long time, and a lot of effort for us to change our habits, behaviors and thought patterns. I thought so as well. Then came NLP to prove us all wrong.

NLP is a method of influencing the brain and its behavior through the use of communication or language, to help us rewire or recode the way our brain acts and reacts to triggers and stimulus. Through this process, you can reshape the way you look at yourself, and at the world around you as well. You can and you will be able to control your thoughts, behaviors, thought patterns and beliefs, in a way you've never done before. When used effectively, the methods can help you notice radical change, in a matter of minutes, if not seconds.



IS IT TOO GOOD TO BE TRUE?

A Simple Yet Powerful
Therapy Method

I know this might all sound to be too good to be true. And again, I was as skeptical as you are. But I decided to give it a shot... What do I have to lose anyway? If it doesn't work, then its just another useless system that you came across, but what if... What if this is the system that's going to help you change your life once and for all? Its this thought process that made me take a risk on learning more about Neuro-Linguistic Programming and trying it for once. I am forever grateful that I did, and hopefully, you will be as well.

NLP is just like any other form of therapy. The beauty about it is that you don't need a therapist to guide you through it if you know what you're doing. If you give a man a fish he is hungry again in an hour. If you teach him to catch a fish you do him a good turn.

It combines various processes that you access to through your mental faculties. It starts with awareness, and you build upon that using your creative senses, your imagination, and different patterns of communication.



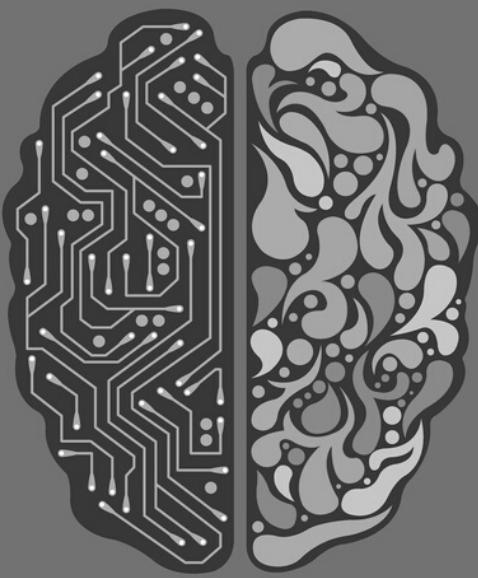
THE FOUNDERS OF THE SCIENCE

IT ALL STARTED IN THE 1970S

Dr Richard Bandler Invented the term “ Neuro-Linguistic Programming ” in the 1970s and he was asked to define the term for the Oxford English Dictionary, which reads: “ A model of interpersonal communication chiefly concerned with the relationship between successful patterns of behaviour and the subjective experiences underlying them; And “ A system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior.

Now Neuro-Linguistic Programming is adjacent to another principle in Neurology called Neuroplasticity. Actually, it was this concept of the plastic brain that first opened my eyes towards a world of endless possibilities.

A Note To Keep In Mind
NLP IS SHORT FOR NEURO-LINGUISTIC PROGRAMMING



UNDERSTANDING YOUR BRAIN

ITS A LOT MORE COMPLEX THAN YOU MIGHT EXPECT

I want to start off by telling you some things about your brain that you might not currently know. There's this experiment, where lab mice were conditioned in a certain way. A bell would ring, then the mice would get an electrical shock. I know, a lot of you right now are thinking that this is unethical, and I agree with you, the experiment is not very recent, but stay with me for just a minute here.

The shock experiment was conducted on the lab mice for a period of time until they gave birth to newborn mice. Those newborn mice were also exposed to the electrical shock experiment. Same thing happened again, they kept receiving electrical shocks after a bell rings until this second generation of lab mice gave birth to a third generation of lab mice. The third generation of mice had the same experiment conducted on them as well until they gave birth to the fourth generation of lab mice. Here's where it gets interesting. The fourth generation of lab mice were not exposed to the electrical shock treatment. They never heard the bell, and they never get electrical shocks. However, when they heard the bell rings, they flinched. Let that sink in for a second. How is that even possible?

This experiment shed the light on a fascinating scientific concept called epigenetic memory. A huge part of our memory is encoded in our genes throughout our lives. When we pass on those genes by the act of procreation, we pass on the epigenetic memory print that we have. You hold within you, the memory of all your previous ancestors, and you have access to it as well.

FOR YOU TO UNDERSTAND THE EXTENT OF NLP, YOU NEED TO
UNDERSTAND

YOUR THOUGHTS

How They Can Influence And Affect You



YOUR BRAIN'S
PROCESSING ABILITY
CAN REACH
**11 Million Bits Of
Information A Second**

YOUR PROCESSING ABILITY

More Powerful Than You Think

Let's me tell you a little bit more here...Our conscious brain processes information at around 120 bits of information a second. So on an average basis, this is our processing capacity. However, research have found, that our processing capacity, as limited as it seems, can go up to 11,000,000 bits of information a second. Ben Stewart gave a metaphor for us to really see the difference saying: " Just imagine the difference between winning 120\$ and winning 11 million dollars, that's the difference we're talking about." Let me give you one more mind blowing fact. There are some individuals, who had serious brain injuries, they had one entire hemisphere of their brain removed. So we're talking about almost half of their brain that's still operating. Those people, with half a brain, were able to live a normal life. They went to school, they graduated, they worked, they dated, they loved, as if nothing happened. This is all thanks to a neurological process called neuroplasticity.





UNDERSTANDING THE DIFFERENCE BETWEEN The Conscious Brain And Subconscious Brain

Let me tell you about an experiment that will blow your mind. Now that you fundamentally understand the true potential of the human brain, let's dive into our question: Do we only use 10% of our brain capacity? We need first off to distinguish the conscious brain from the subconscious brain. Prakhar Verma, in his article on negative thinking, mentioned that according to the National Science Foundation, an average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are repetitive thoughts.

Eva Gutierrez, in another blog post mentioned that: In Bruce Lipton's book, *The Biology of Belief*, he talks about how the first six years of a child's life program their subconscious mind. After those first six years, children use their subconscious mind to live their everyday life. They learn not to run into the street, to hold their parents hand in crowds and to listen when their parent says no. Another major point of Lipton's book was that adults are acting from their subconscious mind 95% of the time. The other 5% of the time our conscious mind is helping us navigate through our day. This means that we are spending 95% of our time acting from the beliefs we acquired as children.

I want you to read the previous paragraph again, and let that sink in.



An average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are repetitive thoughts.

ARE YOUR THOUGHTS CONTROLLING YOU?

Your subconscious brain is a lot more powerful than your conscious brain.



REPETITIVE THOUGHTS

That Can Be Controlling Your Everyday Life

In your daily life, 95% of all your thoughts, beliefs, habits, actions, thought patterns, emotions, and feelings you experience are guided by your subconscious brain. What's even worse, is that we are not aware of this subconscious guidance because our conscious brain is constantly focused on creating the perceptual image of the world we live in. In one of my articles i discussed the concept of whether or not time is an illusion, and I want you to think about this... Is time an illusion, or is it real? I'd also encourage you to read the Illusion Of Time article to understand how your conscious brain creates your reality.

Let me give you an example of how your subconscious brain can be influencing your present state. We all have thoughts programmed in our subconscious brain related to the concepts of personal wealth, income, and money. In a study done on lottery winners, researchers found that lottery winners are more likely to declare bankruptcy within three to five years. But how is that even possible? If you were to receive 1 million dollars right now, do you think that you might lose all of that money within 3 to 5 years? Right now, most of you are probably thinking that there is no way you would lose all that money in 3 to 5 years, however, your subconscious brain thinks otherwise. If you were conditioned to believe that in order for you to live an abundant life, you don't need more than 4000\$ a month, your subconscious brain will guide you and steer you in a way to earn 4000\$ a month, even if you make more than that, your subconscious brain will steer you and guide you towards spending whatever extra income you got, to go back to the 4000\$ a month.

THE TWO MINDS WE HAVE

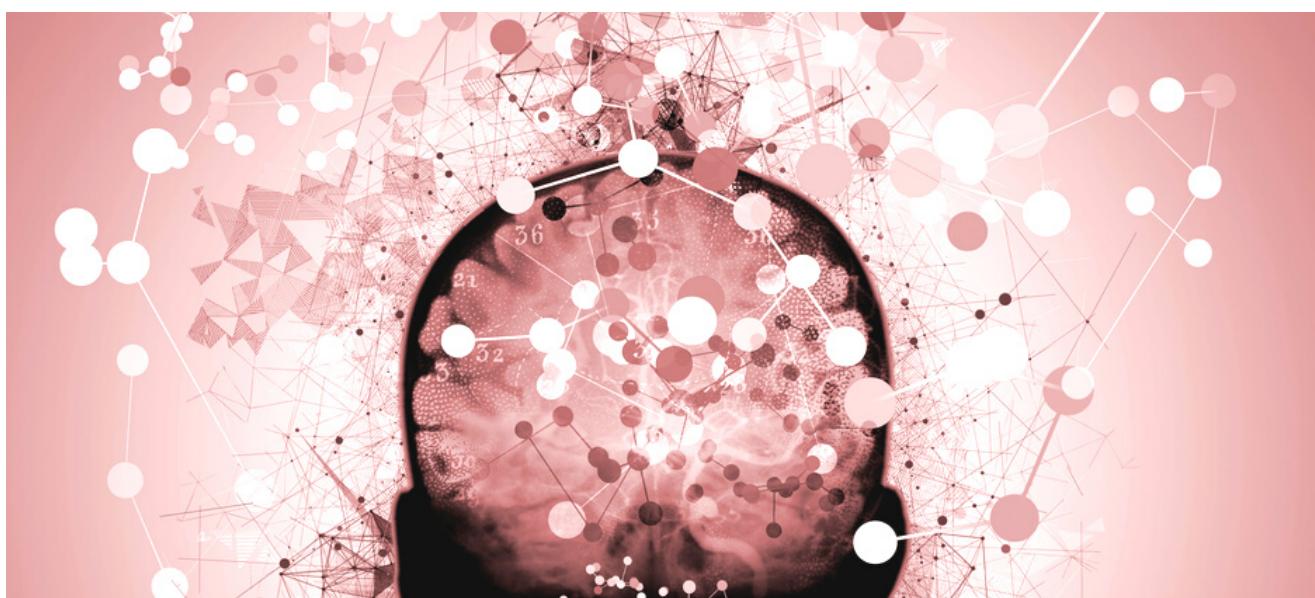
The Creative Mind Vs. The Habit Mind

When we talk about the conscious mind, we talk about the creative mind. When we talk about the subconscious mind, we talk about the habit mind.

Dr. Joe Dispenza in his series, Rewired, gives a very interesting metaphor to help us understand our brains better. Imagine you have a computer, and this computer of course has certain specifications when it comes to memory space, functioning speed, and utility capacity. If you were to download a professional video editing software on that computer, that surpasses its functioning capacity, what's going to happen is that as soon as you open the software, it's going to take a while for it to launch, and as you use it, it's going to glitch, and run slowly, and you'll have a very hard time working on it. Eventually, you end up closing the program, and deleting it, as you can't operate on it using your current computer. Instead, you decide to download a basic software that your computer can actually handle, and you can finally edit your video, but it's nowhere near as good as what you could've done if you were editing on the professional software. The computer is the subconscious brain, and the creative video editing aspect, is your conscious brain. Just like your computer has a fixed capacity, your subconscious brain also has a capacity. Now what created this capacity? Your thoughts, social influences, experiences, environment, beliefs...etc Are all factors that shaped the capacity of your subconscious brain.

The Conscious Brain Is The Creative Mind.

The Subconscious Brain Is The Habit Mind.





HOW YOUR BRAIN CAN BE AFFECTING

YOUR GOAL-SETTING

And Goal Achievement Process

YOUR MIND ON WEALTH

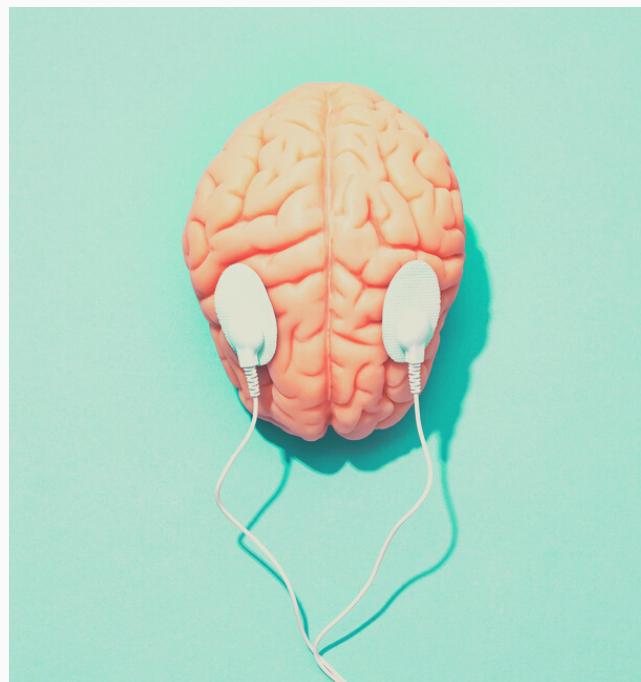
WHAT IF YOUR MIND IS SABOTAGING YOU?

Now if you have a goal, where you want to make 200,000\$ in one year, the only thing standing between the goal setting process, and the goal achievement, is simply, your subconscious brain. If your computer is programmed to operate on a level where you can only make 50,000\$ a year, it would be impossible to try and make 200,000\$ a year. Your subconscious brain will create obstacles, doubt, negative thoughts, and detrimental behaviors to make sure that you don't exceed that 50,000\$. Why? Because your subconscious brain is your habit brain, and it is very hard to try and break a habit. Your subconscious brain will fight for its survival, whenever you set a goal that seems out of reach when it comes to your processing capacity, you will not be functioning properly.

This is exactly what happens when we set new year resolutions. Why is it, that more than 90% of the people who set new year resolutions would end up dropping them and quitting by January 14th?

DID YOU KNOW:

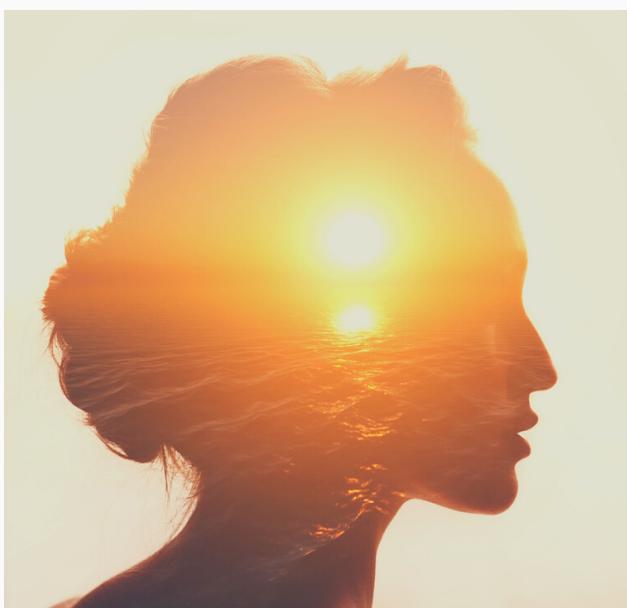
THAT MORE THAN 90% OF MILLIONAIRE LOTTERY WINNERS DECLARE BANKRUPTCY WITHIN 3 TO 5 YEARS AFTER INITIALLY WINNING?



ON WHAT LEVEL ARE YOU USUALLY OPERATING?

It's because they were operating on a conscious level, and your conscious brain has a limited capacity. This is the first part of the answer. Yes, your conscious brain is indeed limited in its capacity, hence the myth that says we only use 10% of our brain capacity. When you set a goal and try to achieve it, what happens is that for the first 2-3 days, you are excited and motivated to achieve it. Even when you feel lazy, or tired, you gather the motivation you have and you keep working on achieving your goal.

Nonetheless, your willpower is like a battery, and it gets drained. That's why when people decide to go on a diet, they are way more likely to eat a large pizza at night in opposed to the healthy salad they had in the morning. It's because when you wake up in the morning, your willpower's battery is well charged, and ready to help you overcome temptation. But at night, when you used your willpower throughout the entire day, it gets drained, and your conscious brain can't help you anymore.



Keep in mind, that if you want to use your brain's capacity to its fullest, you need to make sure that your subconscious brain is working with you, not against you.

This is where your subconscious brain would step in and throw you off the right track, into your old habits. However, if your subconscious brain was also wired based on a healthy diet, when your conscious brain fails to operate, your subconscious brain steps in, and takes care of the job. You always use your brain's capacity to its fullest, but what happens is, when there's a contradiction between what you consciously want and what you subconsciously believe, then your brain capacity starts to become limited, as you are going through a fight with yourself.

If you want to use your brain's capacity to its fullest, you need to make sure that your subconscious brain is working with you, not against you.

THE ANCHORING METHOD

Anchoring A Powerful State Of Mind To Your Sensual Perception



THE ANCHORING METHOD

One Of The Most Widely Used NLP Methods

Do you remember an instant in your life, where you walked past someone and you got a short glimpse of their perfume... And before you know it, in an instant, it brought back a past memory, and a mix of emotions and feelings that you have experienced back then...?

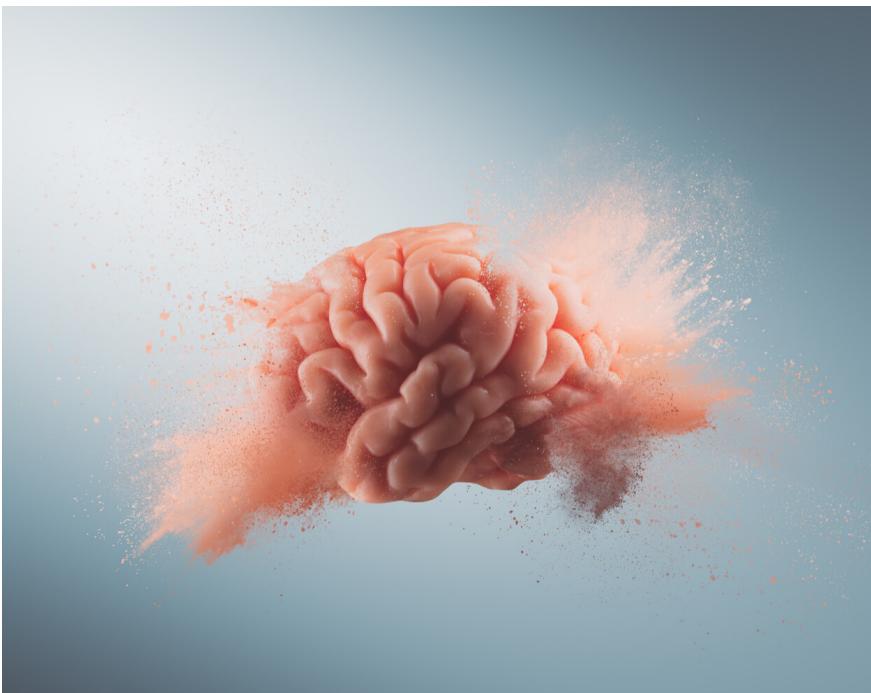
If you can't really relate to this example, I'll give you another one. Have you ever been in a mall, or in an elevator, and you heard a song, that you haven't listened to in years... And as soon as you heard the melody, it drew a smile or maybe a frown on your face...?

