



Positive Mind Training - MT3

Power tools

Our Goal:

If you had **no fear** and **believed** you could do, have or be anything you want, what would you do, have or be?

What's stopping us?

- Practical constraints
- Abilities / knowledge
- **Attitudes / beliefs**
- **Limiting feelings** / desires (fear, reticence, etc)

Accept the feeling, choose the action (Reminder from Intro 1):

- **Every time** we do what a limiting feeling or desire is telling us to do, we **reinforce** the unconscious beliefs driving that feeling or desire
- Repeatedly accepting the feeling or desire and doing the opposite **unwinds** those beliefs
- Acting powerfully, while accepting any feelings or other constraints, develops a powerful **mindset**
- Self-talk can help, but **action** is hugely more powerful
- Changing **behaviour**, while accepting any uncomfortable feelings, or unproductive desires, is the key
- Need to repeatedly act outside our **comfort zone**
- Exercise **free-will** to trigger powerful action

Adopting self-beliefs:

- Adopt one or more powerful **self-beliefs** and start acting in accordance with them.
 - Accept the feeling, choose the action, and exercise free-will, if needed
 - The belief/s will soon become real
- We can have, do or be **anything** that's possible
- We all have amazing **potential**; we just need to take action to release it
- We only live (this life) **once**. Why settle for less than is possible?

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Start now:

Stop playing **when-then** games

- **When** I'm confident, **then** I'll
- **When** the feeling goes away, **then** I'll

Changing or achieving something challenging (that's under our control) needs:

Commitment (an unbreakable promise)

- Achieving **goals**
- Changing **patterns**
- Breaking through **limitations**

Acting as if:

- Act as if we're someone we **admire** who's already doing, or could easily do, what we want to achieve
- Act as if we've **already achieved** the goal
- Act as if we already have more **powerful beliefs**
- What's stopping us? Accept the **feeling**, choose the **action** and exercise **free-will**, if needed

Take bold action:

- May already arise out of '**acting as if**'
- What's the **boldest** action we could take?
- What's stopping us? Accept the **feeling**, choose the **action** and exercise **free-will**, if needed

Focus on contribution:

- Contributing to others can bring greater satisfaction and **fulfilment** and opportunities for **personal growth**
- **Work** is generally more satisfying if we also focus on contribution and service (boss, team, other staff, management, organisation, customers, community)
- It can also help to resolve **emotional issues** such as anxiety, feeling low and low self-esteem
- If stuck on a goal or challenge, try **re-stating** it in terms of what it will do for others

Breaking patterns:

- Use **pacceptance** to accept the past and present and initiate change
- **Eliminate** unhelpful patterns, one at a time

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- Use relevant **power tools**, including commitment and contribution
- Accept the feeling, choose the action (and exercise free-will) if needed
- Start **now**

What if we've tried before and didn't get what we wanted?

- It's happened and it's the only thing that could have happened, so **accept** it
- If we want to do better next time something needs to change; we need to **break** the pattern
 - Accept the **feeling**, choose the **action** (and exercise **free-will**)
 - Adopt powerful **self-beliefs** and start living by them
 - Stop playing **when-then** games
 - Make a **commitment**, if it's within our control
 - Act **as if**
 - Take **bold** action
 - Focus on **contribution**

The key to moving forward:

- Take the **first step**

What do you want to change or achieve?

- What would take you out of your **comfort zone**?
- What **patterns** do you want to break?
- What would you do if you had **no fear** and total **self-belief**?
- What would make your life **amazing**?

Goals / Making Changes:

- What's the **goal**
- What are the **benefits**?
- By **when** will you achieve it?
- Are you willing to:
 - Accept the **feeling**, choose the **action** (and exercise **free-will**)
 - Adopt powerful **self-beliefs** and start living by them
 - Stop playing **when/then** games
 - If it's challenging and under our control, make a **commitment**?
 - Act **as if**
 - Take **bold** action
 - Focus on **contribution**
- What's the **first / next step** you need to take?

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- By **when** will you take it?
- Do you need any **support**?

What others have said:

- **Courage** is not the absence of fear, but a willingness to act in spite of it (James Owen)
- Life is either a **daring adventure** or nothing (Helen Keller; blind and deaf from birth)
- Here's how to get whatever you want; **do whatever it takes**
- If we always do what we've always done, **we'll always get what we've always got**
- It isn't death that man should fear, but **never beginning to live** (Nelson Mandella)
- Whatever you can do or dream you can, begin it. Boldness has genius and magic in it. **Begin it now** (Goethe)

The Fear Game:

- Once you enter, you **must continue** until you end the game. Make that a **commitment!**
- **Every challenge** you come across that's fearful, you **must do it**, as long as it's:
 - Safe
 - Legal and moral
 - Not financially extravagant or risky
 - No adverse impact on relationships or others
 - Feasible within any time constraint
- If you don't, the **game ends** and you cannot re-start it. Understand that's a massive penalty
- Accept the **feeling**, choose the **action**
- Can create an **equivalent game** for procrastination, feeling low, exercise, contribution or any other issue or goal

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Summary so far:

- ‘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** what is (including what was), and what will be (‘what will be will be’) all the time
- Major worries: Identify **exaggerations** (in probability and/or consequence). Then revert to ‘whatever will be, will be’
- If still needed, remember that **whatever** happens we’ll be able to paccept it
- We and others have always done (and others are doing right now) the **only thing** we could have done, given ‘who we were’ at the time, so paccept it
- We and others are still **responsible** for our actions, but that only impacts what we do now and in the future ... and there may still be consequences for what we’ve done
- Paccept **ourselves** totally as we are (we couldn’t possibly have been different right now) at the same time as seeking to develop
- The **future** is wide open. We can exercise **free will** in the present but only if we’re aware of our auto-pilot and choose to act more powerfully / productively than it’s telling us to do
- Observe resistance in **others** (TV etc) and consider how we’d now think / act in their circumstances
- **Withhold** any negative response where possible (to avoid reinforcing an unhelpful mindset)
- **Own** our reaction. Can then view our reaction and the trigger separately and paccept both
- Apply **determinist thinking** to the other person
- Try to understand their **perspective**; consider compromise or win-win solutions
- A greater focus on **contribution**, versus self-interest, avoids conflict
- **Take responsibility** for the other person’s behaviour. They’re doing the only thing they could be doing. Only we can change that right now
- Use the **exchange process** if needed
- **Reconcile** with significant others if needed
- Can **combine** ‘exercising free-will’, pacceptance and ‘accept the feeling, choose the action’ to let go of limitations and think / act more powerfully

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- Adopt one or more powerful **self-beliefs**; stop playing **when-then** games; **commit** (if wholly within our control); act **as if**; take **bold action**; focus on **contribution**, where needed to make changes & address **goals**
- Are you ready for the **Fear Game**, or other equivalent game?
- Exercise **free-will** in the present moment, by using all these tools, to think / act more powerfully or productively

Daily reflection

- Follow the **summary**, thinking back through the day and any significant past / future events
- Complete the **goals** worksheet
- Complete another MT1 and MT2 **worksheet** for revision, or review and update previously completed worksheets