

How to Generate Courage

SUCCESS SECRETS



Generate the Courage to Achieve Anything You Want



What We Covered Last Month:



Technology to Make You More Successful:

- Quick Recap of the Subconscious Mind.
- 9 Powerful Ways to Influence Your Subconscious.
- How to Use Technology to Speed Up Your Goals – with demonstrations of mind machines.
- High Performance Habits for Greatly Increasing Your Energy and Brainpower.

Generate the Courage to Achieve Anything You Want



What You Will Learn Today:



- Why You Must Eliminate the Fears That Hold 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.

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 take more risk and experience far greater rewards.

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Fear is triggered by a perceived threat. It is an essential part of keeping us safe.



The Damaging Effects of Fear:

- Increases blood pressure and rate of ageing.
- Weakens the immune system.
- Can cause stomach and digestive problems.
- Impacts our ability to think clearly and rationally.
- The brain starts perceiving events as negative.
- These memories tend to be very durable.
- Similar environments can trigger the fears again.
- Can misread people and make bad decisions.
- Impairs formation of long-term memories.
- Can lead to anxiety, depression & brain damage.

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Courage Allows You to Achieve What Others Can't



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela

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Courage Allows You to Achieve What Others Can't



"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

- Winston Churchill

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Courage Allows You to Achieve What Others Can't



*"Only those who will risk
going too far can possibly
find out how far one can go."*
- T. S. Eliot

Courage is NOT the absence of fear - it allows you to take action even in uncomfortable or fearful situations.

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Courage Allows You to Achieve What Others Can't

Courage requires the taking of genuine risk.

The Benefits of Courage:

- Makes us feel good because we master our emotions.
- You can achieve a level of success and achievement that is impossible for others.
- You can do what your heart / wisdom tells you is right, even if difficult.
- It allows you to stretch your current boundaries, expand your horizons, do new things and experience more from life.
- It allows you to truly think big!
- Taking courageous action gives greater confidence.



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Fear or Courage? – Your Choice

**WHATEVER
DOMINATES - WINS**

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“There is very little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.”

- Napoleon Hill

Positive Mental Attitude – makes the impossible possible



Our Outlook On Life Determines Everything:

- *Pessimism* - influences thoughts, beliefs, feelings, actions & results.
- *Positive Mental Attitude* - make the impossible possible.
 - Vital for achieving a FAR better life.
 - Essential for achieving great success.

“By retirement age only 5% of people will be successful or financially secure.” - US Social Security Administration.

Limiting Beliefs and Self-image - why 95% of people will never experience real success and fulfilment.

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Exercise – Become Solution Focussed



*"Close scrutiny will show that most
"crisis situations" are opportunities to
either advance, or stay where you are".*
— Dr Maxwell Maltz

Give the Problem a Name:

EG: "The problem with my boss"



Write out 10 ways the problem causes you to suffer



Write out 10 things it's helping you learn about yourself



Write out 10 positive things you could experience by
overcoming this problem

ALSO: Use Affirmations to Create a Positive Mental Attitude!

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Self-Image – changing your self-image = changing your life



Maxwell Maltz, M.D., Psycho-Cybernetics:

“The “self-image” is the key to human personality and human behaviour. Change the self image and you change the personality and the behaviour.”

“But more than this. The “self-image” sets the boundaries of individual accomplishment. It defines what you can and cannot do. Expand the self-image and you expand the “area of the possible.”

“The development of an adequate, realistic self-image will seem to imbue the individual with new capabilities, new talents and literally turn failure into success.”

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How to Change Your Self-Image

Exercise Recap - Uncover and Overcome Limiting Beliefs

Uncover:

Read this sentence aloud:

"I can't become / achieve _____ because....."

Quickly write out a single reason why it's not possible for you

Repeat above 2 steps until you have uncovered 10 limiting beliefs

Score each belief 1-10: stronger the feeling the higher the score

Select the 4 limiting beliefs with the highest scores

Overcome:

Slowly write out as many reasons as possible, that counteract each of these 4 limiting beliefs using this sentence:

"I **CAN** become / achieve _____ because....."

