

THE SECRETS OF SUCCESS



How to Be 10 Times More Creative And Productive



What We Covered Last Month:



- Why You Must Eliminate Fears Holding You Back.
- The Amazing Benefits of Being More Courageous.
- The Importance of a Positive Mental Attitude.
- How to Become Solution Focused.
- How to Experience Deep Lasting Happiness.
- How to Generate Courage and Achieve What Others Can't.

How to Be 10 Times More Creative And Productive



What You Will Learn Today:



- The Money Making Power of Your Own Ideas.
- The Easy Way to Start Thinking Like a Genius.
- How to Tap Into an Unlimited Reservoir of Creativity.
- 10 Ways to Powerfully Stimulate Your Creative Flow.
- How to Boost Your Energy and Combat Stress.
- 10 Questions to Make You Twice As Productive.

Why These Are Important:

- You will be able to achieve a level of success other's can't.
- You'll have greater power to get what you want.
- You'll be able to improve your personal life and career.
- You can achieve all your goals faster, while reducing stress.

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Are Success and Wealth Created Through Hard Work?



- Most People Work Hard But Are Almost Broke.
- Success & Wealth Are Created in Your Mind!
- Your Mind **Contains Everything You Need** – you can use it to achieve anything you want.
- **PROVIDING** you know how to tap into it's potential.
- Everything That Exists **Started as an Idea** in the Mind of a Single Human Being

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“Dr. Alexander Graham Bell, and Dr. Elmer R. Gates, observed that every human brain is both a broadcasting and receiving station for the vibration of thought.

Through the medium of the ether, in a fashion similar to that employed by the radio broadcasting principle, every human brain is capable of picking up vibrations of thought which are being released by other brains.”

“Thought, which has been modified or “stepped up” by any of the major emotions, vibrates at a much higher rate than ordinary thought, and it is this type of thought which passes from one brain to another, through the broadcasting machinery of the human brain.”

- Napoleon Hill



MAJOR Breakthroughs - occur simultaneously around the world

William Ogburn and Dorothy Thomas, in 1922 created the first list of 148 major inventions and discoveries that occurred simultaneously around the world.

- ❖ Newton and Leibniz both discovered calculus.
- ❖ Charles Darwin and Alfred Russel Wallace both discovered evolution.
- ❖ Three mathematicians “invented” decimal fractions.
- ❖ Oxygen was discovered in 1773/1774 by Joseph Priestley in (England) and by Carl Wilhelm Scheele (Sweden).
- ❖ Colour photography was invented at the same time by Charles Cros and by Louis Ducos du Hauron, in France.
- ❖ Logarithms were invented by John Napier and Henry Briggs in Britain, and by Joost Bürgi in Switzerland.
- ❖ In 1611 there were 4 independent discoveries of sunspots in Italy, Germany, Holland and England.
- ❖ The law of the conservation of energy was discovered 4 times independently in 1847.
- ❖ At least 6 different inventors of the thermometer.
- ❖ 9 people claim to have invented the telescope.
- ❖ Alexander Graham Bell, Elisha Gray and Antonio Meucci all invented the telephone at the same time.
- ❖ Even radio was invented by both Tesla and Marconi at the same time.



Are Ideas "In The Air"? – my own experiences make me think so



- Ideas seem to appear in many peoples minds at the same time – especially when they can be used by society.
- Is it Possible to Tap Into Creative Ideas?
- We can tap into unlimited creative ideas using our subconscious mind.

You Must Become an Expert at:

- Tapping into the creativity of your subconscious mind.
- Influencing your subconscious to create the life you want.