If you still can't relate, I'll give you one last example. Is there a person you know in your life who you can not stand? A person who maybe hurt you, or did you wrong? How do you feel when someone mentions their name...? See even if the emotional intensity you felt escaped your conscious awareness as you got used to it, the physiological chemical reaction will be there.

Now all of those previous examples are fundamentally anchors that are wired to your subconscious brain. As they can easily escape our conscious awareness, they can work as a double edged sword.

HERE'S WHAT YOU SHOULD KNOW:

It is a simple process that once works, will show immediate change and results.



You Already Use It In Your Life

But you did so on a subconscious level.

Someone who struggled with money all his life might have an anchored state of stress related to money no matter how much he or she is making. Here's where it gets interesting however. You can consciously create anchors, and associate a chosen state of mind with them. How amazing would it be if you're going through a bad day, and then you do a simple gesture that changes your entire body chemistry? Pretty amazing right? Well that's exactly what I'm going to be showing you in this chapter. First, you need to do some brainstorming and ask yourself: "What emotions or feelings are lacking in your life?" Or "What's an emotional or mental state that you would want to experience more often?"

Another way to look at it is by identifying some key negative emotions that are dominating your life and then asking yourself what's the positive contrary emotion I can use to replace it with?

The second step is for you to identify elements in your life that can bring out the desired mental state you're aiming for.

S

If you want to experience more happiness in your life, maybe there's a song that you love listening to, that puts a big ass smile on your face everytime you do? If you want to experience more motivation, maybe there's a speech that you always listen to that puts you in that state of mind? If you want to experience more calmness and serenity, maybe a meditation session can put you into that state you're looking for?

Whatever the state is, you need to identify one or several elements that can trigger it. In some cases, you can't really find any elements, and that's okay. You will just wait until you get into that state naturally.

For example, if you're aiming for a state of confidence, and you can't find any element you can relate it to, then wait until you're playing a game of cards with your friend for example. Now when you win, and you feel the confidence that comes with it, you can take some time off then and do the exercise.



THE ANCHORING EXERCISE

HOW TO MAKE SURE YOU DO IT RIGHT

The Anchoring Method

- Step #1: Identify
- Step #2: Analyze
- Step #3: Recreate
- Step #4: Anchor



Keep In Mind

For The Anchoring Process

Now there are some other things that you need to keep in mind while doing the exercise, but I'm going to explain it to you first. Make sure to read the entire chapter before you try the exercise so you don't miss out on any key information. The anchoring systems, when done properly, will have instant results.

So you will be able to know whether or not you did it right just by examining the results.

So let's go through the steps:

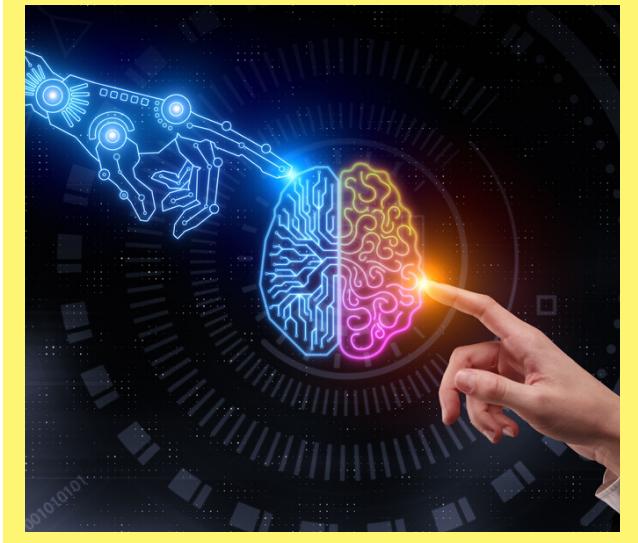
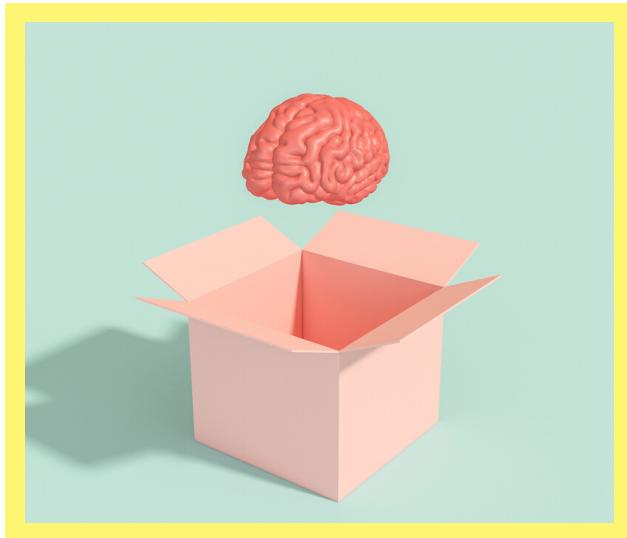
Step #1: Identify the lacking internal state that you would want to establish. Maybe its more motivation, more love, more gratitude... Whatever internal state you need to establish pick a specific state of mind.

Step #2: Identify elements that can trigger that internal emotional state you're looking for. It can be some memories linked to it, your favorite song, a scene from a movie, or a speech that you always heard. Those two first steps are basically what I explained to you before.

Step #3: You need to pick an anchor. Now don't worry, I'm going to explain to you how to do that. The anchor should be associated with one of your five senses.

Humans have five basic senses: sight, hearing, smell, taste and touch. Humans have five basic senses: touch, sight, hearing, smell and taste. However, the anchor needs to be easily distinctive. It needs to be a sensory based perceptual trigger that you solely link to the anchor. So if you're using your sense of smell for example, you don't want to use the perfume you use every day.

You want to pick a new fragrance, that you never associated with anything yet, and use it, only when you need to bring back the anchored emotional state you're looking for. If you choose your sense of touch, you don't want to use a generalized gesture like scratching your head for example. The anchor needs to be distinct and use solely for the moments where you need that emotional boost. So placing your thumb between your middle finger and ring finger, then squeezing your fist tightly, might be an anchor that can be used if that's not a gesture you do often.



Your Anchor Is Going To Be Your Emotional Bookmark That You Can Use When Needed.

Let me give you some other examples:

- 1) You can anchor a song that you really like, but then you will reserve it and only listen to it when you need to bring out the desired state
- 2) You can anchor the gesture of putting both your palms on your heart as you feel the emotions running up and around it.
- 3) You can anchor a certain fragrance that you only use when you need a little boost.
- 4) Cross your fingers together and firmly closed them up.

Those are just some examples, you can feel free to improvise and get creative. As long as you get the idea of what the anchor should be, and what it shouldn't be, you're good to go.

You might need to test out several ones at first to see which one resonates with you most.

THE ANCHORING METHOD

Following Up With The Remaining Steps

WITH THE FIRST THREE STEPS DONE

LET'S MOVE TO STEPS NUMBER 4 AND 5

Step #4: Establish the emotional state through the elements that you identified that can trigger it. Keep exposing yourself to the triggers and intensify the emotions you feel until you reach a peak internal emotional state that you want to anchor. When you reach the peak, introduce the anchor.

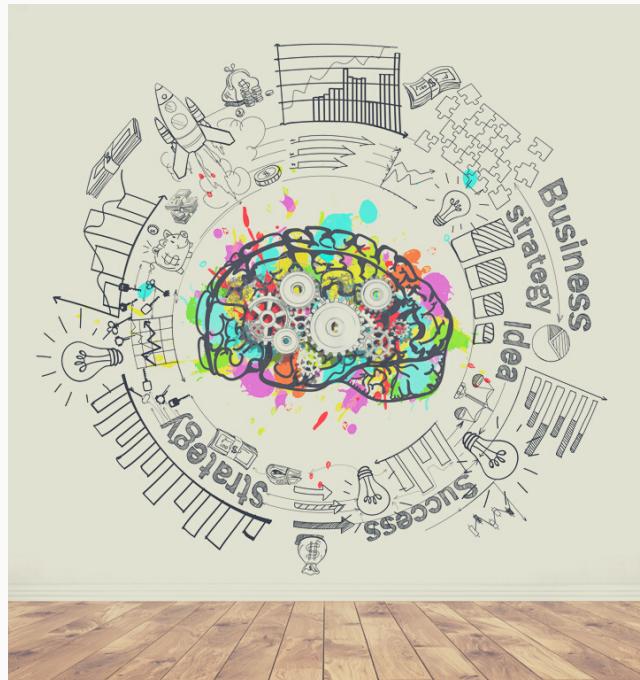
Step #5: Repeat this process a few times until you get to the point where by simply being exposed to the stimulus brings out the desired internal state.

Now the first idea I want to mention again to make sure you didn't miss out on it is the importance of when you are introducing the anchor. The anchor should be introduced in the moment where you reach an emotional peak. How do you know you reached an emotional peak?

Well as soon as you feel the emotional build up getting a little bit over your desired state, this is where you have reached the peak, and it is in that specific moment that you need to introduce the anchor.

KEEP IN MIND

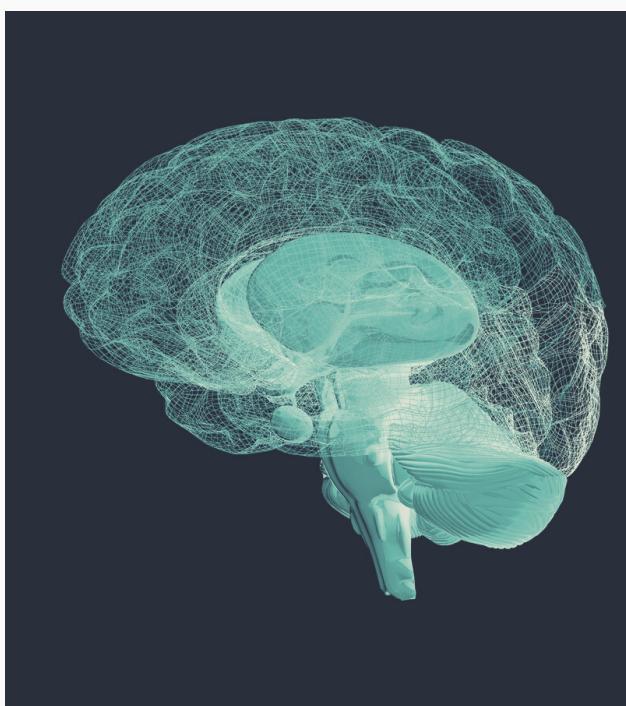
It is crucial to introduce the anchor at the point of emotional peak. If you don't the anchor establishment process might fail.



USING THE ANCHORING METHOD EFFECTIVELY

The second idea is how long you need to introduce the anchor for. The perfect case scenario would be that you introduce the anchor at the moment of emotional peak, and then you release the anchor right before the peak is about to diminish. The challenging part is that we often have a hard time noticing when it begins to diminish...

If that was the case with you, then follow a three repetition reinforcement. Whatever the anchor is, when you reach the emotional peak, introduce it three times consecutively, and then let the emotions flow back to normal. Take a deep breath, open your eyes, move around a bit, and then introduce the anchor again. If it brings out the emotions you experienced, even if the intensity didn't match the peak... You are doing it right. You just need to get yourself used to it, as with repetition, the anchor, and the desired emotional state get reinforced.



You want to use an anchor that is unique, and limit its usage to when you want to recreate the desired emotional state

So now, I will give you a full example for you to understand the practical side of it properly. One of my clients, Ralph, was having a hard time communicating with others in social situations. As we talked more about it, we were able to come to the conclusion that what he needs is a confidence boost.

So I explained to him the anchoring process, and he decided to go with an anchor linked to his sense of smell, and bought a pack of three distinctive fragrances off of amazon to use as anchors. They came as little bottles, the size of your pinky, that can fit in your pocket and can be easily and conveniently used whenever needed.

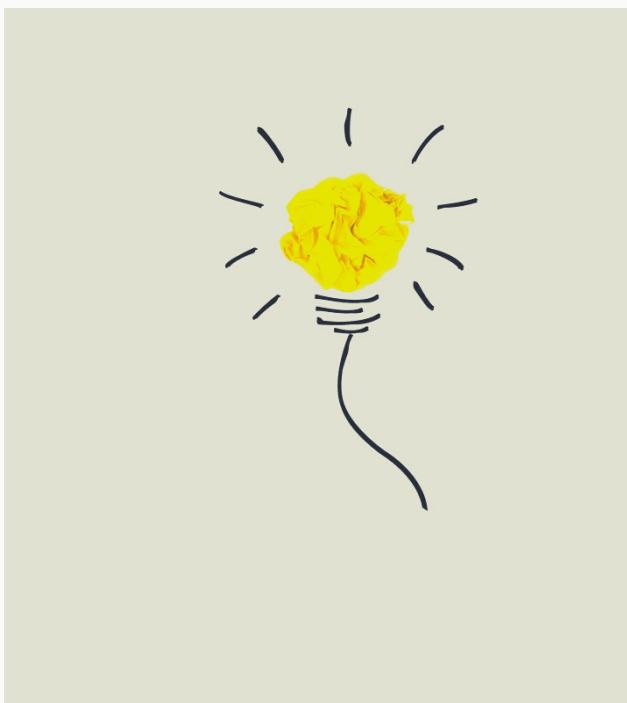
As he got ready, he made a playlist of three songs that he used to listen to after winning basketball games with his college team. He didn't always listen to them... He only listened to them when his team WON, and that's a crucial idea to keep in mind.

CLIENT EXPERIENCE

HOW ANCHORING HELPED RALPH

As he started the playlist, he sat in front of his desk, and put the little fragrance bottle in front of him. He took a deep breath, closed his eyes, and started feeling the music. As he was listening, he started forming mental images of the times his team won, and how confident he felt afterwards.

He started remembering people giving him compliments in public and how great it felt. He started picturing himself handling social situation with such great confidence that even he was surprised about it. With those images passing through his head, and the music empowering the emotions, by the end of the second song he felt the emotions reaching an explosive peak where he was thrilled about being able to tap into such a state more often... Which made him all the more excited, and by default empowered the emotions.

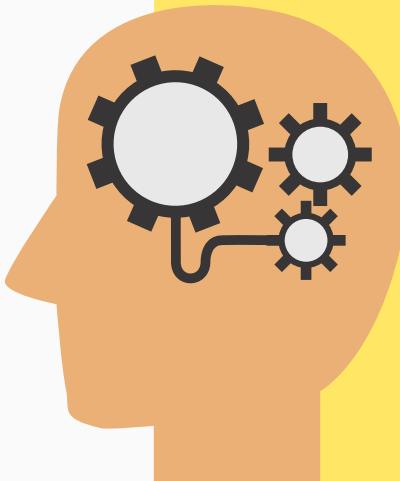


The last thing I wanted to tell you. You can use as many anchors as you want. Yes you read it right, there is no limit. Just make sure that before you jump into establishing a new anchor, that you already got one of them well established and got it linked to the desired emotional state.

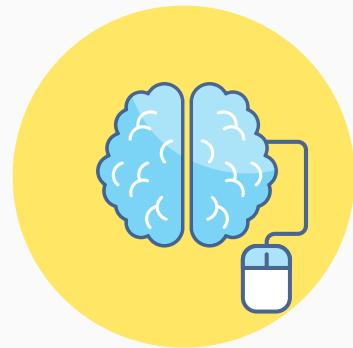
As the third song was starting off, and it was his favorite, he opened the fragrance bottle and took a big whiff. He made a conscious connection between the smell and the emotional state he was feeling. He repeated that three times, then closed the fragrance bottle, took a deep breath, and waited for the third song to be over. As the third song was coming to an end, he opened his eyes, took another deep breath, and walked around for a bit trying to cool down his emotional state. The next time I saw him, he was different. He shook my hand firmly with a big smile, he had perfect eye contact, and spoke confidently. When I asked him about the anchoring process he said it was amazing... But, he wasn't able to reach the same emotional peak he did when he was establishing the anchor. I told him to do it again, and again and again... Until he reaches the point where taking a whiff of the fragrance brings out the desired result, which he did.

Needless to say, he now set different anchors in his life, linked to different emotional states that he can selectively tap into whenever needed.

HOW TO USE IT



Anchoring is a simple yet powerful process that you can use. You will be associating an internal response with a specific external stimulus. The result of the exposure to the stimulus will then reactivate the anchored inner state that you are trying to establish. It is aimed primarily towards sensational anchoring. Remember when you walked past someone and their fragrance brought back memories and associated feelings? That's exactly what anchoring is.



STEP #1

Here are soldentify the lacking internal state that you would want to establish. Maybe its more motivation, more love, more gratitude... Whatever internal state you need to establish pick a specific state of mind.me good examples of habits you might want to start:

STEP #2

Identify elements that can trigger that internal emotional state you're looking for. It can be some memories linked to it, your favorite song, a scene from a movie, or a speech that you always heard.

Then pick an anchor from the list available in this document.

STEP #3

Establish the emotional state through the elements that you identified that can trigger it. Keep exposing yourself to the triggers and intensify the emotions you feel until you reach a peak internal emotional state that you want to anchor. When you reach the peak, introduce the anchor.

ANCHORS

01

THE HEART ANCHOR

Put your hand on your heart and breathe deep into your heart

02

A DISTINCT SMELL

Use a fragrance bottle and take a whiff of the same bottle to manifest the state again

03

POINT PRESSURE

Take one or two fingers and apply pressure on any soft area in your body (Side of the shoulder, back of the neck...)

04

A SONG OR MELODY

Pick a song, melody or speech that you would listen to while doing the exercise to anchor it.

05

A SPECIFIC STRONG GUM

Pick a gum with a strong flavor that you use only when you want to recreate the desired inner state

06

THREE STEP BEAT

Three step repetition can be more effective for anchoring

You will either tap three times on your chest with your fist closed in a repetitive periodic way, or you can also clap your hands three times in a specific periodic way. You can also click your tongue three times, or make any other sound. You want to do it three times as those are anchors we might use on a daily basis, when you do it three times, you add the distinctive factor to them



FURTHER INSTRUCTIONS

Keep repeating your exposure to the stimulus. If the anchor is not as effective as you want it to be, do the anchoring exercise again.