Select the single most empowering reason that counteracts each one of your 4 limiting beliefs

Convert each of these empowering reasons into separate affirmations and repeat them daily, while triggering your Goal Anchor

Use the
Overcoming
Limiting Beliefs
Exercise

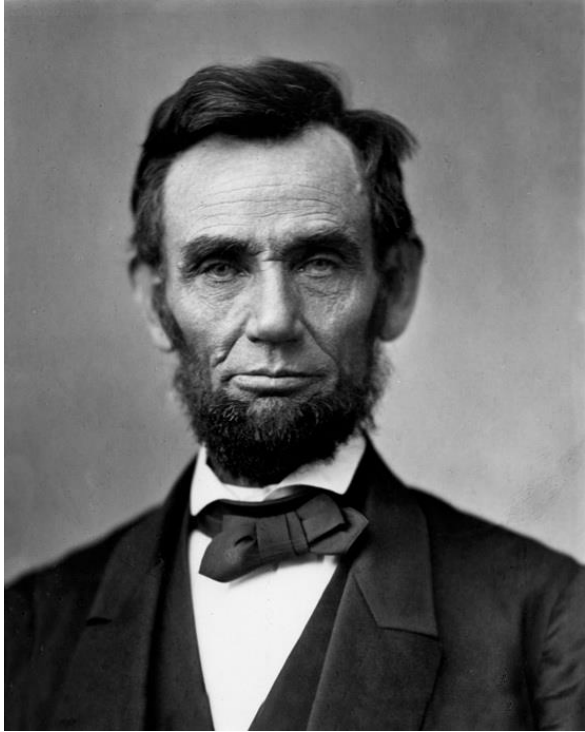
Generate Courage and Happiness to Achieve Your Dreams



Generate the Courage to Achieve Anything You Want



Happiness – you are as happy as you decide to be



Everything is Choice:

- What We Repeatedly Choose - becomes our reality.
- This NOT About Suppression – that's unhealthy.
- Its Consciously CHOOSING - what you want to feel.
- Deciding - what you want to experience.
- You **Construct** - your own happiness.
- Happiness is **NOT** - dependent on your circumstances.

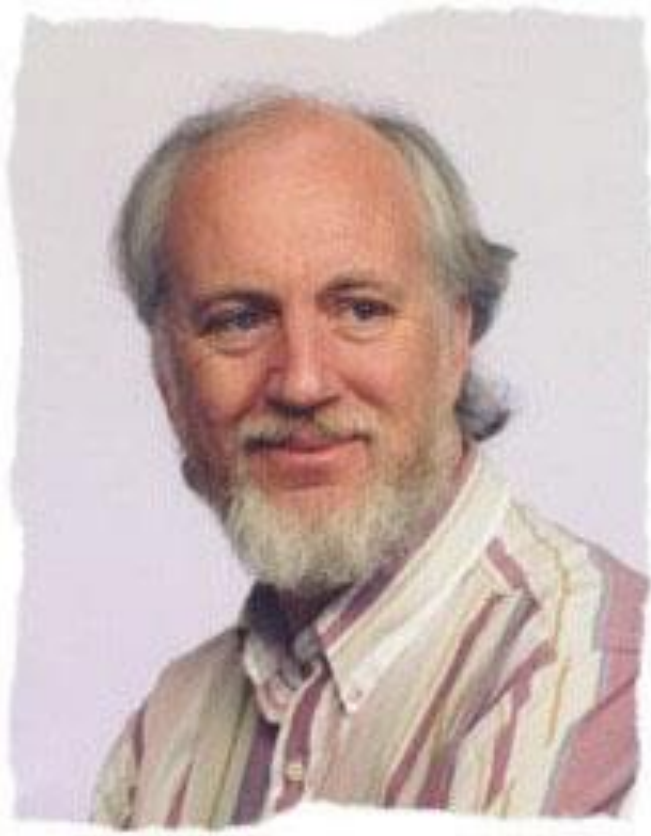
“Most people are about as happy as they make up their minds to be.”

- Abraham Lincoln

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Happiness – you can choose what you want to experience



“If you want to experience any state of consciousness you have experienced in the past, all you need to do is remember what it felt like.”

- Bruce Moen

You Can Bring Up: Gratitude, Happiness, Love, Excitement etc...anytime you choose.

Generate the Courage to Achieve Anything You Want





*"To change a habit, make a
conscious decision, then act
out the new behaviour"*

— Dr Maxwell Maltz

Professor Elmer Gates Page 130: The New Psycho-Cybernetics...

Your Own Happiness – some revealing questions

- Are You Holding on to Disappointments - from your past?
- Do You Ever Feel Like a Victim?
- Are You Secretly Blaming Others - for your difficulties?
- Do You Sometimes Feel Others Are Lucky - but you are not?
- Do You Feel You Can Only be Happy – if something happens?



