

properties / characteristics / prime directives of the Unconscious Mind:

- is extremely symbolic = visualization, affirmations, and statements powerful
- is always listening.
- works on the principle of Least Effort.
- takes everything personally.
- does not process negatives.
- doesn't know the difference between past, present, or future
- maintains instincts and generates habits.
- needs repetition until a habit is "installed."
- is programmed to continually seek more and more.

mistakes most people make when creating goals:

- thinking about what you should do versus what you want to do.
- thinking about what you should stop doing vs what you want to achieve.
- not wording things properly (based on properties above).
- not being consistent with visualization.

1st, define your areas of life

sit down and list out the different areas of your life. we call these life categories, or you can think of it as life areas. the main ones:

- PERSONAL relationships
- FAMILY
- HEALTH
- FITNESS / PERFORMANCE
- CAREER
- FINANCIAL
- CONTRIBUTION

2nd, complete the "closing the GAP" worksheet on each area of your life

1. **STEP 1 – what do I want?**
 1. what is at least one concrete measurable goal. example – I can do 10 strict pull-ups in a row.
 2. what in general do I want in this area? think of states, ways of being, and things that are ongoing. write out a vision statement describing yourself at your highest and best in this area.
2. **STEP 2 – where am I now?**
3. **STEP 3 – action steps?** what are some initial action steps I can start now? starting on any of these will give you MOMENTUM.

3rd – DAILY ENVISIONING – every morning

commit to this daily process, and watch your dreams manifest into reality!

1. find a quiet spot that you can make your place for envisioning every morning. make it a special spot, a place that feels ritualistic.
2. put yourself in a state of gratitude = think about things you're grateful for. this will immediately change your state and put you in a state of being receptive to things you want to bring into your life.
3. sit in silence for at least 5 minutes to quiet your mind. you can meditate, use guided meditation programs such as Headspace, or you can just sit in silence for 5min.
4. read over your goals and your specific actions.

STEP 1 - what do I truly want in the _____ area of my life?

- at least 1 thing that is measurable and attainable.
- at least 1 general vision statement that describes you at your best.

STEP 3 - what specific actions can I take to close this gap?

STEP 2 - where am I right now?

closing the

GAP

name _____

date _____

difficulty	time of day	alternative	leverage

how am I going to break the pattern???

list of power-ups