Your Ideas Create Your Life – what you can imagine you can achieve



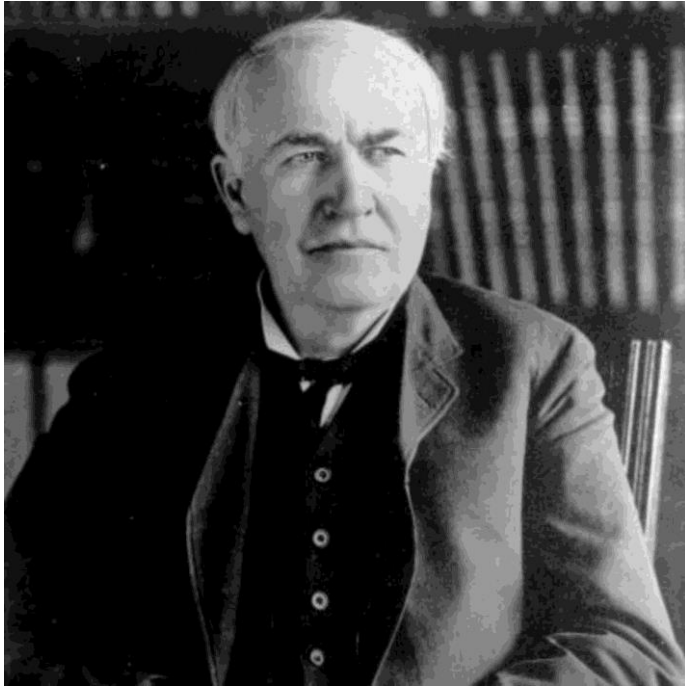
- Everything Starts With An Idea.
- Success is Created Through Your Ideas.
- Amazing Ideas That Changed the World - came as flashes of inspiration.
- You Have a Limitless Source of Life-Changing Ideas Locked Inside You.
- You Can Tap Into This Source of Unlimited Ideas.
- You Just Need to Know How to Access Them.

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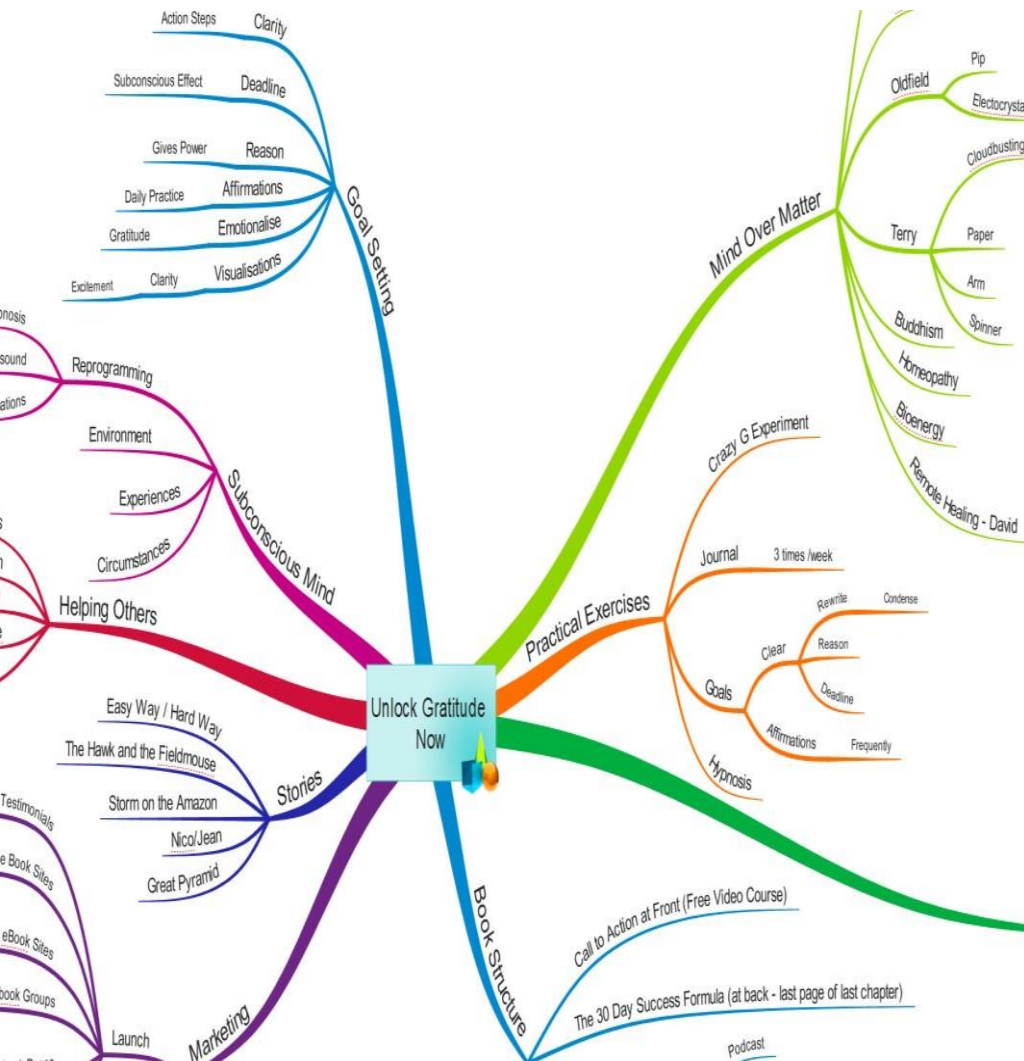
**10 Powerful Techniques that
will allow you to access your
creative inner genius...**