Then at the end, repeat this process a few times until you get to the point where by simply being exposed to the stimulus brings out the desired internal state. It is important to use a unique stimulus and introduce it when the emotional state is at a peak. If the week, or month, assess your consistency rate and progress.

It is very important to introduce the anchor at the moment where you feel a peak in the emotional state.

Do not introduce the anchor if you're having a hard time concentrating into establishing the desired state of mind. This is a delicate process that needs your attention and focus.

Make sure that the anchor you are using is unique. Don't use an anchor that you would usually repeat as it may create confusion. You also need to put conscious effort into associating the anchor with the state of mind.

The anchoring method, if used effectively, will have instant results. Meaning that if you did the process well, and you relax for a few minutes, then use the anchor you established, you should be able to feel the emotional state that you associated with it. The anchor should be held until the state has fully stabilized and released before the state starts to diminish. You need to make sure that you are in a safe and calm environment when you use this method.



KEY INFORMATION

01

INTENSITY

Bring the emotions to the highest level of intensity

02

PEAK

Introduce the anchor as the emotions are reaching a peak

03

REPEAT

Repeat the process a few times to establish the anchor properly



FURTHER INFORMATION

NATURAL EMOTIONAL STATE

1

Sometimes, you might find it hard to generate the emotional state you're aiming for, and that's okay. Instead what you can do is wait until you naturally feel the state of mind, and when you do, intensify it, and empower it. When it reaches a peak, you can then introduce the anchor.

2

THE PROCESS

The anchoring process should be repeated about 3 to 5 times. Again if done properly, you will notice a very quick change and the anchor will work. You can use the anchors for a variety of reasons. You can use it to become more productive, more motivated, more energetic, more loving...

3

POSITIVE AWARENESS

Notice how I only used positive emotions. When using the anchor, don't think about the negative feelings you want to eliminate, cause this can create confusion. Instead focus on the positive emotions, feelings or state of mind that you want to associate with the anchor.

And lastly, enjoy the process! Make it fun. Don't stress about it if it didn't work the first few times. Practice makes perfect. Once you perfect one anchor, you can set as many anchors as you want in your life.



The Anchoring Method

WORKSHEET

TRIGGER ELEMENTS

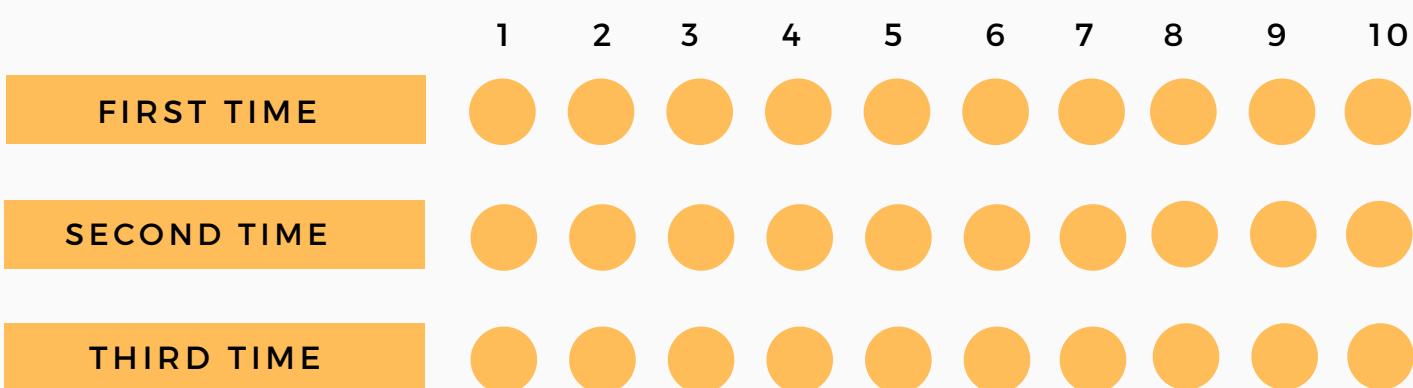
DESCRIBE THE EMOTIONAL STATE YOU WANT TO EXPERIENCE

The figure consists of four horizontal black bars of equal length, arranged vertically. Each bar is preceded by a small, solid light blue square of uniform size. The bars are positioned at regular intervals along the vertical axis.

ANCHOR TO TRY

The figure consists of four horizontal bars. Each bar is preceded by a small, solid blue square. The first bar is dark blue and spans from approximately x=100 to x=900. The second bar is dark blue and spans from approximately x=140 to x=900. The third bar is dark blue and spans from approximately x=140 to x=900. The fourth bar is dark blue and spans from approximately x=140 to x=900.

TESTING THE ANCHOR - EMOTIONAL INTENSITY



CIRCLE OF EXCELLENCE

How To Create And Embody A Powerful State

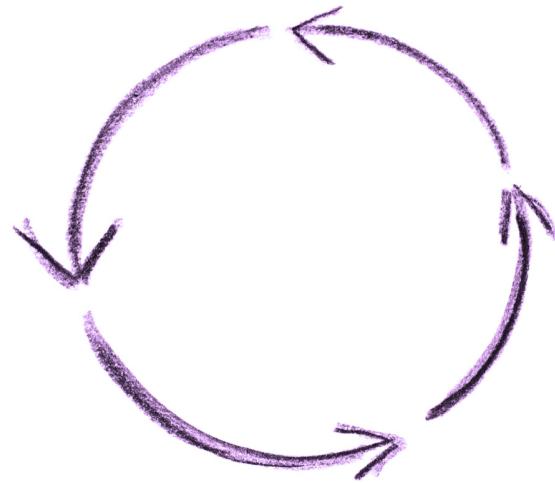
THE CIRCLE OF EXCELLENCE

The circle of excellence is a fascinating NLP exercise that is very straightforward and very easy to use. The purpose of this exercise is to get you into an empowered state of mind. You can access it at any time once the initial setup is finalized. Now you're going to be using your imagination here quite a bit. You will also need to do some prior preparation to make sure you do the exercise properly and efficiently.

The preparation starts with a simple yet complex question: "Who would the highest version of yourself be?" You need to write the answer to that question in details. The focus here, is character traits, and emotional states. I'll give you an example. The highest version of myself has courage and confidence beyond measure. He is happy, dedicated, and motivated. He loves life, and lives a purpose driven life. He is filled with emotions of gratitude, love, appreciation and passion.....

KEEP IN MIND

You Need To Be Ready To Use Your Imagination For This Exercise



THE PROCESS

THE CIRCLE OF EXCELLENCE

Now it's your turn, to write something similar. I encourage you to add as much details as you want. Once you got that figured out, you successfully completed the first step. Now in the second step, you would easier have to memorize what you wrote, or simply, record an audio of yourself saying the statement out loud a few times. Once this is done, there's a third step you'd want to add before we start the exercise. Pick a song, a melody, or a speech that really sets you in the right mood you're looking for. A mood of inspiration maybe, passion... Whatever you're aiming for. Now we're ready to start the exercise.

The circle of excellence is best done with you standing up. While you play your song or speech in the background, stand up, take a deep breath and close your eyes. In your mind's eye, you want to imagine a circle forming on the floor in front of you, one step away from you. In this circle, you can say a halo of energy circling around it as if there's a little layer surrounding it. Inside the circle, is standing the highest version of yourself. Now as you listen to the recording, or if you memorized the statement you wrote, as you recite it out loud, you want to start adding the elements to the circle. When you say I am courageous, try to use your creativity to add that element to the circle.

Maybe it's a sort of vibrant color you add that represents courage, maybe it's a flow of energy, or big smile of confidence on the face of the highest version of yourself forming... Whatever it is, as you listen to each and every trait, you want to start adding those elements into the circle. You might want to repeat this process a few times to really add as many details as you want into the circle. Make it vibrant, colorful, alive, and powerful.

Finishing Up The Exercise

By the end of it, you will be looking at a circle on the floor, going all the way up to the ceiling like a column of colors and vibrant energy surrounding it. You're going to take a deep breathe, and when you're ready, physically step into the circle. As soon as you step into the circle, you need to feel this rush of energy and power running down your body. It is the time for you to embody all the elements that you added to the circle, and feel it penetrating you, empowering you and elevating you. Soak it in for as long as you need, and when you reached the emotional and mental state you desire, step out of it.

The exercise doesn't end there. Before you open your eyes, take a moment to associate the state you're feeling with this circle on the floor. Now in your minds eye, imagine yourself folding up the circle, and putting it in your pocket so you can use it in the future. Now if at any point you need to tap into that state again, all you need to do is take a deep breath, close your eyes, take the circle out of your pocket, place it on the floor and then step into it.

You might want to try the exercise several times to make sure that you anchored the circle with the right emotional and mental state you desire.



Once this is done, the simple act of putting the circle on the floor and stepping into it should be enough to bring back that desired state you anchored.

Some key ideas here to keep in mind.

1) Don't try and establish the circle of excellence if you're having a bad day. Wait until you naturally feel uplifted or at least neutral. Then use the statements you wrote to elevate your emotional state.

2) Environmental elements are important.

Make sure there's nothing around you that would distract you. Play some tunes you like or a speech maybe. Wear your favorite outfit. Go into your favorite room.... Make it as to optimize your environment and its influence on the exercise.

3) Repeat the exercise a few times. Make sure you also use the circle of excellence often. The more you use it, the better the process of conditioning works and the better the results.

4) Make sure that you step into the circle as you reach an emotional peak. Once you're in the circle, the emotions should get even more empowered and more intense. You should be feeling a rush of energy all over your body as you step in.

The Circle Of Excellence



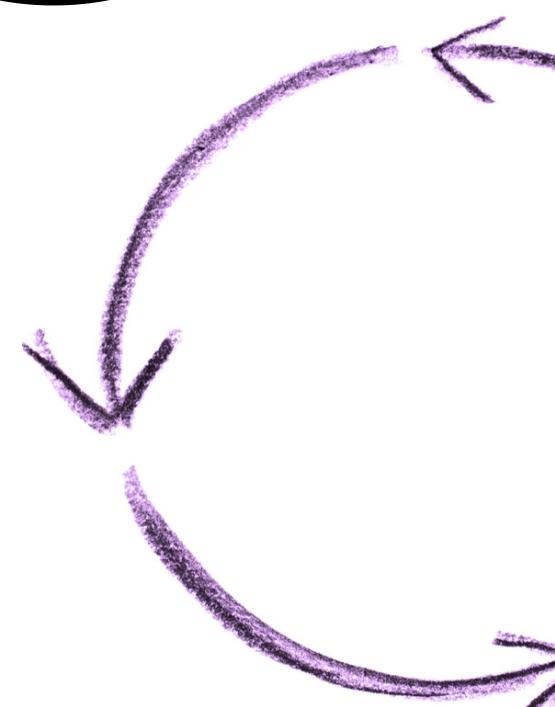
3%

Of people who model geniuses and implement the habits and mindset of success



97%

Of people who act similarly



The circle of excellence is a fascinating NLP exercise that is very straightforward and very easy to use. The purpose of this exercise is to get you into an empowered state of mind. You can access it at any time once the initial setup is finalized. Now you're going to be using your imagination here quite a bit.

You will also need to do some prior preparation to make sure you do the exercise properly and efficiently. The preparation starts with a simple yet complex question: "Who would the highest version of yourself be?"



INSTRUCTIONS

You need to write the answer to that question in details. The focus here, is character traits, and emotional states. Now memorize what you wrote, or simply, record an audio of yourself saying the statement out loud a few times.

Once this is done, there's a third step you'd want to add before we start the exercise. Pick a song, a melody, or a speech that really sets you in the right mood you're looking for. A mood of inspiration maybe, passion... Whatever you're aiming for. Now we're ready to start the exercise.

THE EXERCISE

Close your eyes, and imagine there's a big circle spiraling up on the floor one step away from you. In it is standing the highest version of yourself that you pictured. Start by adding the traits you want to add to the highest version of yourself and as you do, see the circle getting more colorful, more vibrant, more powerful. As you add the traits, make sure you embody them and feel them. Feel the emotions that come along with those traits, and as you feel them, empower them and intensify the emotions until you've added all the elements. Once all the elements are there, take a minute to empower and intensify what you feel as you observe the circle becoming more colorful and more vibrant.



TAKE THE STEP

01

AT THE PEAK

Take a step forward and step into the circle you built

02

EMBODY IT

As you step in, feel the energy of the circle penetrating your body and changing you.

03

INTENSIFY IT

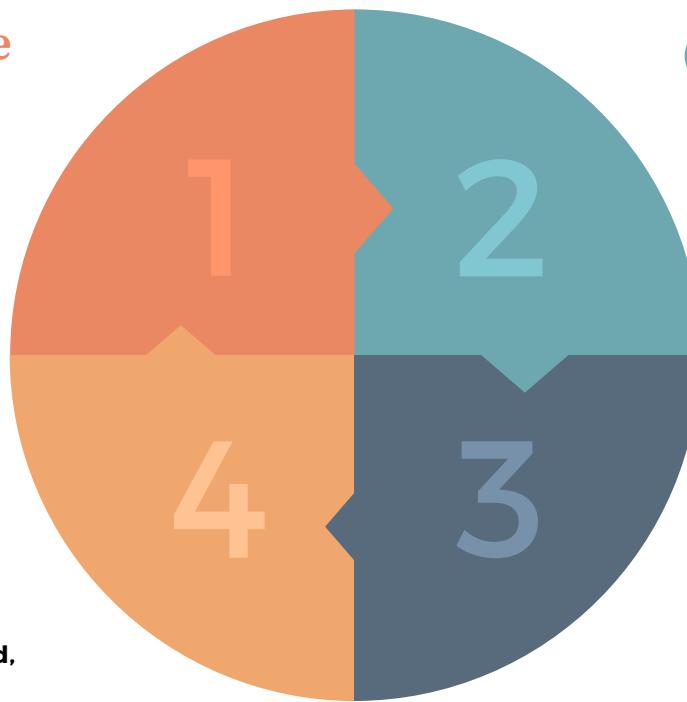
Stay there for a couple minutes as you add the traits to yourself and empower yourself through visualization.

THE CIRCLE OF EXCELLENCE

SOME KEY IDEAS TO KEEP IN MIND
AND APPLICABILITY

1 Once You're Done

- Imagine yourself grabbing the circle, folding it, and putting it in your pocket.



2 When You Need It

- Simply go somewhere quiet, take the circle out of your pocket, place it on the floor and step into it.

3 Association

- Make sure that when you do the exercise you make a conscious association between the state and the circle you stepped into.

01

TIP #1

) Don't try and establish the circle of excellence if you're having a bad day. Wait until you naturally feel uplifted or at least neutral. Then use the statements you wrote to elevate your emotional state.

02

TIP #2

Environmental elements are important. Make sure there's nothing around you that would distract you. Play some tunes you like or a speech maybe. Wear your favorite outfit. Go into your favorite room.... Make it as to optimize your environment and its influence on the exercise.

03

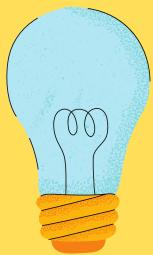
TIP #3

Repeat the exercise a few times. Make sure you also use the circle of excellence often. The more you use it, the better the process of conditioning works and the better the results.

04

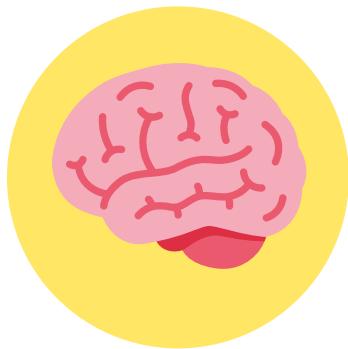
TIP #4

Make sure that you step into the circle as you reach an emotional peak. Once you're in the circle, the emotions should get even more empowered and more intense. You should be feeling a rush of energy all over your body as you step in.



CIRCLE OF EXCELLENCE

Explanatory Illustration



CIRCLE

Use your imagination to build a large enough circle in front of you. And imagine the circle spiralling up like a round transparent column.



TRAITS

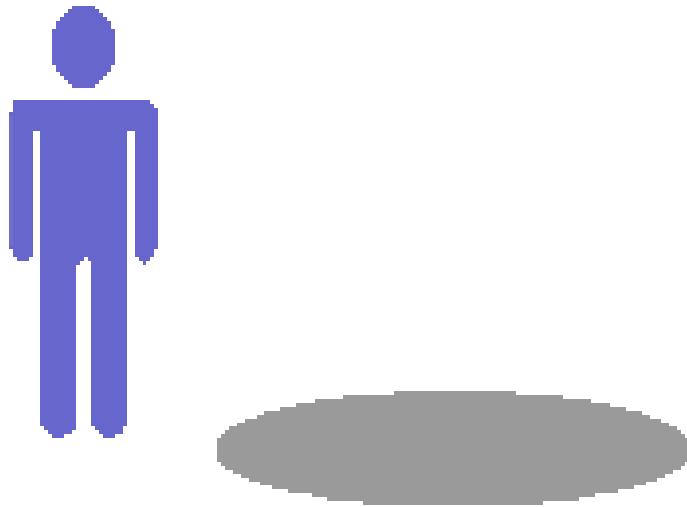
Add the best traits you want to add into the circle. As you place them observe the circle getting more alive, and more powerful. You can even add tunes in the background.



STEP

When you're done adding the elements, take a deep breath and step into the circle as you feel the vibrations and positivity penetrating your body. Embody what you added to the circle.

Circle of Excellence



Circle of Excellence





CIRCLE OF EXCELLENCE

Applying The Exercise Effectively

**Highest Version
Description**

Traits

Emotions

**How To Intensify The
Emotions**

**Elements To Add To
The Circle**

GUIDELINES

The Highest Version Description is where you describe your highest version in details.
Traits is where you summarize the traits you want to add to him or her.
Emotions is where you summarize the emotional level and mind state.

How To Intensify The Emotions: Figure out elements that can intensify the emotional state and help you embody the traits such as a song, a melody, a speech...

Elements To Add To The Circle: Figure out what elements you would want to add to the circle and what trait or emotion they are associated with.

NEURO-LINGUISTIC PROGRAMMING

THE SWISH PATTERN

Dealing With Your State Of Mind In Specific Environments



THE NAME OF THE METHOD

Swish Or Swoosh is not a random name. It is in fact the sound you're going to make while using the exercise. But more on that later on.