If So, You Are Sabotaging Your Own Happiness!!!

- You are choosing to NOT be happy in the present.
- This becomes a serious habit, *that must be broken*.
- Habits are your *automatic responses* and can easily be changed.
- Change them using affirmations.
- Using high performance habits – Tapping & Qigong.
- Take daily actions to strengthen the new habits – help and encourage others.

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High Performance Training – what is it?



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.

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The High Performance Coaching Model™

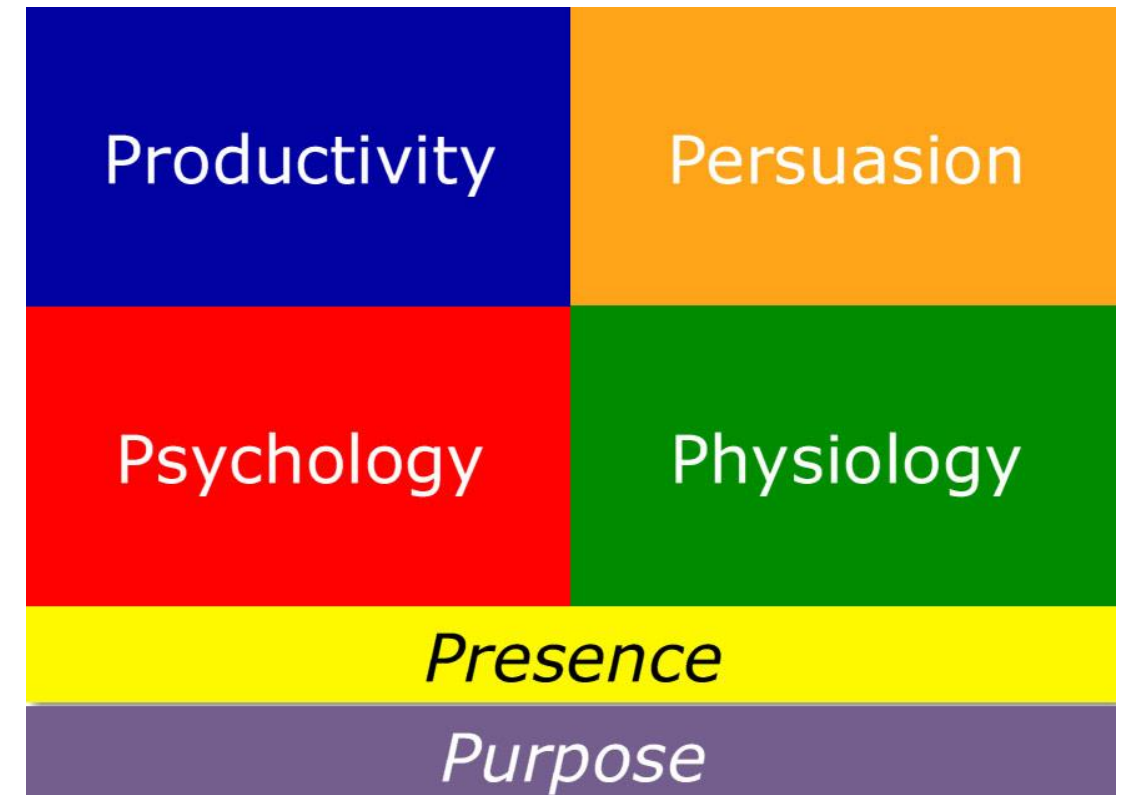


**CERTIFIED
HIGH PERFORMANCE
COACH™**

We Experience These...

- Clarity
- Energy
- Courage
- Productivity
- Influence

By Mastering These...



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High Performance - questions to help you develop greater courage

Courage is NOT the Absence of Fear – **its the ability to DO something that scares you.**



Remember a Time in the Past Where You Felt Really Courageous:

- How did it affect what happened to you?
- Did it lead to success in some way?

Courage Questions:

- 1) Are there any people or situations in your life right now where you feel you could be stepping up more?
- 2) What do you tend to worry about or fear the most in life?
- 3) How could that fear be affecting your ability to perform at your best?
- 4) Is there anyone in your life who you are not being more honest with when it comes to your true feelings?
- 5) If you had more courage, what would you STOP doing right now?
- 6) If you had more courage, what would you START doing?