Thomas Edison's Catnap Technique

- **Step 1:** Plant firmly in your mind the problem to which you need a solution.
- **Step 2:** Request a solution from your subconscious mind.
- **Step 3:** Summon up firm belief/faith that you will get a solution from your subconscious mind on awakening.
- **Step 4:** Relax and go to sleep for 30 mins to 1 hour.
- **Step 5:** The solution will come to you on awakening, or may come in some other form over the next few days.

This technique is simple, yet very effective when done correctly!



Create a Mind Map to Stimulate Your Creativity

Mind maps work in the same way as your brain, and that's why they are so effective. They get you into a creative mind state, where ideas flow effortlessly .

- **Step 1:** Start with a central idea or goal – centre of page.
- **Step 2:** Brainstorm steps that can help you reach it.
- **Step 3:** Write down in any order as they come to mind.
- **Step 4:** Reorder them logically by linking them together.
- **Step 5:** As you see the map start to take shape more ideas will start coming into your mind.

This is a very simple way to get ideas for any project – no matter how complex



Day 1: Write out 10 ideas for improving your physical health



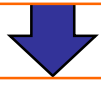
Day 2: Write out 10 ideas to create better emotional health



Day 3: Write out 10 ideas that could improve your finances



Day 4: Write out 10 ideas for improving your enjoyment of work



Day 5: Write out 10 ideas for creating smartphone apps

Day 6: Write out 10 ideas to have more fun each day



Day 7: Write out 10 ideas that could progress your career more quickly



At the end of just 1 week you will be amazed by the number of great ideas you have squeezed out of your mind!

- **Your ideas** are what lead to your success, freedom and wealth.
- Block out 30 minutes each week to brainstorm new ways to improve your life.





Get Into a Relaxed Focussed Receptive State:

- Meditation.
- Bio-feedback.
- Brainwave sensing technology.
- Light and Sound Technologies.
- Electro-Cranial Stimulation.
- Self-Hypnosis



How to be 10 Times More Productive

There Are Simple Ways to Get 10 Times More Done While Dramatically Reducing Stress

- This is the age of distraction – social media, TV, phones, internet.
- We get 24 hours each day, and cannot create more time.
- We can only change the way we do things.
- Wasting time sabotages people's chances of success.
- Achieve more in the next 12 months, than in the last 12 years!
- Sounds Stressful, but it is not!
- Stress is the Number 1 Contributor to Serious Illness.



- **There are simple yet powerful ways to progress all your goals faster, while reducing stress and dramatically improving your life**

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Brendon Burchard – Founder of High Performance Institute

“High Performance means excelling and succeeding above and beyond standard norms consistently over the long-term”

High Performance Habits:

- High Performance vs Peak Performance.
- Have Greater Energy, Fulfilment, Aliveness and Joy.
- Master Productivity and Time Management.
- Master Your Physiology and Boost Your Energy.
- Techniques to Reduce Stress and Burnout.
- Energisation Breaks - every 60 to 90 minutes.
- Be More Effective and Influential.
- Achieve Your Goals Faster and Be More Successful.