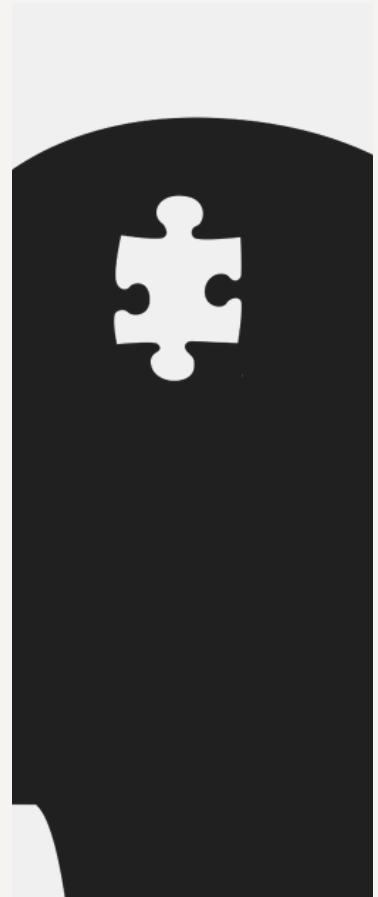
THE SWISH PATTERN

ALSO KNOWN AS THE SWOOSH PATTERN

The Swish Or Swoosh Pattern is an NLP method used to change or control your emotional state or behavior associated with a certain event or experience. You can use the Swish Pattern when you need a confidence boost, or a change in your mindset or emotional state when it comes to a certain experience or event.

Step #1: Pick a comfortable spot where you won't be disturbed. Lay down or sit in the chair, whatever is comfortable for you. Be highly alert and well focused as this exercise demands a very good level of awareness to be done properly. With your eyes closed, take a few deep breathes to relax yourself which maintaining a state of awareness. Set up the proper mood. Play your favorite music in the background or whatever you need to be comfortable and positive.

Step #2: Picture in your mind's eye, yourself doing either a good habit you are trying to install, or a bad habit that you are trying to quit. Depending on whether you are trying to install a habit or eliminate one, the swish pattern should be used differently. Make the image as sharp and vivid as possible in your mind. Try to experience what you feel on the inside and the outside when you're thinking about this habit. Now what is the desired state that you want to have linked to this habit?



FOLLOWING UP WITH THE PROCESS

Step #3: As you previously prepare for this, you will already know what new desired state you are trying to link to the habit or situation. You have the first image which is the one you were thinking about. And the second image which is the one you are trying to establish, both linked to the same habit or situation. Make sure that both images are well formed, sharp, and vivid. You need to also be aware of what internal state each one is correlated with.

Step #4: We will call the first image the current reality, and the second image the preferred reality. Observe the current reality vividly for some time. Then minimize it in your mind's eye as you would on your computer and think about the preferred reality. Also make sure the second image is sharp and vivid, then add some color to it! Add all the elements you need to establish a peak emotional state with the preferred reality.

Step #5: Now minimize the preferred reality image in a way where you can still see it in the corner. It's as if your mind's eye is acting like a computer screen. You will now maximize the current reality image and observe it, while having the preferred reality image minimized at the bottom corner of your mental screen. Make sure you focus well until you can see both the maximized image of your current reality as well as the minimized corner image of your preferred reality.

Step #6: When you're ready, you will make a SWISH or SWOOSH sound in your mind and you will replace the current reality image entirely with the image of your preferred reality. Make sure when you do so, that you not only switch the images, but also the emotional state linked to the image.

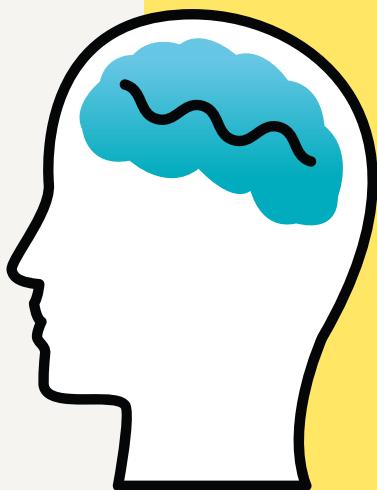
Keep repeating this process until you get to the point where the moment you think about the situation or habit, the preferred reality image and internal state dominate your inner world.

- 1) It is essential to be prepared before you start the process. Brainstorm and map out everything you need for this process.
- 2) Details are important. Make the desired state picture colorful, alive, bright, and vice versa.
- 3) Associate a negative or painful emotional state with the current picture and vice versa.
- 4) You can get creative with this method. Do what you have to do to reinforce the desired state.

What to do once you're done? You just finished the process. Careful not to fall into the Reverse Swish otherwise you'd cancel out the progress. Clear the anchored image and clear your mind. Take a deep breath and open your eyes. Repeat the process for at least 4 times. You can do that in a row, or at different instances. Track your progress. You know that the method was successful for you when, as soon as you think about the event, the desired image is the first to pop out.



The Swish Pattern Is Ideally Used To Change How You Feel And Act In A Certain Situation



THE SWISH PATTERN

In order for you to do the SWISH pattern properly, you need to first understand the theory, written in previous pages. We want to look into deepening your understanding of the method and actually showing you an illustration of how that would look like when you want to try and do it.

Use the worksheet to fixate your focus on how the method is done, and then use the action sheet to track your progress. Now let's review the swish pattern briefly.



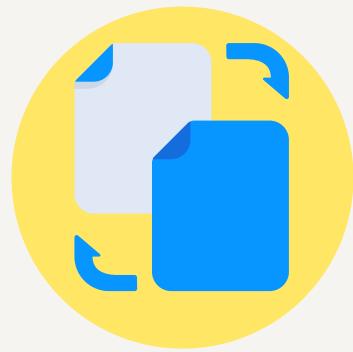
IDENTIFY

Identify a situation where you want to feel and act differently. Form a mental image of it and place it on the top left corner of your mental screen. As you observe the image of your current reality, make it dimmer, and in black and white.



BUILD

Now in the bottom left side of your mental screen, form a minimized image of your preferred reality. Basically how you want to act and feel in that situation. Make the image of your preferred reality more vibrant, colorful, and alive.



SWISH

As you observe the mental screen, and you see the two images you formed, observe them and start embodying the emotions of your preferred reality. When the emotions are at a peak, say the word SWISH and replace the screen with a full image of your preferred reality.

THE SWISH OR SWOOSH PATTERN



INSTRUCTIONS

You want to make sure that as you observe the images, that you embody the emotions each one of them brings to you. Try and associate feelings of pain and detachment from your current reality as a message to your subconscious brain that you don't want that.

When you successfully do the SWISH and get the vibrant colorful image of your preferred reality to take over the mental screen, make sure to embody the emotions you feel. Whatever you want to feel in that preferred reality, truly feel it as soon as you do the SWISH.

TAKE IT A STEP FURTHER

You can make the exercise more efficient by adding some elements to it. The first thing you can do is put yourself in the proper mindset before you start. You can go for a walk, listen to your favorite songs or melodies... Do anything you can think of that can put you in a more positive state.

The other thing you can do is to really notice the details of the image of your preferred reality. Envision yourself wearing the best outfit you have. Imagine that it's a sunny and beautiful day and really feel the details you're adding on the level of your body.



KEEP IN MIND

01

REHEARSE

Be clear and set an intention as to what you want to achieve.

02

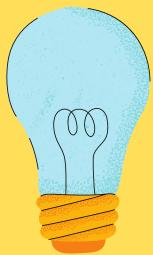
REPEAT

Do the SWISH switching several times in a row when you do the exercise.

03

TEST

After you're done, test whether or not thinking about the situation brings out the desired emotions. If not, repeat the process again when you feel ready.



SWISH PATTERN

Guidelines For The Action Book

PROCESS

A part of the action sheets is focused on the process. Summarize the information in the boxes so you can become consciously aware of what's happening and what you're doing.

In the last section of the sheet there's an evaluation part. As soon as you're done with the Swish Pattern the first time, take some time off and then try imagining the situation again. Do you feel the preferred or emotions, or the same emotions? And to what extent? If the score is below 5, then pick another day and try the exercise again.

ELEMENTS OF THE PROCESS

After you get a good understanding of the Swish Pattern, make sure to use the action sheets provided below. The purpose of the action sheets is to give you a good summary of what you're going to do during the process. As you write down the details, not only do you strengthen the applicability, but you also become more conscious of the steps.

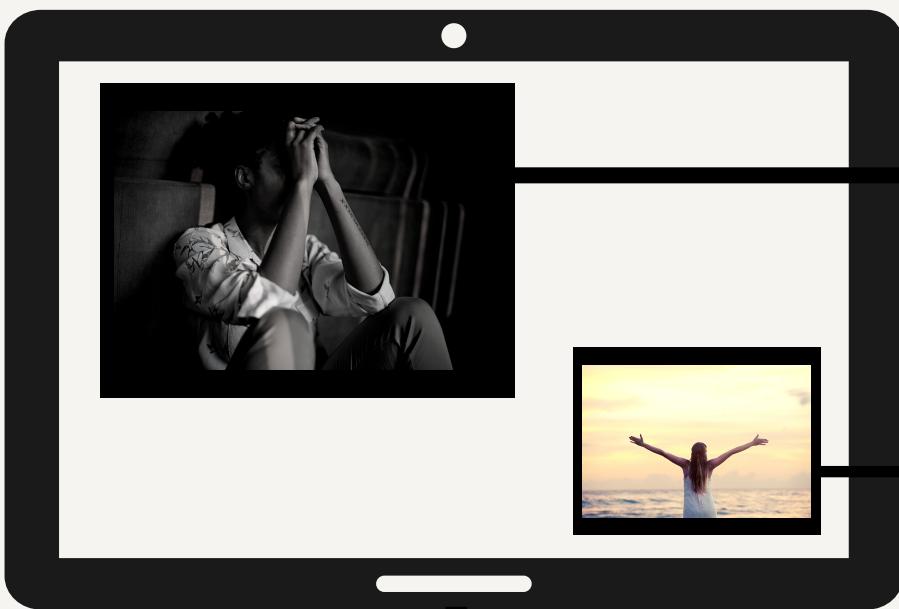
ILLUSTRATION

In the illustration sheet, you'll see an example of how the swish pattern would look like if you were to observe the mental process taking place.

APPLICATION

Please note again, that if you're in a bad mood or you're having a bad day, which we all do sometimes, it is best to keep the exercise till a later time when you feel more positive or at least neutral. Don't stress about it if it doesn't work the first time. The process should be fun and enjoyable. Go through the notes, cover the loopholes and try again.

INFOGRAPHIC ILLUSTRATION



Black and White

Dim Image

Current Reality

Vibrant & Alive

Colorful

Unappealing

Painful

Preferred Reality

Appealing

Pleasure and Joy

↓ SWISH



Preferred Reality Occupies The Frame

When You Say SWISH,
Push The Other Photo Out

Preferred Reality

Embody The Emotions,
And Empower Them

Be Conscious Of Your New
Preferred Reality



THE SWISH PATTERN

Process Description - Example Sheet

What is the situation?

The situation is social situations with big groups of people.

How does it make you feel?

It makes me feel stressed and uncomfortable as I don't know what to say or do

Current reality summary

I get stressed ad uncomfortable in social situations involving big groups of people.

Preferred reality summary

I am confident and comfortable in social situations no matter how many people are there.

Enhance the emotional state

I am going to listen to XYZ song on repeat while I do the process as it makes me feel confident.

Details of your preferred reality

It's a sunny day, I'm wearing an amazing outfit, and some of my friends or family that I trust are there with me

TESTING THE SWISH PATTERN - EMOTIONAL VARIATION

1 2 3 4 5 6 7 8 9 10

FIRST TIME



SECOND TIME



THIRD TIME





THE SWISH PATTERN

Process Description

What is the situation?

How does it make you feel?

Current reality summary

Preferred reality summary

Enhance the emotional state

Details of your preferred reality

TESTING THE SWISH PATTERN - EMOTIONAL VARIATION

1 2 3 4 5 6 7 8 9 10

FIRST TIME



SECOND TIME



THIRD TIME



THE VISUAL TIMELINE METHOD

Future Milestone, And Past Experiences

THE VISUAL TIMELINE

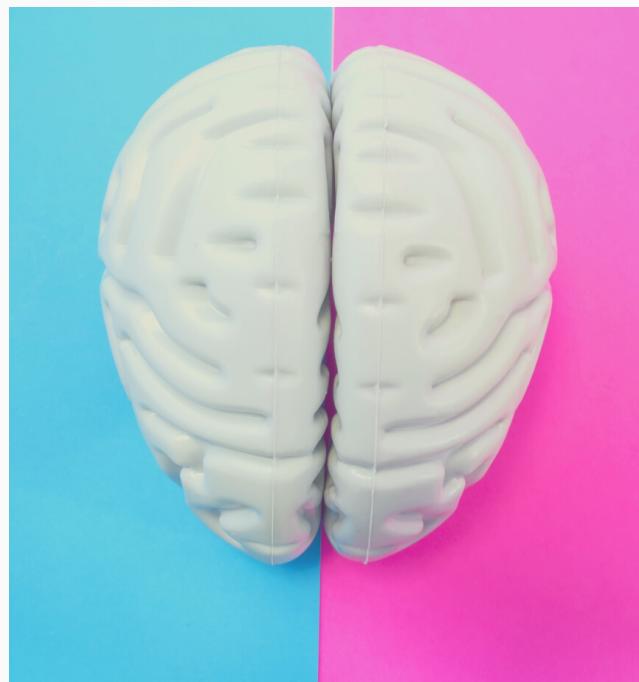
A CREATIVE SOLUTION FOR CRITICAL PROBLEMS

When we have a goal, or a vision, somewhere we want to go, or something we want to do, we need to work in increments and steps. It can get pretty frustrating when we're trying to move towards our goals but we feel stuck. When we don't know what the next step is, or we're not sure what steps we need to take to get to our goal, the uncertainty can discourage us and leave us feeling a bit shaky. That's where the Visual Timeline Method can step in. As you are reading this, your face is facing the screen, and you're giving your back to the chair or the bed, whatever you're sitting on. In the visual timeline method, you will draw two arrows. One arrow in front of you pointing forward, and another one behind you pointing backwards. The forward arrow represents the future, and the backward arrow represents the past.

The method can be used to either fixate steps related to your future goals and vision, or to heal emotions that you embodied from past experiences. Let's start with your future vision first. How do you use the visual timeline method to fixate your future goals?

WHEN TO USE IT

You can use the visual timeline method to either fixate your conscious attention on attaining a future goal, or changing how a past memory is affecting you today



HOW THE PROCESS WORKS

FUTURE MILESTONE TIMELINE

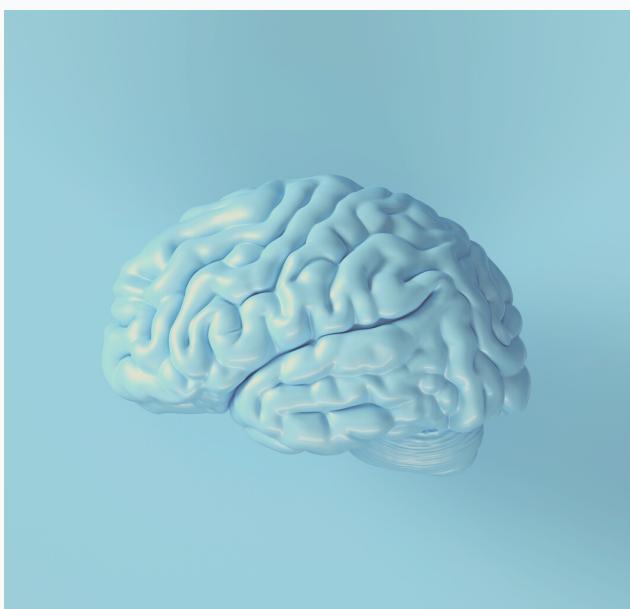
Step #1: Close your eyes and see yourself from a third party's eyes standing with two arrows unfolding in front of you and behind you

.Step #2: The focus here is the future, so try to identify a milestone or a future goal you want to achieve and when you'd want to achieve it.

Step #3: Now from the third person's perspective, imagine yourself floating on top of the timeline, far enough so you can see where you are, and the goal you want to achieve on the timeline.

Step #4: Now observe a mental scenario of all the steps you need to take from where to are to where you want to be.

Step #5: Write down the steps, and if there are missing steps, you can use the Creative Dissocation and Association formula to figure out what's missing.



The process is different when it comes to future goals than past experiences. Use the Action Sheets to follow the proper methodology

It is important to remember the TFAR system. Thoughts and emotions lead to actions, and actions lead to result. When using the Visual Timeline method, you might want to take a second while floating above the milestone, to float down into it and experience.

Look around you, see how you feel, what emotions you are experiencing, what thoughts are running through your head, what kind of life you're living... And bring back that mental state into the present moment when you finish the exercise. Another thing to keep in mind, is make sure that when you use it and you intend on working right after that your work environment is positioned in front of you.

You can use the Visual Timeline to fixate your focus on several milestones, you can use it for different areas in your life as well... The goal here is to get creative with it, the more creative you get, the more creative your results will be.

THE SECOND PART OF THE PROCESS

PAST EXPERIENCE TIMELINE

Now let's move to the past healing using the visual timeline method.

Step #1: Close your eyes and see yourself from a third party's eyes standing with two arrows unfolding in front of you and behind you.

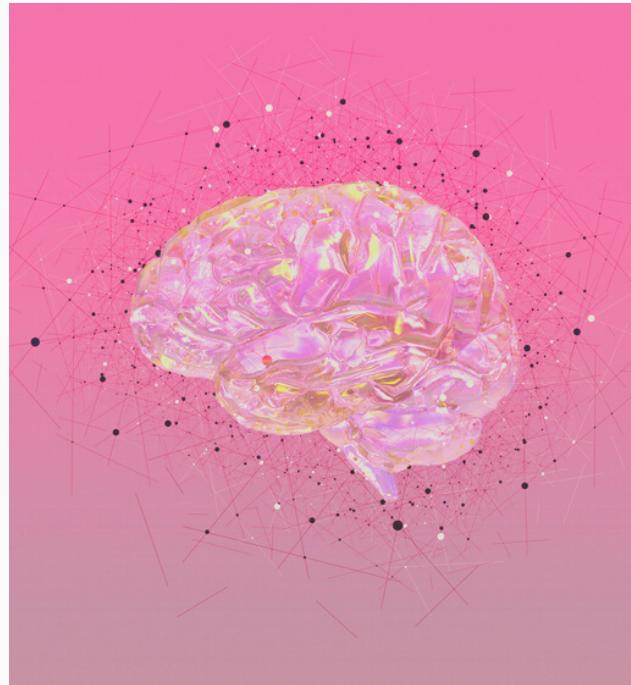
Step #2: The focus here is the past, so try to identify a past experience that you know that affected you in some way.