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High Performance – Courage Checklist

Awareness of What We Fear - we often fear 3 things in life (apart from dangers to our life)

- **Loss Pain** - by advancing our lives we may lose something important to us.
- **Process Pain** - change will be too difficult for us.
- **Outcome Pain** – our efforts may not lead to a better life and "the grass may not be greener".

Think of a Change You Have Avoided or a Goal You Have Not Moved Towards.

Now, complete these sentences for greater insight:

I haven't changed or chased my dream with more courage and commitment because

1. I'm afraid I might lose.....
2. I'm afraid the process might bring on these hardships in my life.....
3. I'm afraid that despite all my efforts the outcome might not be so good, and I could end up.....

- When I overcome all my fears and have the courage to take action and improve, my life will be different in this way.....

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High Performance – Where Does Courage Come From?

How Do We Start to Gain More Confidence and Courage in Our Lives?

- The Answer Lies NOT Only in Moments of Crisis - but in how we live each day of our lives.
- We Need to Express Our Real, Thoughts, Feelings, Needs and Ambitions to Others.
- It Takes Courage to Tell the World - what you're about and how you're thinking.
- Doing it More Consistently - will forge a stronger confidence in your heart and social world.

Complete These Sentences:

If I'm honest, I haven't been communicating my real thoughts, feelings, needs and ambitions to the following people and its' costing me:

A person and situation I am dedicated to addressing in the next 5 days is and this is why and how!
.....

These are the 3 areas I'm going to take more bold action in the next 60 days, and here's what I'm going to do!

- 1).....
- 2).....
- 3).....

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What We Have Covered

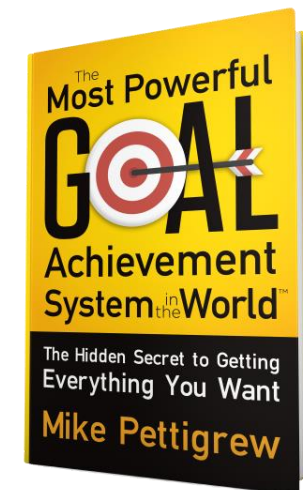
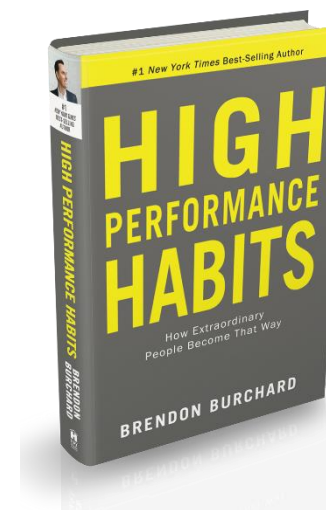
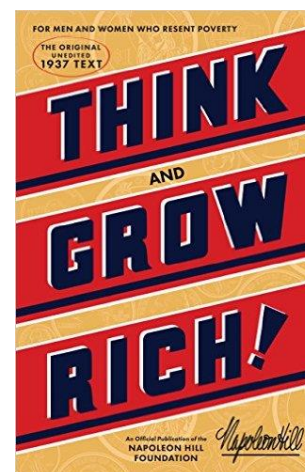
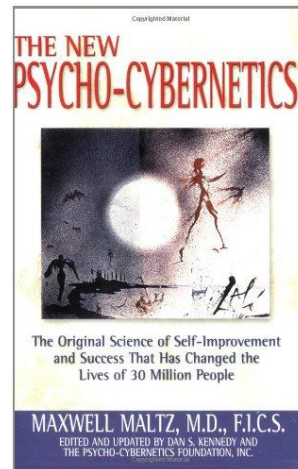
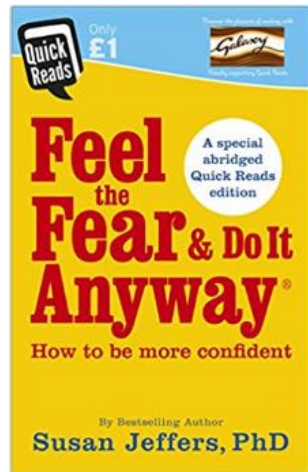


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Recommended Resources



- ❖ **Feel the Fear and Do it Anyway:** Susan Jeffers
- ❖ **The New Psycho-Cybernetics:** Dr Maxwell Maltz
- ❖ **Think And Grow Rich:** Napoleon Hill
- ❖ **High Performance Habits:** Brendon Burchard
- ❖ **The Most Powerful Goal Achievement System in the World:** Mike Pettigrew

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Generate Courage

Over to You...



Questions & Answers

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