The High Performance Coaching Model™

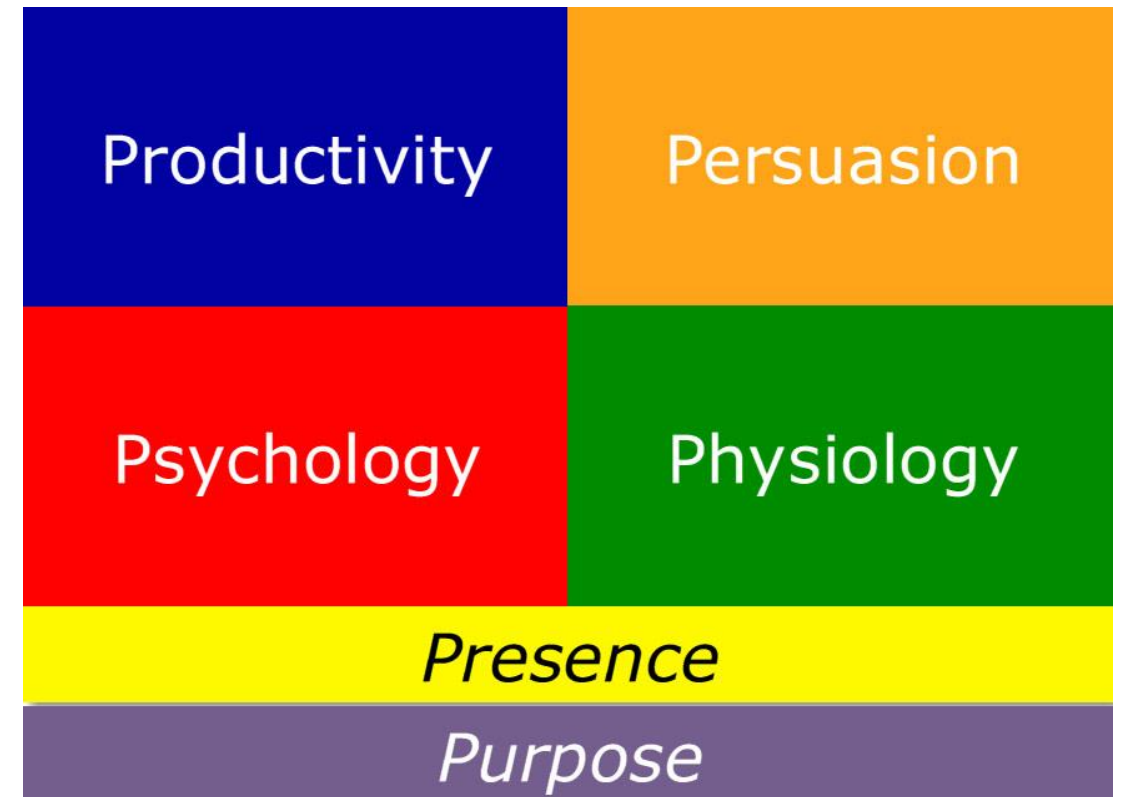


**CERTIFIED
HIGH PERFORMANCE
COACH™**

We Experience These...

- Clarity
- Energy
- Courage
- Productivity
- Influence

By Mastering These...



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High Performance Coaching – productivity questions



1. When was a time in your life when you were most productive?
2. How did you get so much done?
3. Where do you feel you are not being productive enough yet in your personal life and why?
4. Where do you feel you are not being productive enough in your professional life and why?
5. If you could only improve 1 or 2 of these, what would they be?
6. What could you start doing to improve these areas?
7. What do you really feel is most important in your mission/goals right now?
8. Are you moving towards it at the pace you really want?

Time for Some Self-Reflection: In a previous session we explored the Clarity Chart, and your Success Markers.

Here they are again...

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9 Words to Maintain Your Day-to-Day Clarity

The Clarity Chart

SELF:

The 3 words that will now define the best of who I am and that I will use to guide my personal life, including my thoughts include... **Mine Are:** Motivating, Inspiring, Empowering

INTERACTIONS:

The 3 words that will now define and guide how I will engage and treat others whom I meet in life, including my loved ones and strangers, include...**Mine Are:** Caring, Attentive, Appreciative

SUCCESS MARKERS:

The 3 words that will now remind me of what it is that made me most successful and will make me even more successful, include... **Mine Are:** Clarity, Determination, Consistency

Keep yourself on track - Set phone reminders. Combine with 3-minute Qigong Routine with Tapping these words (see March live training).!!!

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High Performance Coaching – productivity questions



1. Are you still doing these practices to make you most successful?
2. What distractions or competing interests seem to keep you from getting more done?
3. How could you minimize these distractions?
4. You need to transform distraction into focussing on your mission.

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Daily Success Planner – time is your most valuable treasure!