Step #3: Now from the third person's perspective, imagine yourself floating on top of the timeline backwards, far enough so you can see where you are, the experience you're targeting and everything in between.

Step #4: Now as you do, start floating bit by bit towards that past experience as you go step by step through past experiences until you get there.

Step #5: Now once you get on top of the experience, look at it from an upper and superior position and ask yourself how would you want to feel instead? Now imagine yourself feeling what you want to feel in that memory, washing away all the negative.

If you feel discomfort through the old memory, stop the exercise and try again later when you feel better.



Step #6: Now float back through the timeline till you reach the present moment while still from a third party's view point floating above yourself.

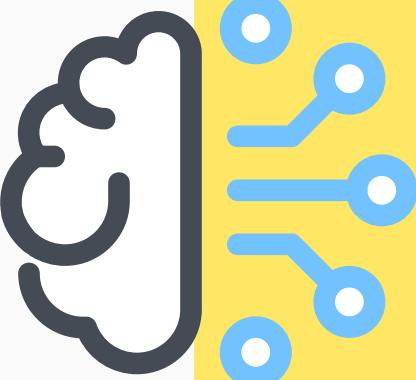
Step #7: Embody the change that this altered past adjustment has on you in the present moment, and how it changed your belief. Feel empowered, feel that the problem is now solved and you're at ease.

Step #8: You can take it a step further and start floating into your future. See how this change in belief that you did to one past experience is changing your future to the better.

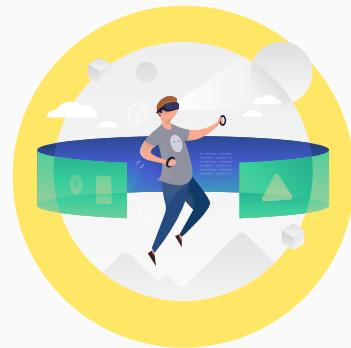
Step #9: Identify the biggest goal that you'll be able to achieve now that you healed the past experience and keep floating above all the steps until you reach the goal. Once there, feel the empowerment, the power of yourself and your spirit, and float down to observe the goal and how you feel.

Step #10: Finally, float back to the present moment bringing back with you all the emotions of empowerment and strength and calmness you acquired.

FUTURE GOAL TIMELINE



As we said, the visual timeline method can be used either for past experiences or future milestones. Here we're going to first discuss the future milestone timeline. You want to be comfortable and relaxed when you do this exercise as you will be using your imagination and creativity throughout the entire process. Below is a summary of the steps. If you feel like the summary wasn't enough, go back to the explanatory section of the e-book and read the steps again.



STEP #1

Imagine another version of you floating above yourself as your eyes become those of the other version and you can see yourself beneath you. Imagine a line or an arrow going out of your forehead and pointing forward towards the future. While floating above yourself, observe the line, and see the end goal you're trying to achieve somewhere on that line, a bit far from you, but you can still see it.

STEP #2

As you see the goal you're trying to achieve on the timeline, start floating above the timeline and towards it. As you do, observe the timeline as if its a fast-forwarded video of all the steps you need to take to achieve that goal. As you float above the timeline, make sure to take the time and observe the steps that you're seeing, until you reach your goal on the timeline and its now beneath you.

STEP #3

Now that you're floating above your goal, float down into that image so that you see yourself after achieving the goal. Observe what you see, what you achieved, and how you feel. Embody the emotions, and empower them. Once you're done, float up and back to the beginning of the timeline. Picture this other version of you floating down and into your body, and as it does, feel the emotions in your body getting more and more intense and open your eyes.

THE VISUAL TIMELINE METHOD



INSTRUCTIONS

There are several things you can do to make this exercise all the more effective. The first thing is to put yourself in a positive and creative state before you start the exercise. Do a quick workout, listen to your favorite music, read a book that inspires you...etc

When you're done the exercise, it is very important that you take note of the steps that you saw on the timeline as well as a clear and precise description of how you felt and what you saw when you floated down into your mental goal image or video.

TAKE IT A STEP FURTHER

You might encounter a situation where you can't really see all the steps that you need to take to achieve your goal, and that's okay. There are two things you can do.

First thing is to use the method that you will discover in the association and dissociation chapter of this book.

Another thing you can do is to first not stress about it, and start working with what you have. As you get closer and closer to your goal, when you encounter a step and you don't know what to do, use the visual timeline method again. The fact that you moved closer towards the milestone might help you envision the further steps better.



KEEP IN MIND

01

PREPARE

Set an intention towards the specific goal you're trying to achieve.

02

TAKE YOUR TIME

Take your time and really savor the experiences you're seeing.

03

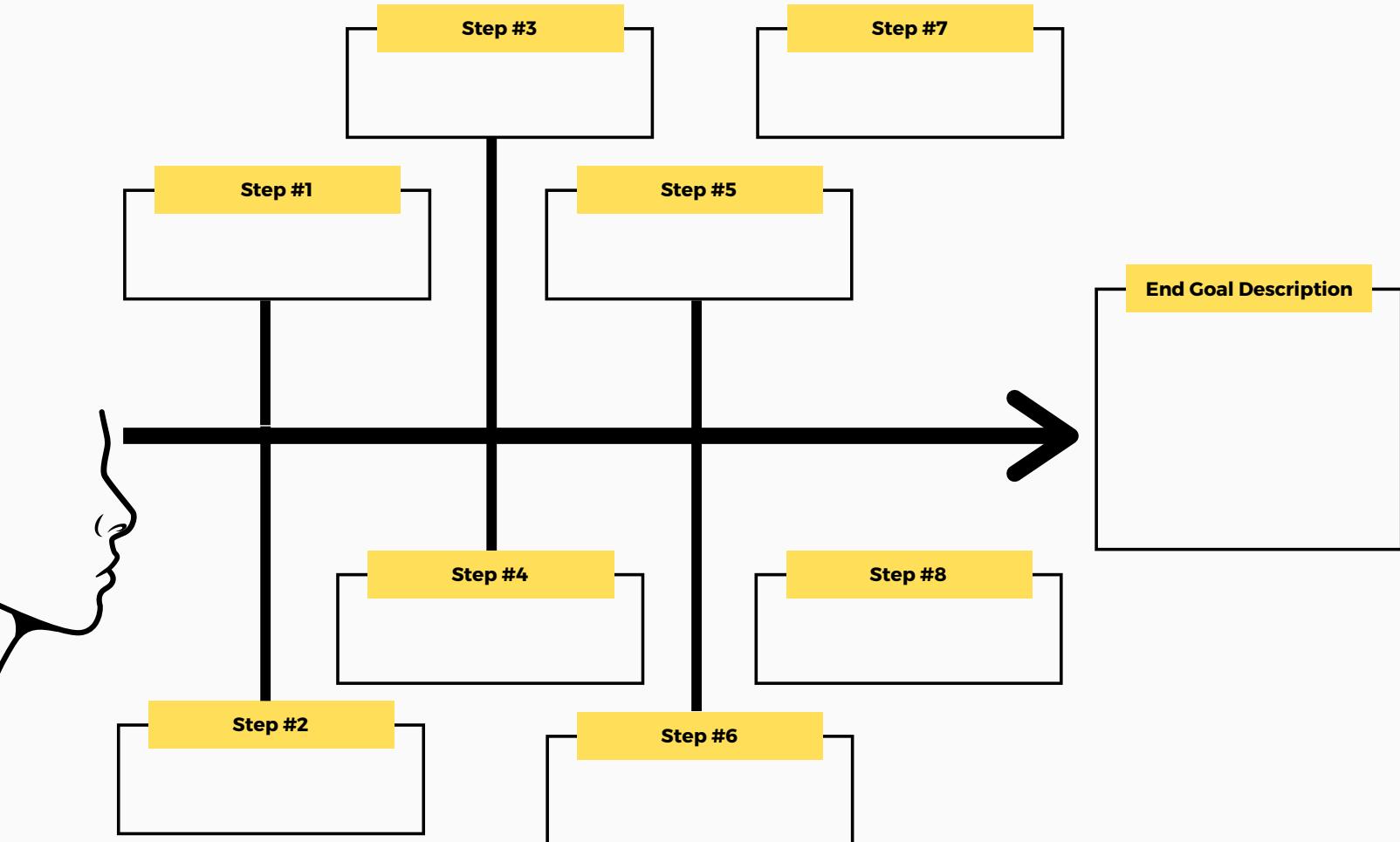
EMBODY

It is crucial that you embody the emotions that you will experience you float down into your milestone vision. Intensify and empower the emotions and let them fill you up with energy and motivation.



THE VISUAL TIMELINE

Worksheet For Effective Application



HOW TO USE IT

Once you're done the exercise, you want to write down the steps you visualized and that you need to take to achieve your goal. It happens sometimes that you forget some of the steps. A good way to prevent that from happening, is have a pen in hand while doing the exercise, and with your eyes closed with write down one or two words that describe each step. Using even one single word as a reference can help you remember the missing step.

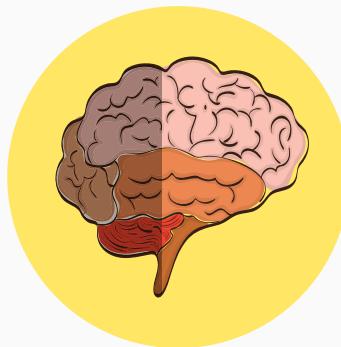
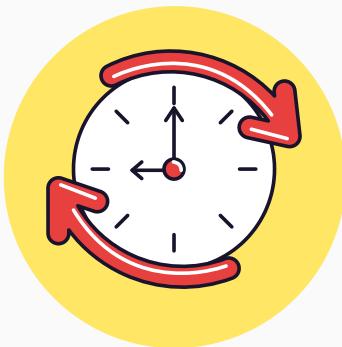


PAST EXPERIENCE



TIMELINE the part where you use the visual timeline method to change beliefs and emotions linked to your past experiences.

This process is a bit more complicated than the future goal timeline process. However, if you follow the steps and read the notes of the chapter properly, you will be able to do it. The purpose of this exercise is to not just change your past beliefs and emotions linked to a memory, but to also bring the new emotions and beliefs into your future.



STEP #1

Imagine another version of you floating above yourself as your eyes become those of the other version and you can see yourself beneath you. Imagine a line or an arrow going out of the back of your head and pointing backwards towards the past. While floating above yourself, observe the line, and see the memory you're trying to change somewhere on that line, a bit far from you, but you can still see it.

STEP #2

As you see the memory you're trying to change on the timeline, start floating above the timeline and towards the memory. As you do, observe the timeline as if its a fast-forwarded video of all the previous memories you had leading backwards to the memory you're trying to change. Once you reach it, observe it and change the memory and its associated feeling the way you want to. Feel empowered and joyful not that this memory won't affect your future anymore, as you can control how it'll make you feel.

STEP #3

Feeling empowered, float out of the memory all the way back to the present floating above yourself. Observe yourself feeling grateful for the experience. Now float into the future and observe how this change in belief and emotions linked to a past memory will also change your future to the better. Once you're done, float back to the present, as you are above yourself, feel and embody the empowered state of emotions you're feeling and when you're ready open your eyes.



INSTRUCTIONS

As I said, the past experience timeline is a bit more complex, so please read the instructions carefully. When you get to the past memory, make sure that you feel in control. If at any point you feel that the memory is controlling the way you feel again, stop and do the exercise later when you feel better.

What you can also do, is alter the memory. Change it the way you want it, in a way that would make you feel the right emotions you want to experience. Make sure to consciously remember the new memory and new associated feelings before you float back and away.

TAKE IT A STEP FURTHER

Dealing with past memories can be hard, so you need to make sure you put yourself into an empowered state before you start the exercise. I'll let you decide what you can do to uplift your mood and spirit as it can be different for each and every person.

When floating back into the future, it would be helpful to see yourself achieving some desired goals now that this memory doesn't control you anymore. As you see the goals you achieved on the timeline, take a second to soak the emotions. Feel proud, feel inspired, feel grateful.

When you come back to the present, make sure you consciously embody the experience you had with all the uplifting emotions it made you feel.



KEEP IN MIND

01

PREPARE

Set an intention towards the specific memory and how it made you feel.

02

ALTER

Change the memory and the associated feelings from your past.

03

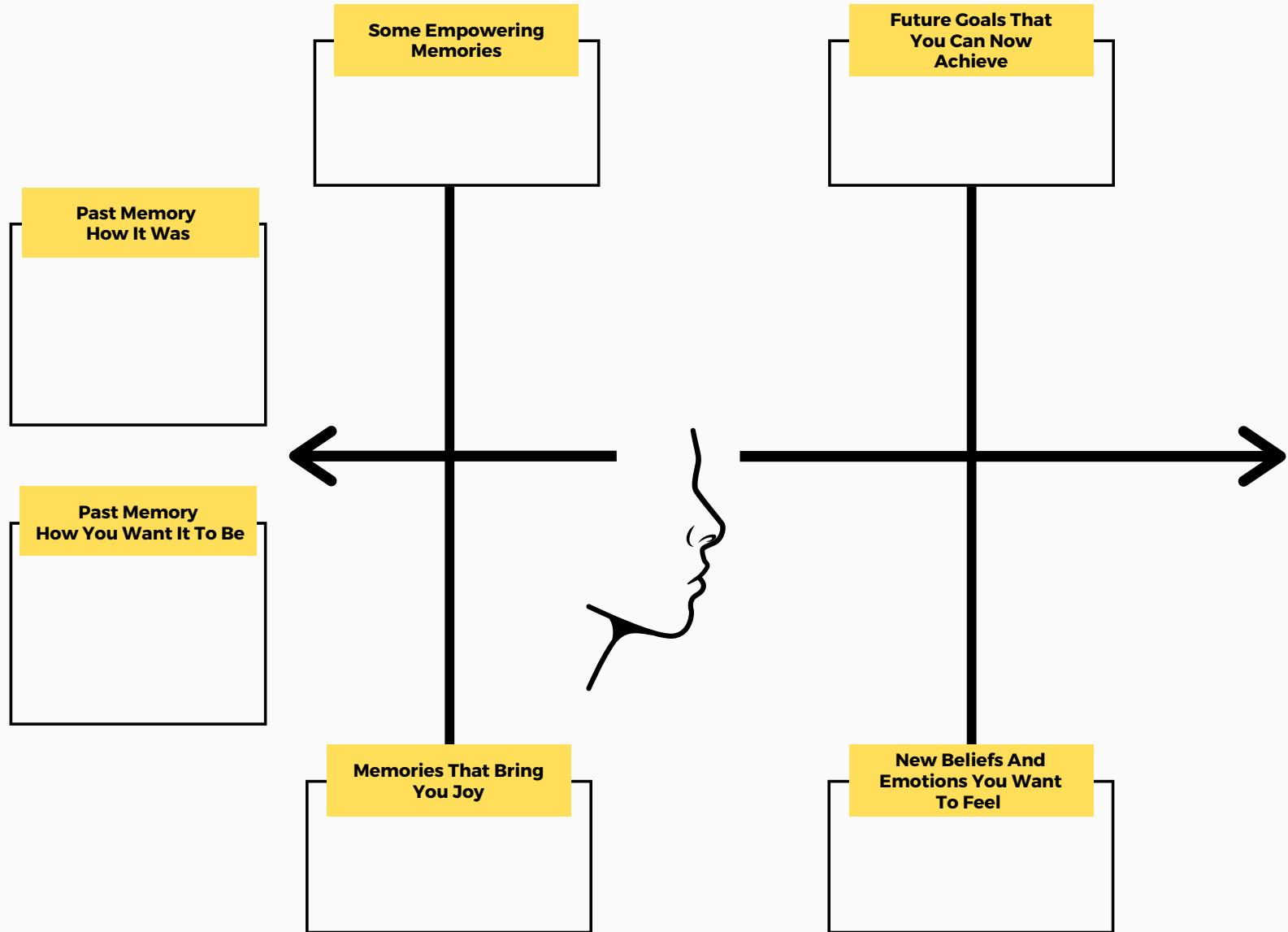
PROJECT

See how by controlling this memory, your present is changing, and your future is changing. The more emotional intensity you experience, the more effective the exercise will be.



THE VISUAL TIMELINE

Worksheet For Effective Application



HOW TO USE IT

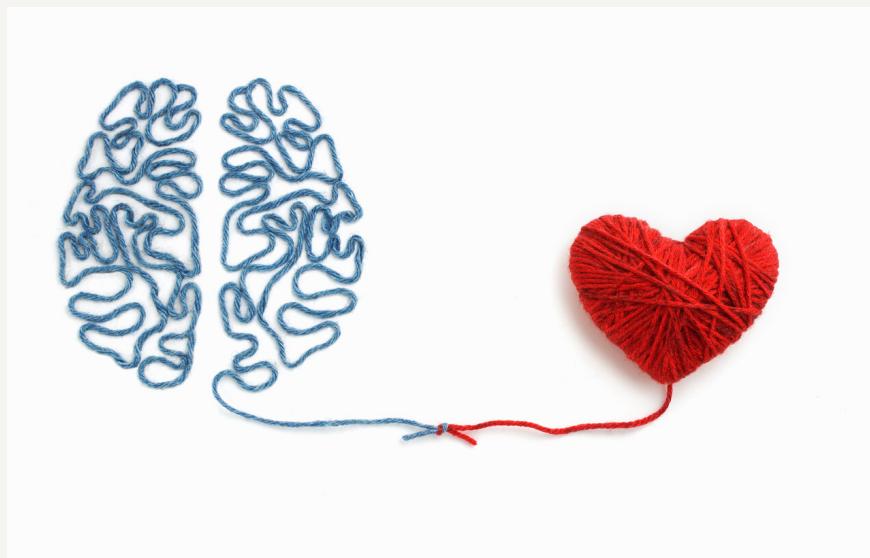
You can fill out the corresponding boxes before you start the exercise. This will make the visualization process a lot easier for you. Take a look at what you wrote after you're done, and make sure that you consciously remember it.

As I noted before, and I will note again, make sure that you are in an inspired and empowered state when you do this exercise. If you're not, either do something that would bring out that state, or wait and do the exercise when you're naturally in an uplifted and positive state.



PARTS INTEGRATION

A Solution To Conflicting Thoughts And Beliefs



INNER CONFLICTS

We all experience thoughts or beliefs that are contradictory sometimes.

