



Positive Mind Training

Intro part 2 - Resilience

Familiar wisdom on acceptance:

- **Accept** the things we cannot change
- **Change** the things we can change

Examples of ‘resisting’ the past or present moment (i.e. ‘resisting what is’):

- **Regret**
- **Dissatisfied** or stressed about something that’s happened or a current situation
- **Wishing** we already have more success, better health, more wealth, more confidence
- **Complaining** (unproductively) about others

Accepting What Is:

- Accept the **past** or **present moment**. It’s impossible to change (undo) either
- In other words, stop wishing things were **already** different

What If:

What if we could:

- **Accept what is** all the time (and eliminate **worry**), focusing only on action to change the future
- Possess some **powerful tools** to change or achieve whatever we want to change or achieve
- Deal easily and effectively with challenges in **relationships**

Might life be **different**?

Positive Acceptance (Pacceptance)

- **Notice** whenever we’re wishing something were already different
- **Recognize** we’re wishing for the impossible
- **Drop** the resistant thought
- **Refocus** on what we can do, if anything, to improve the future

Pacceptance Principle

What is, is
And there’s no point wishing
That what is, isn’t

But if we want to change something (in the future)
We won’t do it by wishing
We need to act

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Accepting the future:

- **Notice** whenever we're wishing something we believe we cannot control were different in the future from the way it might be (i.e. worry)
- **Recognise** this makes no more sense than wishing something were already different
- **Drop** the worrying thought (replacing it with 'Whatever will be, will be')
- **Refocus** on how we can make it different to the extent we're able to

For bigger worries:

- Recognise we're almost certainly **exaggerating**:
 - The **likelihood** of something happening and/or
 - The **consequences** even if it did happen
 - Once we have the worry in a more realistic perspective, use the prime tool (4 step process)

In addition for all worries:

- Whatever happens, with practice we'll be able to **paccept** it

Intro summary

- 'Accept for now' any uncomfortable **feelings** (or unproductive desires). Be willing to experience and accept them
- Practice **accepting feelings** using the 3 questions and exercises
- Repeatedly 'accept the **feeling** (or unproductive desire), choose the (opposite) **action**' to unwind recurring limiting feelings / behaviours, and develop a powerful mindset
- **Paccept** every challenging or negative event or situation
 - 4-step process
 - Start small and build up
- **For worry**:
 - Use the equivalent 4-step pacceptance process. Whatever will be, will be
 - For major worries, start by identifying exaggerations in probability and/or consequence
 - If still needed, remember that whatever happens, with practice we'll be able to paccept it
- **Refuse** to maintain a resistance thought
- **Observe** resistance in others (TV etc) and consider how we'd now think and act in their circumstances

Daily reflection:

- Follow the **summary**, thinking back through the day and any significant past events or current situation
- Complete the **worksheet** (that you'll receive when you register for the course)

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Jack's genius:

Jack Nicklaus said to another professional golfer, annoyed because he'd just miss-hit an easy shot: "But that's the **best shot** you could have played!"

- What did he mean?
- Why did I need to get it confirmed by a professor of philosophy?
- How has it changed the lives of tens of thousands?
- Why don't they teach it in schools?

'Positive Mind Training' course:

- Four further webinars (the Intro is just a **taster**):
 1. An **extraordinary truth** that will sky-rocket your resilience and your ability to create a powerful mindset
 2. Remove challenges in **relating to others** and relationships
 3. Exceptional **power**, confidence and success
 4. An **amazing life**

Course outcomes:

- Gain total **control** of your mind
- **Become** highly resilient, motivated, confident, powerful, achieving and successful
- **Eliminate** stress, regret, worry and dissatisfaction
- **Remove** limiting beliefs, feelings and behaviours
- 'Accept what is' all the time (using a much more **powerful tool** than we just covered), while taking control of the future
- Deal effectively and calmly with challenges in relating to others and **relationships**
- Eliminate **fear** and acquire huge **self-belief**
- If relevant to you: eliminate **procrastination**, become a powerful public **speaker**

Further info:

- Life satisfaction and effectiveness **scores** (0 to 10): several moved from 3 to 10; 2 to 9 and 1 to 8; most from 6, 7, 8 or 9 to 9 or 10; sustained or further improved after six months
- Huge **incomes** for graduates for just a few hours of your time
- All Abicord / AAACCTT net income will go to funding **community projects** or **charities** that can support those projects

Temporary Investment:

- The full course is **FREE**, though there's an initial 'temporary' investment:
 - Normally **£79.00** (US\$97)
 - Reduced to **£29.00** (US\$36) if you register by the end of this webinar (now within 24 hours)
- Your temporary investment for the course (and this Intro) will be recovered many times, and for most who register now ... **many hundreds of times**, within a few

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months of course completion, for just a few hours of your time, using a mechanism provided on the course

Guarantees:

- In the highly unlikely event that:
 - Your temporary investment isn't recovered within 2 months of course completion, notify us within 3 months of completion and, providing you complete the course within 2 months of paying, we'll **refund** £29.00 (plus whatever you paid for the Intro), i.e. a full refund if you register by the end of this webinar
 - This guarantee is provided by Abicord, and **backed** by me personally (Graham Price, UK Chartered Psychologist, BPS, HCPC, BABCP Accredited)

Testimonials:

- See www.aactt.com/testimonials

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