Projects

List the 5 biggest things I must do to move each of these projects forward:

Project 1 _____

- 1
- 2
- 3
- 4
- 5

Project 2 _____

- 1
- 2
- 3
- 4
- 5

Project 3 _____

- 1
- 2
- 3
- 4
- 5

People

People I need to contact today:

- 1
- 2
- 3
- 4
- 5

People

People I'm waiting to hear back from:

- 1
- 2
- 3
- 4
- 5

Priorities

The main things I must complete today, no matter what:

Time Blocking – for a dramatic increase in productivity

- Block Time is a focus-management approach that requires "blocking out" significant amounts of time to advance or complete a major project in your life.
 - It requires you to get clear on a major dream and schedule real time to leap towards it.
 - When doing time-blocking to progress any project - eliminate all distractions.
 - Turn off your phone, social media, and make sure you are not disturbed, so you can have total focus and be at your most creative - so you can make the fastest progress possible.
- **GOAL:** Minimum effort - maximum result.

Lets look at a great way to do this effectively...



Time Blocking Questions

Below, detail a dream you have and spend some time answering the questions and planning your block time:

DREAM 1:

1. A dream project I'd love to start or complete is.....
2. The reason this project is a dream of mine and I'm committed to it is.....
3. If I'm ever going to make this dream come true, I'd have to make these things my priority.....
4. A block of time I'm going to dedicate to this dream or project is..... (can be a daily block of time, or a block of time that is several days or weeks long where you focus on nothing else but the project, like writing a book over the next two weeks).

Repeat this process for other dreams you have.

To create the reality where I will have this much block time to complete the project, I will need to make these adjustments in my life.....



How to Win Back Time

Time is your most valuable possession – you never get more, but you can spend it much more wisely.



FACT: The average American spends 5 hours and 4 minutes watching TV every day. That's 1,849 hours each year, or the equivalent of watching TV 24/7/365 for 16 years of their life!!!

How different would their lives be if they watched just 1 hour less TV and spent that hour pursuing their goals in life?!

STRONG SUGGESTION: Just for 1 day, take account of how you spend each hour of that day. You may be very surprised how much time you could set aside by prioritising your time better.

POWERFUL FOCUSING QUESTION:

“What’s the ONE thing I can do that by doing it, everything else will be easier or unnecessary?”

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What We Have Covered:

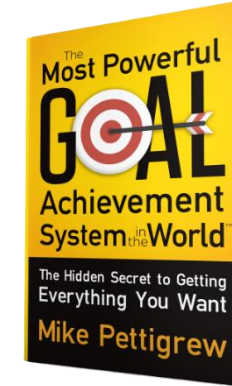
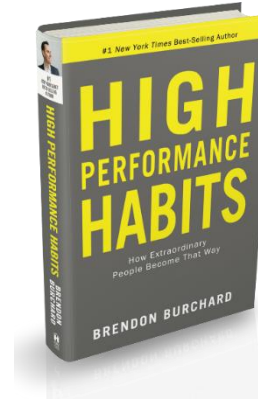
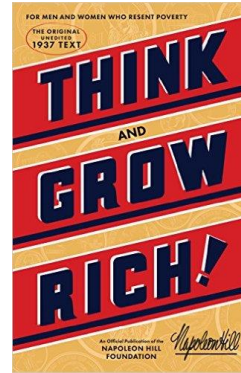


- Success and Wealth Are Created Through Ideas - not hard work.
- Everything That's Ever Been Created Started as an Idea.
- Scientists/Inventors "Tune" Into Great New Ideas/Inventions.
- Your Mind is Capable of Tapping Into Unlimited Creativity.
- 10 Ways to Access Your Creative Inner Genius.
- How to be 10 Times More Productive While Reducing Stress.
- How to Maintain Clarity Every Day.
- A Daily Success Planner to Achieve Any Goal 10 Times Faster.
- How to Block Time for Massive, Radical Productivity.
- How to Win Back Time – even if you think you have none.
- The Powerful "One Thing" Focussing Question.

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Recommended Resources



- **Bio-Feedback/Light & Sound Machines:** www.MindPlace.com
- **Brainwave Sensing Headsets:** www.NeuroSky.com
- **Electro-Cranial Stimulation:** www.Sota.com
- **Think And Grow Rich:** Napoleon Hill
- **High Performance Habits:** Brendon Burchard
- **Release Meditation:** YouTube “release meditation”
- **The Most Powerful Goal Achievement System in the World:** Mike Pettigrew
- **The One Thing:** Gary Keller and Jay Papasan



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Over to You...



Questions & Answers

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