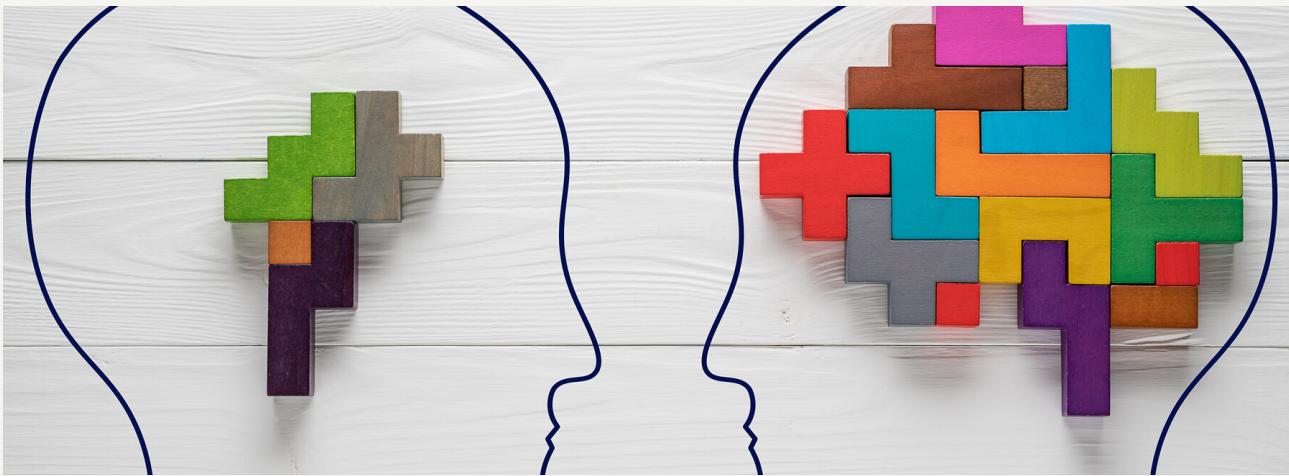
A part of you wants to read this for example, and another part wants to scroll through social media.

WHAT IS IT?

THE PARTS INTEGRATION METHOD

We use this method to take care of any form of inner conflict you might be experiencing. Can you remember a time where a part of you wanted something, and another part of you wanted something else, and you ended up doing what you didn't want to do anyways? Like when you had to work on something, a part of you knew that you needed to get it done, but another part of you wanted to procrastinate on it, and you ended up procrastinating anyways even though you shouldn't have? You can probably think about countless similar examples, as your conscious brain and subconscious brain can often create inner conflicts for you. There are different ways to use the parts integration method. But I'm going to be covering the one that is most commonly used, and the one that I've seen work best in my experience. The technique works by activating and joining the two parts of your neural system that are creating this conflict and creating an optimal joint neural pathway that leads to the desired result.





RESOLVING INNER CONFLICT

APPLYING THE PARTS INTEGRATION

To start, you need to sit in a comfortable position, put your hands forward palm up in a way where you can see both palms.

Step #1: Pick the hand you feel comfortable with and associate the unwanted part with it. As you do imagine an image of that unwanted part forming on the palm of your hand. Now on the other palm, do the same but with the wanted part. Focus until you can visualize both images clearly by switching your vision from one palm to the other.

Step #2: Identify the motivation behind each of the two parts separately. Refine the purpose until you get to the root of the motivation. Basically why do you do what you do in each one of those two scenarios...



Step #3: Now ask yourself, why do you prefer one part over the other? Why one part wanted more than the other? What does it bring you? What does it allow you to do? How does it make you feel? You need to also identify why the unwanted part is unwanted via similar questions.

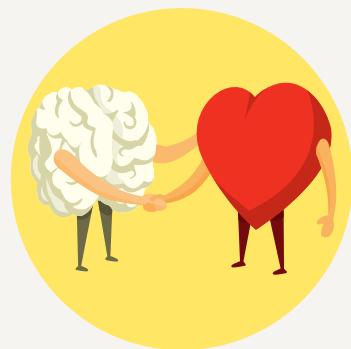
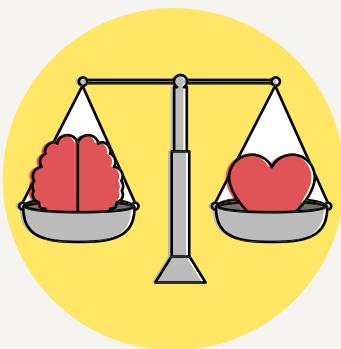
Step #4: Identify the positive parts that each separate image on each palm is trying to project. Whether its to keep you safe, happy, entertained... Whatever the common purpose is, try to identify it

Step #5: Join the elements of common positive ground that each and every one of those two parts has in common with the other. And see how both of them are working for you, not against you.

Step #6: Ask you do, feel your hands moving closer together. Don't force the movement, but let it flow naturally as the purpose unites. As they are moving closer together, be consciously aware of the conflict dissolving, as both parts have the same purpose, and the conflict is slowly fading away. When your hands touch, put the palm of the wanted part on top of the other, and firmly fold them up together as you feel a sense of peace that the conflict is no longer there.

PARTS INTEGRATION

METHOD Neuro-Linguistic Programming is used to solve inner conflict. It does so by finding middle or common ground between the two conflicting parts. Once common ground has been found, the conflict would disappear as both parts are now working towards the same goal on a conscious and subconscious level. Make sure to use the action sheets to plan out the process before you start. When using the method by yourself, planning has been found to increase its effectiveness.



STEP #1

Identify the two conflicting parts. Those two parts can be two different thoughts, or two different beliefs. Now you need to dissect the details of each one of those parts. You want to identify what you do and how you feel when each part is in control. For the first couple times you do this exercise, try to pick some simple thoughts or beliefs.

STEP #2

Once you identified the two parts, you want to put your hands in front of you palm facing up. Now try and associate each part with one of the two palms. You want to get to a point where by looking at one palm or the other you're able to visualize the associated belief or thought and how it makes you feel. As you do, take some time and reflect upon those two parts. You want to identify the motivation behind each one of them by asking the questions we talked about in the information section.

STEP #3

Find the common ground between both parts where the source of motivation ties to the same, or similar outcome. Now try and visualize how those two parts can come together and work towards that outcome without creating conflict. As you do, notice your two hands getting closer and closer together until they meet. Once they meet, join your hands one on top of the other, close your first, and embody the emotions of peace as the conflict is now resolved.

THE PARTS INTEGRATION METHOD



INSTRUCTIONS

As I mentioned before, using the action sheets will make the process a lot easier and much more effective.

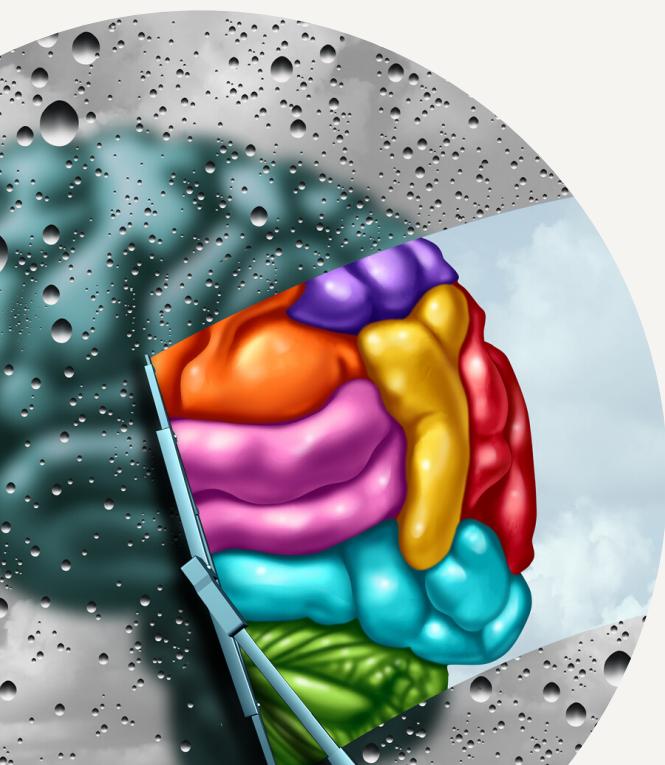
Make sure you form a conscious image of each one of those parts as well as the associated emotions so you can visualize that on the associated palm.

As you reflect on the source of motivation you can ask the following questions to make your life easier:
Why do you prefer one part over the other? Why one part wanted more than the other? What does it bring you? What does it allow you to do? How does it make you feel?

TAKE IT A STEP FURTHER

You can take it a step further once you get to the step of joining both parts or both palms together. You do so by not only identifying the common ground, but by also creating a new mental image combining thoughts and beliefs, that integrate both parts together.

Lastly, as you join your palms together, you want to make sure that you feel and embody the emotions that resulted from resolving the inner conflict. You can choose what emotions you want to feel by visualizing processes that bring them out. When you fold your palms one on top of the other, in that specific moment, feel the emotions getting intensified as they run through your entire body and consciously remember it.



KEEP IN MIND

01

IDENTIFY

Identify the two parts that are creating an inner conflict.

02

ASSOCIATE

Associate a common ground with both parts to resolve the conflict

03

INTEGRATE

Integrate the two conflicting parts into a new part that works with you and not against you.



PARTS INTEGRATION

Action Sheet For Thought Mapping

The First Part

The Second Part

How It Feels

How It Feels

What You Do

What You Do

Common Ground

New Created Part



PARTS INTEGRATION

Method Illustration



Identifying And Linking Parts

A part of you wants to work or study to be successful in the future and its on the right palm. The other part wants to scroll through social media and do nothing and its on the left palm.



Finding The Common Ground

Both parts wants you to be happy, but the conflict arises when it comes to the action you're taking and its consequences when you listen to one part or the other



Integrating The Parts Together

You will recreate that common ground with a third part. You will work or study for two hours, and then take a break to scroll through social media and watch some funny videos.

RATE THE EFFECTIVENESS - IS THE CONFLICT RESOLVED?

1 2 3 4 5 6 7 8 9 10

FIRST TIME



SECOND TIME



THIRD TIME



DEALING WITH LIMITING BELIEFS



HOW TO DEAL WITH LIMITING BELIEFS

THREE METHODS WE'RE GOING TO DISCUSS

The first method that you can use is to reverse engineer the statements and work on the linguistic aspect of things. Identify negative statements you say to yourself or negative beliefs you currently have about yourself, and instead of saying those statements in the present tense, pick up the habit of using the past tense when you ever use those statements.

When we use statements that reflect belief in the present tense, we are sending a subconscious message that this is what we believe, and this is what we are. However, what happens when you start repeating those statements in the past tense? You start putting them behind you. They become a part of your past, not your present, nor your future.

For example, instead of saying I am always lazy, try saying I used to be lazy. It's important that you replace that statement with something else as well, and that you embody the emotions present in the statement.

So instead of just saying I used to be lazy, try to say I used to be lazy, but now I am energized and ready. As you say this, you want to embody the statement. Feel yourself getting energized, and feel yourself getting ready to tackle the work you need to do.



The third method is called the mirroring technique.

First off, Figure out a major negative belief that you currently have. Then close your eyes and imagine yourself in front of a mirror. This mirror is a projection of your future.

Second off, Look in the mirror and see how your future would look like if you keep contemplating the same belief or thoughts. See how your life would be in 5 years, 10 years, 20 years...etc

Third off, Relax, get up, take a deep breath, and identify the beliefs that you would rather have. Now repeat the process. Sit back down, and look in the mirror. See what your future would look like if you start engaging with those new beliefs. Now, ask yourself, what beliefs do I want to allow in my life? How do I truly want my life to be in the future? And you'll get your answer.

OTHER METHODS TO USE

Neuro-semantic Control, And Mirroring Belief

The second method works on neuro-semantic quality control.

This method works on reflecting beliefs upon questions. When you ask certain questions, you can shatter the smoke screen of your belief system uses and you can readjust the data that control the beliefs.

First off, ask yourself:

Does this thought serve me? Does this belief align with my goals? Is it going to get me to where I'm trying to get? And then answer the question yourself.

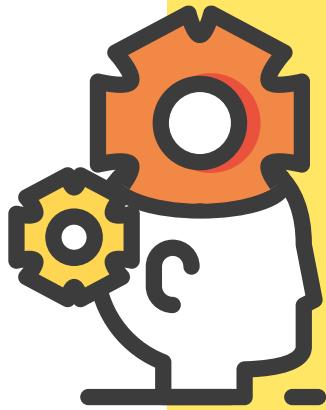
The next step is to establish a new resourceful belief or thought. You do so by asking yourself:

What belief do I want to have? What belief would serve me and help me? Once you identify the belief or thought, ask yourself again to reaffirm it.

Identify the belief or thoughts that you want to establish that can help you move towards your goals.

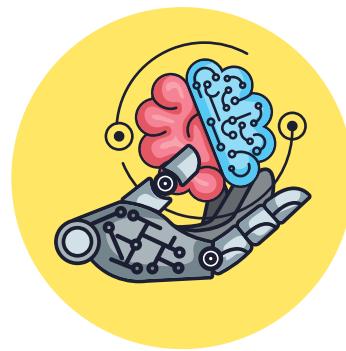
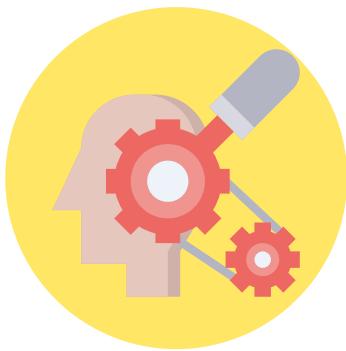


ELIMINATE LIMITING BELIEFS



In this section we talked about three different methods you can use. Even though all the methods are different, they all have the same objective, which is to eliminate limiting beliefs, and install positive empowering beliefs or thoughts.

Sometimes we might have negative thoughts or beliefs that we're not even aware of. The best way to become aware of them is to look at the areas in your life that you're trying to change, and observe your thoughts and beliefs when it comes to it. Go to the TFAR section in the book to learn more about this process.



REVERSE ENGINEER

You can easily reverse engineer some of the thoughts and beliefs you have. When you change your beliefs and thoughts from the present to the past, your brain will automatically pick up the idea that this is not who you are in the present moment anymore. As our brains are highly suggestible, we need to find other beliefs and thoughts to install. Once you do, your brain will apply those beliefs and thoughts to the present.

SEMANTIC ADJUSTMENT

You can use the neuro-semantic approach to adjust thoughts and beliefs as well. By asking the right questions, your logical brain would start finding loopholes in the way the reptile brain is projecting beliefs and thoughts. By visualizing where you want to be in life, and reflecting upon the thoughts and beliefs you need, you will start working towards changing them effectively.

You can do so by asking yourself the questions in the informative document.

MIRRORING BELIEFS

Mirroring beliefs can be a very powerful tool to change your thoughts and beliefs. When we start looking at the projection of those beliefs and how they will affect our future, we will start associating pain to them. The subconscious brain is conditioned in a way to avoid pain and embrace pleasure, hence why this exercise can be very effective. It is important, however, that we replace the old beliefs with new ones and reflect the pleasure they would bring to us in the future.



INSTRUCTIONS

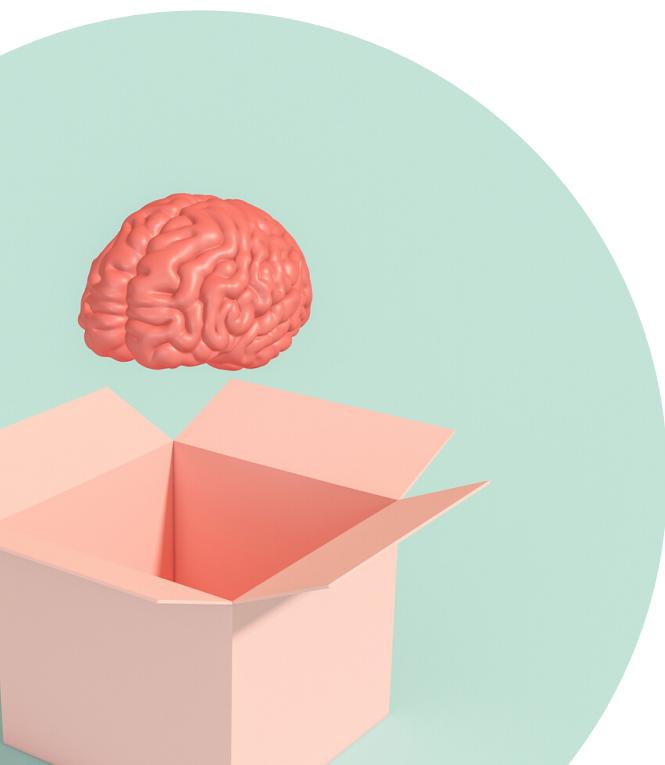
When trying to reverse engineer the statements, you need to be aware of something. Your belief matters, and it should be reinforced. If you say to yourself, I used to be lazy, but now I am energized, but you stay in your bed doing nothing, the process will be counterproductive.

When you switch a statement to the past, and you introduce a new one, you need to act on it. So if the statement is I used to be lazy, but now I am energized... You need to FEEL energized, and act as if you're energized, and the energy will then flow automatically.

TAKE IT A STEP FURTHER

This process might be a bit challenging as sometimes, our thoughts and beliefs can escape our conscious awareness. Once you identify a belief and you fixate your conscious memory on it, you start developing awarness towards it.

Now everytime you become aware of those beliefs or thoughts rising, you need to reverse enginner them on spot. Again, if you don't act according to the new statement, and feel it, you'll have a hard time applying this process. Your brain believes a statement when your actions, thoughts, and feelings are aligned with it. Otherwise, you'd create confusion, and your brain would stick to the old belief or thought you're trying to change.



KEEP IN MIND

01

IDENTIFY

Identify the belief or thought you're trying to change.

02

REVERSE

Reverse engineer it to the past tense and replace it with a new statement.

03

APPLY

Apply this new statement so that your actions, thoughts and feelings are all aligned with it.



REVERSE ENGINEER

Action Sheet For Limiting Beliefs

The Old Statement

The New Statement

Associated Feelings

Associated Feelings

Associated Action

Associated Action

Future Effects

Future Effects

HOW TO USE IT



You can fill out the corresponding boxes before you start the exercise. This will make the exercise a lot more efficient. When we write things down, we have a tendency to remember them better. Make sure to focus well on the Future Effects box, as seeing the end goal would give you more awareness and more motivation to reverse engineer the current beliefs/thoughts and replace them accordingly.



INSTRUCTIONS

This method can be highly effective, as all you need to do is answer some simple questions. When you do, you will find yourself automatically wanting to shift towards empowering beliefs and closing the box on the old and negative beliefs or thoughts.

Neuro-semantic control is most effective when you have a specific goal you're trying to reach. Then the questions would analyze whether or not the thoughts and beliefs you currently have are aligned with your goal or not.

TAKE IT A STEP FURTHER

If you want to take it a step further, you can use this method in a way where you're having a conversation with yourself. You might even want to write down this conversation. You will say to yourself that you're trying to achieve a certain goal, and then ask yourself about the current beliefs you have. You would then want to be conscious of the thoughts and emotions you want to establish.

