



# Positive Mind Training - MT-4

## Final Session – An Amazing Life

### **Paccept it all**

- As we and others have always done the only thing we could have done, how could **anything** that's ever happened, or any situation that exists right now, have been different?
- If everything is, and was, the only way it could have been, our only problem is our tendency to **resist** what is
- Same applies to the **future**. (Whatever will be, will be)
- So **paccept it all** (past, present, future), while focusing only on how to improve things
- Drop every negative thought **immediately** and focus only on how we can improve the future
- Accepting feelings is an **example** of 'accepting what is' and hence part of pacceptance
- The **future** is wide open. We can make it whatever we want (within our influence and practical limits)

### **Owning our experience:**

- In the same way as owning our reactions, we can own our **entire experience**
- Can use statements / thoughts that reflect that ownership
  - **I'm** upset that ...
  - **I'm** irritated by ....
  - **I'm** disappointed that ...

### **Taking control of our experience:**

- **Own** and accept our reactions and our entire **experience**
- **Paccept** everything:
  - Determinist thinking
  - Time-based justification if helpful
  - Stop worrying (whatever will be will be)
  - Accept uncomfortable feelings / desires
- Recognise others feel justified from their **perspective**; then seek compromise or win-win solutions
- **Take** responsibility for their behaviour

### **Taking control of our lives:**

- Move from resistance to **pacceptance**
- Develop a powerful **mindset** (remember behaviour has by far the biggest impact on mindset, so act powerfully while accepting any discomfort or unproductive desires)
- Set **goals**
- Use the **power tools** ('accept the feeling, choose the action', adopt powerful self-beliefs, stop playing when-then games, commit, act-as-if, contribute, take bold action)
- Use **free-will** to think / act powerfully right now
- Find ways to **contribute** to others
- Become the **person** we want to be



**An adage to live by:**

- Accept the **feeling**
- Choose the **action**
- Challenge the **thought**

**Acceptance Action living:**

- Breaks through **victim** thinking and **powerlessness**
- Allows us to take responsibility for, and have control over, our lives and our **experience** of life
- **Frees** us from stress, regret, worry, frustration, fear and procrastination
- Enables us to become more motivated, achieving and **successful**
- Focuses on **contribution**, along with self-interest
- Deals with challenges in **relationships**
- Gives us the freedom to **explore** and realise our potential

**‘Positive Mind Training’:**

- Is **sustained** and further enhanced with practice
- Is **grounded**, logical and easy to apply
- Impacts our **work** and our whole **lives**
- **Organisational** benefits:
  - provides skills to be more **effective**, **achieve** more and improve **relationships** and **team** effectiveness
  - generates **confidence**, power and **motivation**
  - eliminates **procrastination** and boosts **productivity**
  - removes **stress** and **conflict**
  - reduces **sickness**, **absence** and **attrition**
  - increases focus on **contribution**

**Our aims:**

- Eliminate **stress** from participants’ lives and from organisations
- Enhance **well-being**, **motivation**, **effectiveness**, **self-esteem** and **achievement**
- **Enable** everyone to become the person they want to be
- Reduce **conflict**
- Raise **job satisfaction**
- Increase **prosperity** and **fulfilment**
- Raise focus on, and opportunities for, **contribution**
- Train **all adults** willing to be trained
- Take it into **schools** and **prisons**

**Reinforce / enhance the training:**

**Revision:**

- DVD (Intro seminar) £ 19 (US\$ 25)
- DVDs (4 follow-up seminars) £ 42 (US\$ 50)

[www.changeabillionminds.com](http://www.changeabillionminds.com)



- CD (1 hour summary: revision only) £ 19 (US\$ 25)
- Card summary (plastic card) £ 11 (US\$ 14)

#### **Taking it further:**

- One-to-one coaching or therapy £130 (US\$190)  
(or see Association for Acceptance Action Coaching, Therapy and Training – see below)
- E-books US\$27
- Weight loss: £105 (US\$140)  
(One year money-back guarantee)
- Smoking cessation: £ 95 (US\$128)  
(One year money-back guarantee)
- Amazing Lives For All forum Free
- Association for Acceptance Action Coaching, Therapy and Training (AAACTT) – for actual, or £10 (US\$13) pm  
aspiring, coaches, therapists and trainers Free to Forum members

All Change a Billion Minds / AAACTT's net income will go to charities or community projects

#### **Referral rewards:**

- Established goal of one billion in 5 years
- Increased referral **rewards** from 15% to 50%
- 2 successful referrals to **recover** your temporary investment
- Can **continue** to refer for further 50% rewards
- **Reward** goes to referrer, charity or community projects, or a mixture at referrer's option
- Not a **pyramid**; it's a commission ... and the temporary investment will decrease over time until recovery no longer needed
- **MUCH** higher rewards via **PMT Forum** for gifting the training

#### **Opportunities and ways you can help:**

- Promote the free **Intro** webinar (free to your referrals):
  - Your reward: 50% for those referrals who attend the full training, for yourself, charities or community projects
  - We'll send you promotional material for emails and social media
- Send us a **testimonial**:
  - We'll make a unique extract and check it with you.
  - Can use a pseudonym if you prefer
- Send us a **feedback** form (can mail to stay anonymous if you prefer)
- Join the **PMT Forum**

#### **PMT Forum:**

- Reinforce, supplement and enhance your use of **PMT** tools
- Gain support, to achieve your **goals**

[www.changeabillionminds.com](http://www.changeabillionminds.com)



- **Share** ideas, experiences and mutual support
- Participate in a **community project** to spread the training and reduce poverty, hardship and conflict, in exchange for a very large **income** (or contribution to charity or community projects, or a split between them, at your option), for just a few hours of your time
- Opportunities for Forum members to **gift** the training and earn ‘multi-level’ rewards
- **Anticipated** income (or contribution to charity or community projects): £50,000 (US\$60,000), or many times that amount, per participant
- Create, lead or participate in **local** community projects
- For coaches, therapists and trainers, or those wishing to become one, free membership of **AAACTT** (provides training, support and clients). See [www.aaactt.com](http://www.aaactt.com)
- We strongly recommend you **engage now** to gain huge benefits and the 75% discount for life.