It is important that you reaffirm the new beliefs or thoughts you're trying to install. You can do so by asking the questions again, but now with the new systems in place. When you ask yourself if this new thought serves you, and if it aligns with your goals, the answer would be a clear yes, and you successfully reaffirmed the statements.



KEEP IN MIND

01

ASK

Ask the questions to identify the elements of the old and new beliefs.

02

AFFIRM

Affirm the new beliefs by reflecting on their alignment with your future goals.

03

RE-AFFIRM

Ask yourself again if those new beliefs would serve you, and would help you achieve your goals to reaffirm the answers.

NEURO-SEMANTIC APPROACH

MAPPING OUT YOUR BELIEFS AND THOUGHTS

BELIEF:

.....

GOAL:

.....

CURRENT BELIEFS

1 **What You Think**

.....
.....
.....

2 **How You Feel**

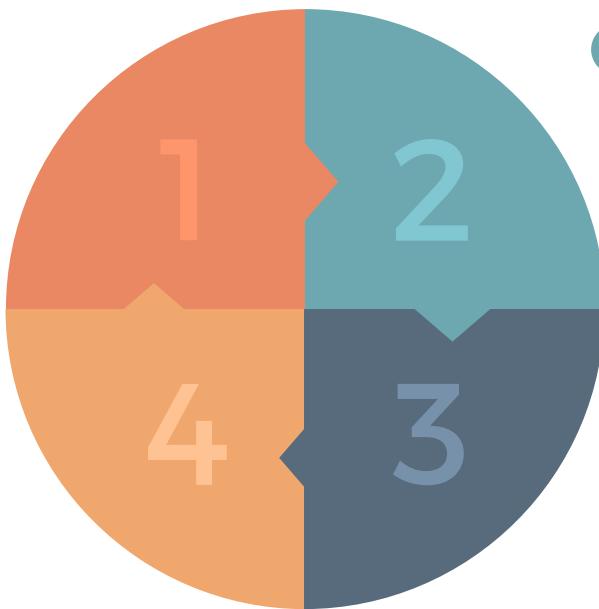
.....
.....
.....

4 **Future Outcome**

.....
.....
.....

3 **How You Act**

.....
.....
.....



Does This Thought Serve Me?

Does It Align With My Goals?

Why Do I Want To Stop It?

How Would It Effect My Future?



SEMANTIC CONTROL

Action Sheet For Limiting Beliefs

**What Belief Do I
Want To Have?**



**How Does It Align
With My Goal?**



**How Would It Serve
Me?**



HOW TO USE IT

You want to use the first sheet to identify the current belief that you have as well as the components and elements of this belief.

Next you will ask yourself the questions above to identify a new belief that you want to install.

Once you're done and you figured out the new belief, you want to move to the next page and identify the elements of this new belief.

When you figure out the elements, make sure you apply the questions on the next page to reaffirm the new belief.



NEURO-SEMANTIC APPROACH

MAPPING OUT YOUR BELIEFS AND THOUGHTS

BELIEF:

.....

GOAL:

.....

NEW BELIEF

1 **What You Think**

.....
.....
.....

2 **How You Feel**

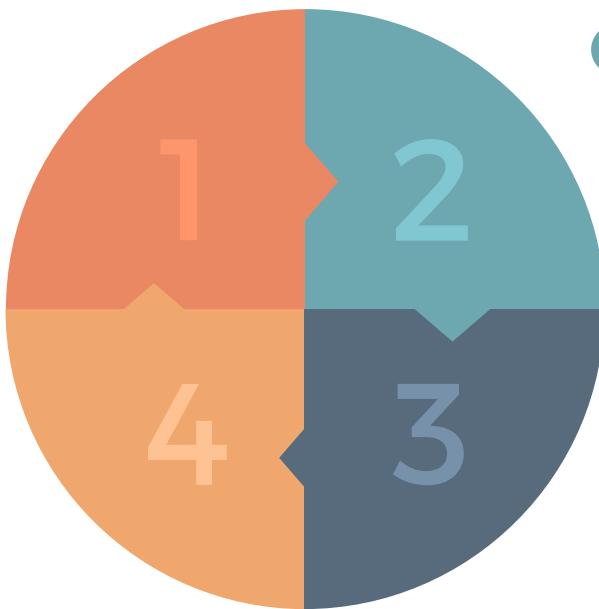
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4 **Future Outcome**

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3 **How You Act**

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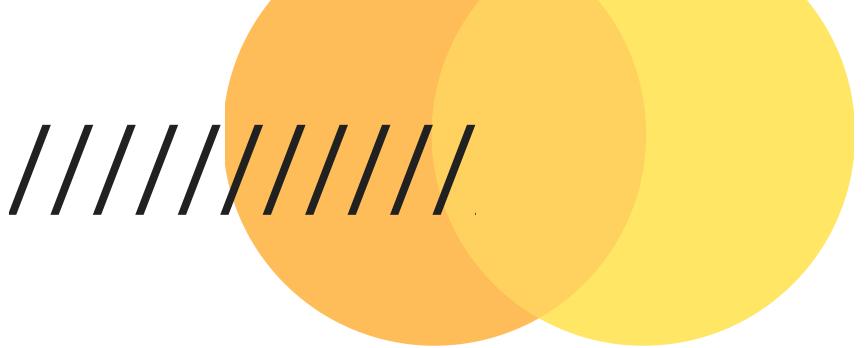


Does This New Thought Serve Me?

Does It Align With My Goals?

Why Do I Want To Install It?

How Would It Change My Future?



INSTRUCTIONS

This method is very powerful because it can show us the outcome of our beliefs or thoughts in the long run. Usually, our beliefs don't affect us tremendously in the short run. But in the long run, the effects would accumulate and we would start seeing the impact they have on our lives.

Taking the example where the belief is: I am always lazy... In the short run, you would miss some assignments and slack off on work.

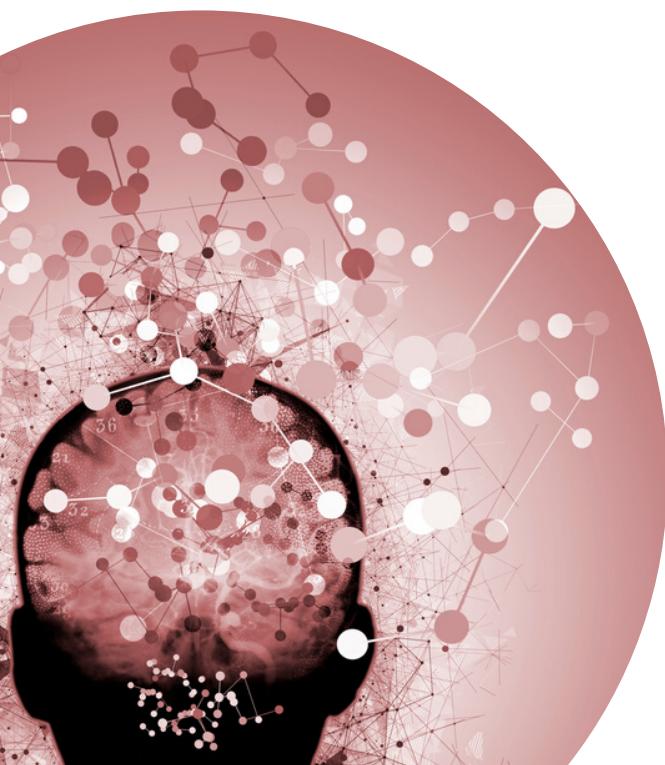
In the long run, you see yourself being broke, regretting the time you wasted, and living a life that you don't want to live.

TAKE IT A STEP FURTHER

As we discussed before, you want to associate pain with the current belief projection, so make sure that the future projection is as unappealing as it can be. Dive deep into the full extent of this belief and how it can impact your life.

On the flip side, you want to associate the new belief with pleasure, satisfaction and fulfillment. You want to make the projection of your new belief as appealing as possible, where you see a compelling vision of a better future that would push you to change the belief and adopt a new one.

When doing this exercise, make sure you're in a quiet place where you can concentrate on the visualization process as well as the emotions associated with it. Emotional awareness is key for you to link pain and pleasure to the associated belief.



KEEP IN MIND

01

IDENTIFY

Identify the belief or thought you're trying to change.

02

MIRROR

See your future with the old belief, and then again with the new belief.

03

CHOOSE

Ask yourself, which future do you want to live? Is it the one associated with the old beliefs or the new beliefs?



MIRRORING BELIEFS

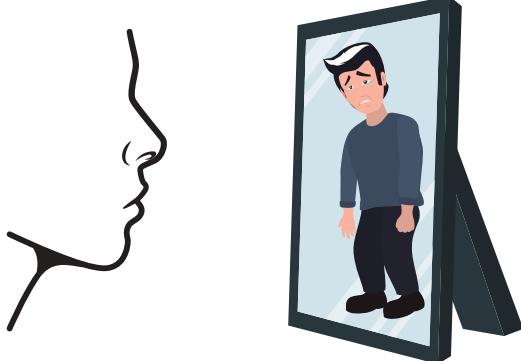
Action Sheet For Limiting Beliefs

What Is The Current
Belief You Have?

What Is The New
Belief?

How Does Your
Future Look Like?

How Does Your
Future Look Like?



HOW TO USE IT



When doing the mirroring exercise, try and add as many details as you can to the future visions associated with each belief. Make sure that when you're visualizing the outcome of each belief, that you also become conscious of the associated emotions and how you'd feel. At the end, make a conscious decision and decide which future you want, then embody the emotions of that future vision, open your eyes, and act accordingly.

THE TFAR SYSTEM

THE INTEGRATED TFAR METHOD

WHAT IS TFAR

THOUGHTS

=

FEELINGS

=

ACTIONS

=

RESULTS



How Can It Help

It is the essence of a successful life

Thoughts = Feelings = Action = Results

The TFAR system is a revolutionary method that can be used for one of two reasons. You can firstly use it to identify why you haven't been able to achieve a certain result and work on adjusting a problem.

Secondly, you can use the system to build foundational steps for you to be able to fast-track your progress towards a certain goal or objective.

There will be more information on how to use it in the following pages.

When we don't achieve the results we want to achieve, we often think that the problem is action, and that we either need to take different action or sometimes, take more action.

The TFAR system came to prove this hypothesis wrong. Results derive from actions. Actions are a result of feelings. And feelings are a result of thoughts. So if we want to achieve a certain result, we need to make sure that the actions we're taking, the emotions we're feeling, and the thoughts we are experiencing are all well aligned together.

How You Can Use It?

GETTING THE RESULTS YOU WANT

First off, fixate your conscious awareness on a result that you want to achieve. Now most people when they don't get the results they want, they ask themselves what am I doing wrong?

See but if you change your actions without changing the foundation of the action, you'll be stuck in a vicious loop. The second thing you need to do, is ask yourself, what actions do I need to take to achieve the desired result? Usually, that's where people stop.

However, we need to get to the root of the problem, or in other words to the root on the action that we need to take.

The third step is to identify what you need to feel, or how you need to feel in order to take certain action.



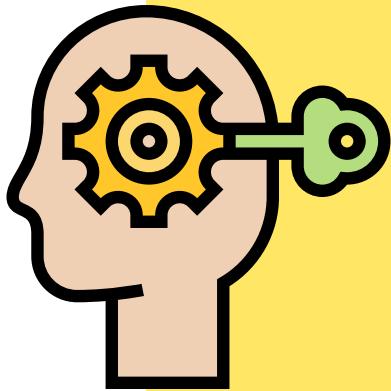
To Fix A Problem, You Need To Eliminate The Root Of That Problem.

Based on the feelings you need, you also need to identify what thoughts you want to keep, and what thoughts you want to get rid of. Work on the system in a way where you achieve balance and synchrony, so that the TFAR elements are well aligned.

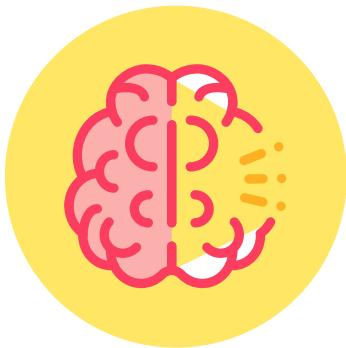
Now same thing goes if we want to reverse engineer it. Let's say the problem is not that there are certain results you're trying to acquire and its not working, but you simply have a goal you want to achieve. Now you use the system to figure out a mindset framework and an action plan to follow. What thoughts do you need to feel to achieve your goal? What emotions match those thoughts? What actions do you need to take and do they align with your thoughts and feelings?



HOW TO USE IT



To use the TFAR system, you need to dive into some personal self-reflection. The goal here is to map out the TFAR structure of any goal you're trying to achieve to see if the elements align or not. Once you map out the elements, you'll be able to identify the source of the problem. Now that you know where the problem is, you can work on fixing it using any one of the other NLP exercises we discussed in this document. The TFAR system can be used in every area in your life where you're trying to achieve a certain result.



STEP #1

Fixate your conscious awareness on a certain result or you want to achieve in your life. Make sure that the goal is clear and precise. You can either pick a result that you've been trying to achieve and weren't able to, or a result that you want to achieve and you haven't even tried achieving it yet.

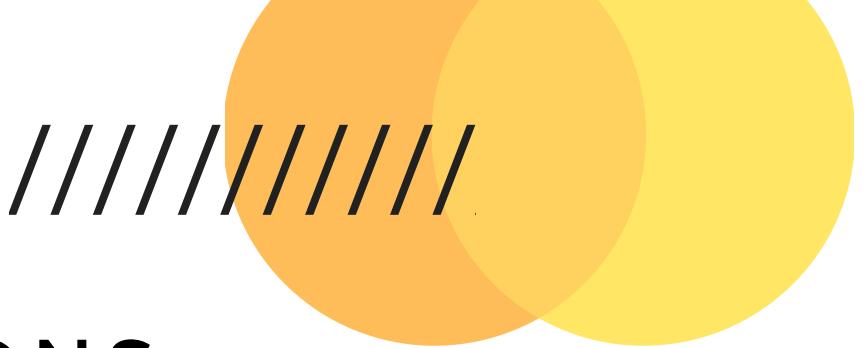
STEP #2

Once you have the goal or result you want to achieve, you need to identify the action plan you need to work on for you to achieve it. What actions should you be taking to get from where you are to where you want to be? When you map out the action plan, you need to make sure that it aligns with the end result or goal.

STEP #3

Identify the emotions you need to feel in order for you to take the actions you mapped out. What mental state do you need to be in? How do you need to feel? Once you got this figured out, you need to lastly identify the thoughts you need to think about so that all the elements of the TFAR system are well aligned.

THE TFAR SYSTEM



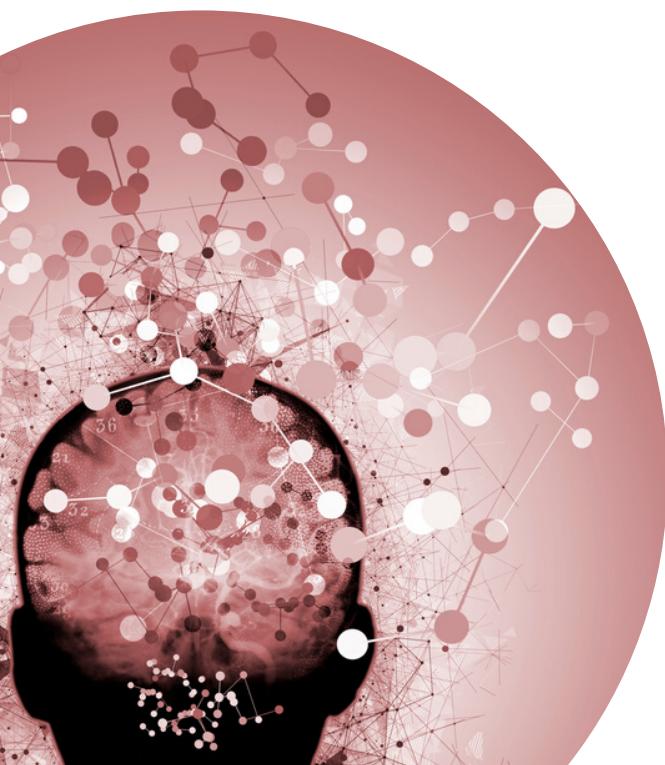
INSTRUCTIONS

In the previous page, I explained how to map out the TFAR system to achieve a result. Now if there's a result you've been trying to achieve and you haven't been able to, you will use a similar system as well. However, in this case, the elements of the TFAR system are already linked to certain elements.

You will have to write down the elements of the TFAR system that you currently use, and then try to identify which one of those elements is not aligned with the others. Once you do, try to identify what element you can replace it with so that it aligns with the rest of the elements.

TAKE IT A STEP FURTHER

Let's take an example here. You've been trying to make more money now for a while but you haven't been able to. You map out the TFAR elements. You know that your goal is to make \$10,000 a month for example and the R is there. Now you're working 60 hours a week on your business and you're taking the right actions, so the A is there as well. However when you got to F, you realized that you feel broke most of the time, that you feel a lack of money in your life, which doesn't align with the result nor the actions. As you dive deeper, you realize also that you had certain thoughts generating those feelings. Thoughts like "It's so hard to make money", "I can't figure out how to make more money". By that, you identified the root of the problem, and now you can work on changing it.



KEEP IN MIND

01

IDENTIFY

Identify the existent or necessary elements for the TFAR system

02

REFLECT

Reflect on the alignment of those elements from T to R

03

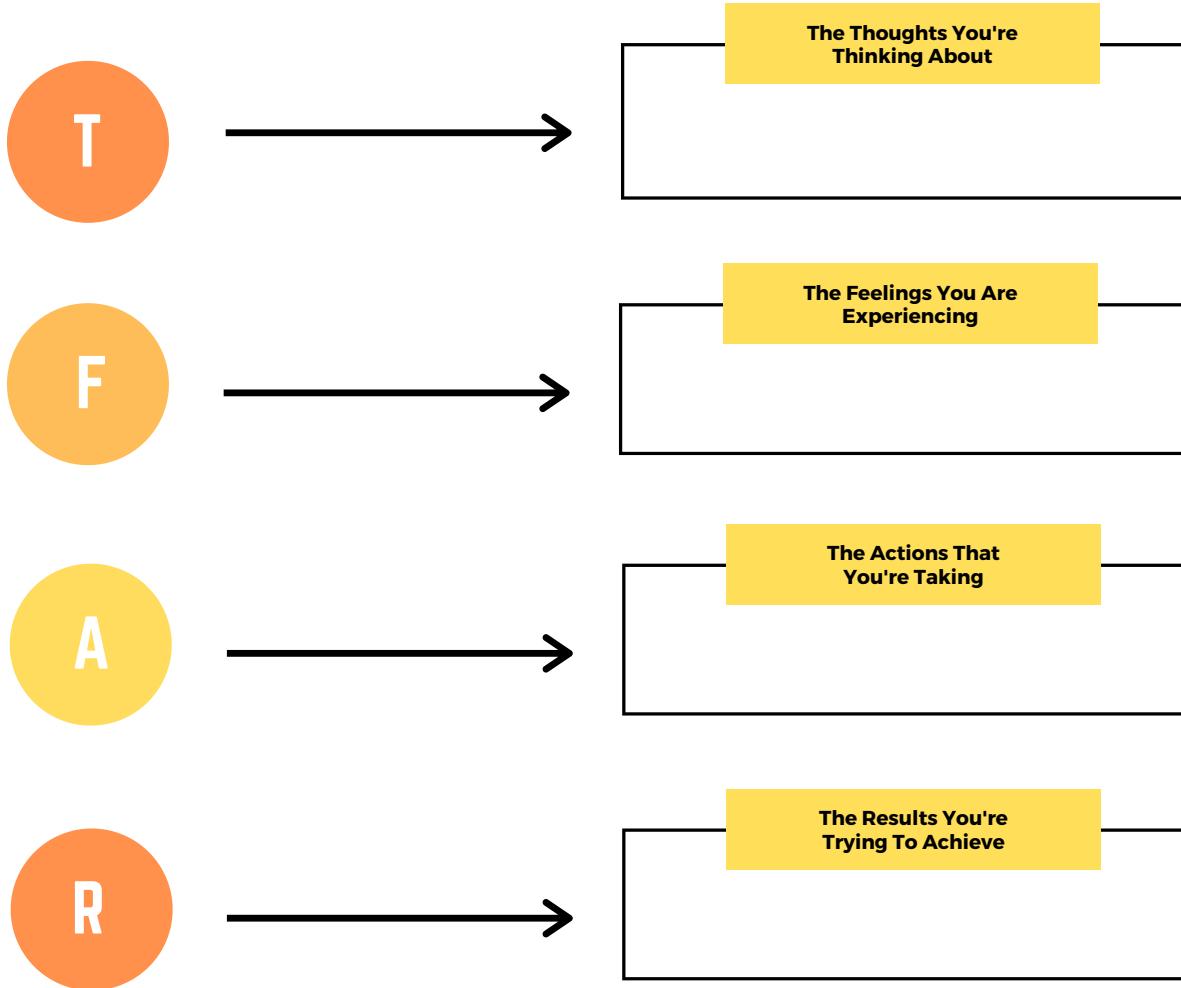
ADJUST

Adjust the elements of the system in a way that you make sure they are all aligned towards the desired goal or result



THE TFAR SYSTEM

For An Existential Result Or Goal



RATE THE ALIGNMENT - IDENTIFY THE NUANCE

1 2 3 4 5 6 7 8 9 10

THOUGHTS



FEELINGS



ACTIONS



RESULTS





THE TFAR SYSTEM

For A New Result Or Goal

1 R - Result To Achieve

.....

.....

.....

4 T - Thoughts To Think Of

.....

.....

.....

2 A - Actions To Take

.....

.....

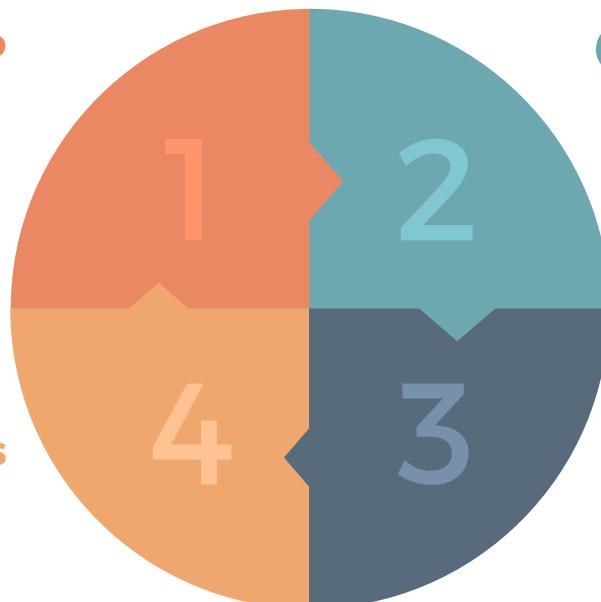
.....

3 F - Feelings To Experience

.....

.....

.....



RATE THE EFFECTIVENESS - ARE THE ELEMENTS ALIGNED

YES NO

ANYTHING TO FIX?

Are R And A Aligned?



.....

Are A And F Aligned?



.....

Are F And T Aligned?



.....

Are All The Elements Aligned



.....

GENIUS MODELING

PlaidWay Apparel's In-House Employee Newsletter

USING OUR MIMIC ABILITY PROPERLY

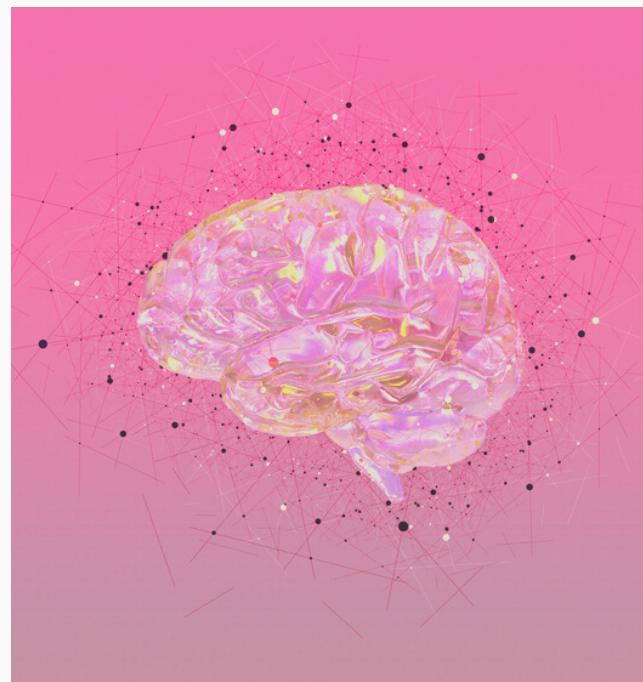
MODELING A GENIUS

The idea here is that we want to model our behaviors and thoughts based on a genius we're trying to mimick. Our brain works best when there is a framework of reference. When you pick an idol of yours, a genius or a pioneer that you can model, your brain can use that framework to dictate how you feel, what you do and how you think. Imagine you want to invest your money and you have Warren Buffet helping you. Or you want to learn basketball and you have Lebron James showing you the way... You get the point.

The first step is to identify a genius you want to copy. You can choose several ones for different areas in your life. But at first, let's start with one. Pick a genius that you want to model, and make sure you pick someone that you can learn more about. You want to learn more about their behaviors, their habits, their mindset... You want to start by consciously assimilating the parts that makes this person who he is, and then work on learning and applying until you move into unconsciously assimilating and using the elements of the genius you're trying to model. Keep repeating, readjusting and implementing until you start developing motor sensory integration of the skillsets, mindsets and habits of this genius.

MODELING DIFFERENT AREAS IN YOUR LIFE:

- WEALTH
- HEALTH
- FITNESS
- LEARNING
- SPIRITUALITY
- SKILLSETS
- HABITS



THE FOUR STAGES OF LEARNING

WE HAVE FOUR MAIN STAGES OF LEARNING ->

It is important for you to know how you learn and what the different stages of learning are. When you do, you will be able to assess your skill level based on the learning stage you're in. You will also be able to monitor your progress as you move forward.

Level 1: Unconscious Incompetence

(You don't know that you don't know something)

At this level you are blissfully ignorant. You have a complete lack of knowledge and skills in the subject in question. You are unaware of this lack of skill, and your confidence may therefore far exceed your abilities.

Level 2: Conscious Incompetence

(You are now aware that you don't know, or are incompetent at, something)

At this level you find that there are skills you need to learn, and you may be shocked to discover that there are others who are much more competent than you. As you realize that your ability is limited, your confidence drops. You go through an uncomfortable period as you learn these new skills when others are much more competent and successful than you are.

1) Unconscious Incompetence

2) Conscious Incompetence

3) Conscious Competence

4) Unconscious Competence

Level 3: Conscious Competence

(You develop a skill in that area, but you have to think about it)

At this level you acquire new skills and knowledge. You put your learning into practice and you gain confidence in carrying out the tasks or jobs involved. You are aware of your new skills and work on refining them. You are still concentrating on the performance of these activities, but as you get more practice and experience, these become increasingly automatic.

Level 4: Unconscious Competence

(You are good at it; it comes naturally to you).

At this level your new skills become habits, and you perform the task without conscious effort and with automatic ease. This is the peak of your confidence and ability.

HOW TO USE IT



To use the TFAR system, you need to dive into some personal self-reflection. The goal here is to map out the TFAR structure of any goal you're trying to achieve to see if the elements align or not. Once you map out the elements, you'll be able to identify the source of the problem. Now that you know where the problem is, you can work on fixing it using any one of the other NLP exercises we discussed in this document. The TFAR system can be used in every area in your life where you're trying to achieve a certain result.



PICK

The first step is for you to pick a genius you want to model. As we said, you can pick a model for different areas in your life. You want to pick someone you can actually learn more about. Preferably someone who wrote about their life, their methods and skills. And finally, you want to identify the elements you want to model and mimic.



MIMIC

The second step is the modeling process. Now that you know what elements you want to learn and master in your own life. As you do, it's best to create an action plan that includes what you need to learn, how you'll apply it, and how you'll master it. The goal here is to move through the learning stages until you reach mastery.



REPEAT

Repeat, repeat, repeat. For you to master the model you're copying and make it an integrated part of who you are, you need to implement it on a subconscious level. The more you use the methods you're modeling and mimicking, the more your subconscious brain starts adapting to those elements. So remember, repeat, repeat, repeat.



INSTRUCTIONS

Now some people like to be original and not mimic others. That's fine, there's a fix for this problem as well. It all starts with the highest version of yourself. Ask yourself, who is the highest version of yourself that you can be or that you will one day become? How does that person act, think & feel?

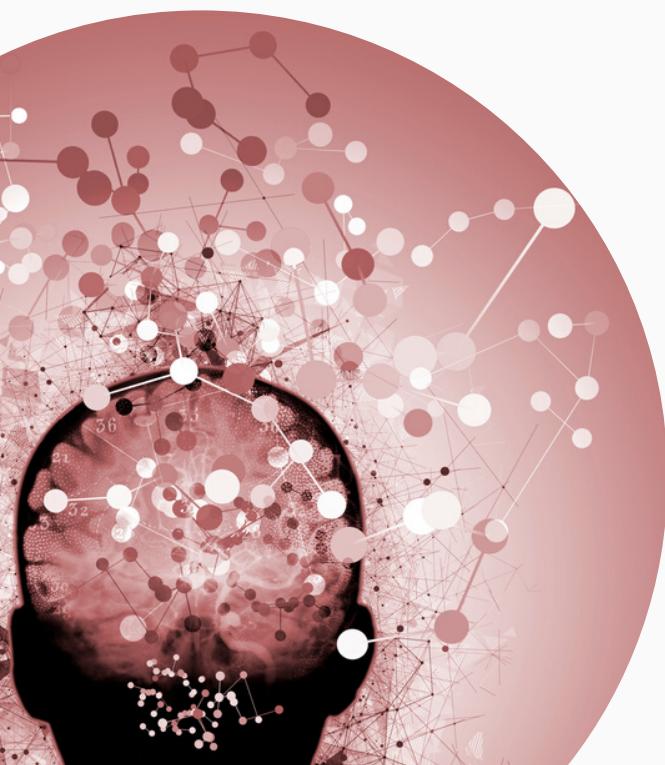
By following the action sheets, you can either pick a genius or an icon to model or you can simply identify the elements of the highest version of yourself, the genius within you, and model him or her instead.

You can even take it a step further and implement both systems.

TAKE IT A STEP FURTHER

You want to work on your spirituality? Good, then copy the Dalai Lama's meditation routine. You want to work on your business? Good, then copy Elon Musk's work ethic. You want to work on your habits? Good, then copy the habits of the highest version of yourself.

The highest version of yourself is the person you'll be when you're living the life of your dreams. The journey towards your goals will change you. It will make you stronger, it will change your behavior, your habits, your emotions and thinking patterns. Identify those elements, and start embodying the highest version of yourself today. This will help you fast-track your journey towards the ultimate life you want to live.



KEEP IN MIND

01

PICK

Pick a genius to model, or identify the highest version of yourself.

02

MIMIC

Copy and paste the elements you want to implement in your life.

03

REPEAT

Keep repeating until you move from unconscious incompetence to unconscious competence.



MODELING THE GENIUS

Picking An Expert To Mimic

1 Result To Achieve

.....
.....
.....

4 Modeling Action Plan

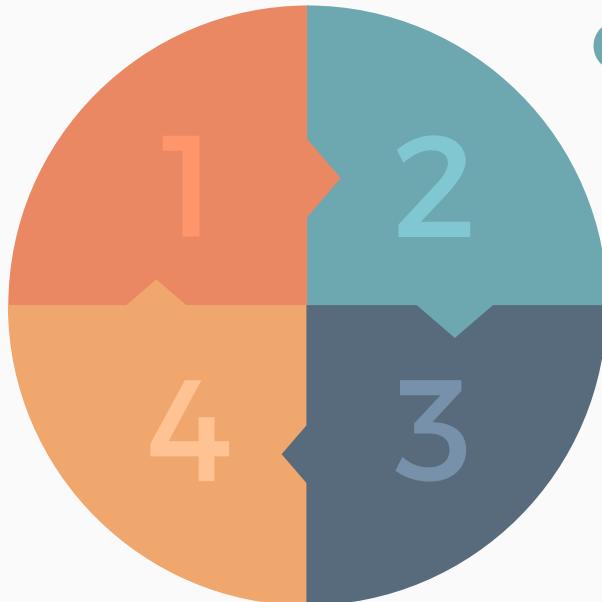
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2 Person To Model

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3 Elements To Model

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.....
.....



ELEMENTS TO MODEL - EXISTENT LEVEL OF PROFICIENCY

LEARNING STAGES:

STAGE 1

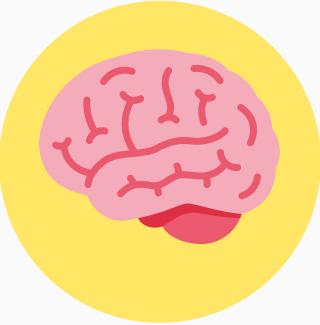
STAGE 2

STAGE 3

STAGE 4



HIGHEST VERSION MODELING



PROCESS

It might be challenging for some to figure out the elements of the highest version of themselves. Therefore, there are some steps that you can take to make sure you get it right.

It would be very helpful to use the TFAR system we talked about to figure out the elements you want to model.

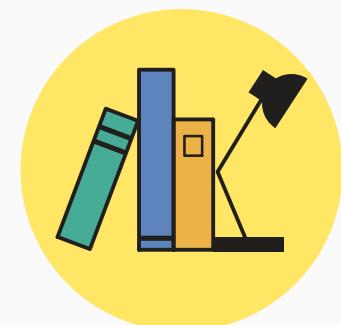
As we know the result (R) that the highest version of ourselves has achieved, we can deduce the actions he or she took (A), as well as the feelings (F), and the thoughts (T).



ELEMENTS OF THE PROCESS

First off, ask yourself, what is the result that you're trying to achieve right now, that the highest version of yourself would have achieved in the future?

Then ask yourself, who did he or she have to become, in order to get from where you are right now, to where you want to be?



DETAILED ELEMENTS TO MODEL

You want to be specific in your analysis. What kind of action did he or she take to attain the goal? How did the highest version of you act and behave? How did he or she feel towards the goal? And how did the highest version think?



APPLICATION

Once you got all the elements figured out, you can start mapping the modeling system based on those answers.

And as you know, there's going to be an action sheet that can help you with the thought mapping process.

HIGHEST VERSION MODELING



I wanted to give you an example on how you can figure out the elements and then build an action plan to apply them in your life.

As we said, we're going to be using the TFAR system to make our analysis easier and more effective.

You can take any example and replicate the analysis you're going to read to figure out the missing elements. In this example, we're going to talk about success in business. Let's say you're trying to build a six-figure business. That's the result, now let's analyze the steps.



ACTION

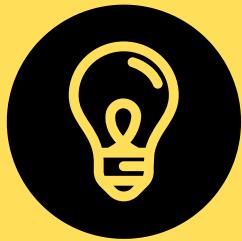
The highest version of yourself was able to build a six-figure business by following a series of steps. He or she learned and mastered sales and marketing to be able to promote the sell the product that the company is promoting. The highest version also became an excellent money manager, and a leader.

FEELINGS

In order to take those actions, he or she felt confidence, abundance, and faith that he or she can achieve it. The highest version of you had positive emotions that empowered him or her and pushed them towards achieving the goals. They also worked on eliminating some rooted negative emotions and feelings.

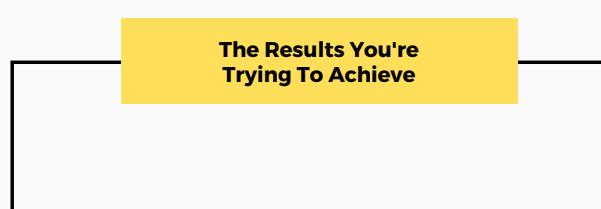
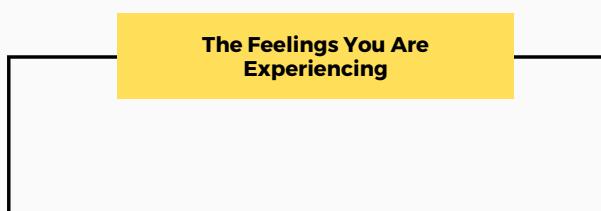
THOUGHTS

What kind of thoughts did the highest version of you allow in his or her life in order to feel the emotions they felt? He or she thought that can be successful, that they can do it, they can build the business and achieve their dreams. And the thoughts are of course aligned with all the previous elements discussed.



HIGHEST VERSION OF YOU

Identify And Model The Elements



ELEMENTS TO MODEL:

ELEMENT #1 :

RESULT TO
ACHIEVE:

ELEMENT #2 :

ELEMENT #3 :

ELEMENT #4 :

ACTION PLAN

HOW TO MODEL THE ELEMENTS:

ELEMENT #1 :

ELEMENT #3 :

ELEMENT #2 :

ELEMENT #4 :

WRITING YOUR ACTION PLAN
