

The Most Powerful



**Achievement System
in the World**



How to Energize Your Mind!

with Mike Pettigrew

What We Covered Last Month:



10 Steps to Achieve Your Goals Faster in 2021:

1. How to Get Clarity on Your Individual Goals.
2. Discovering Your BIG Why for Each of Your Goals.
3. The Importance of Grouping Goals with Deadlines.
4. How to Overcome Every Limiting Belief Holding You Back.
5. Creating a Goal Anchor for Achieving Goals Faster.
6. The Easy Way to Create Highly Charged Goals.
7. How to Convert Your Goals into Affirmations.
8. Simple Ways to Optimise Health, Energy and Brainpower.
9. High Performance Tools to Achieve What Others Can't
10. How to Find Your Own Major Life Purpose.

How to Energize Your Mind!



What You Will Learn Today:

muse™
the brain sensing headband



Technologies That Can 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.

Why These Are Important:

- You can start influencing your subconscious mind to achieve what you want more easily.
- By having more energy and brainpower you can be far more creative and achieve your goals faster.



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Why People Struggle With This:



They Don't:

- Understand How Their Mind Operates.
- Know How Their Body Works or Its Needs.
- Realise the Importance of Energy in Achieving Goals.
- Know How to Boost Their Energy.
- Understand the Importance of High Performance Tools and Habits.
- Realise Something So Simple Can Be So Powerful.

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Your Subconscious Mind – a quick recap



The Subconscious Mind:

- Makes Up 95% of Your Entire Mind.
- Controls Automated Bodily Functions.
- Files, Catalogues and Records All Your Experiences.
- Gateway to Unlimited Wisdom.
- You Have Been Conditioned – we all have!
- Your Subconscious Beliefs Always Win Out.
- Creates the Circumstances of Your Life.
- Fortunately, Your Subconscious Can Be Influenced.
- You Can Reprogram Your Mind for Success!
- Program it Through Repetition and Emotion.
- Works Like a Guided Missile to Get What You Want.

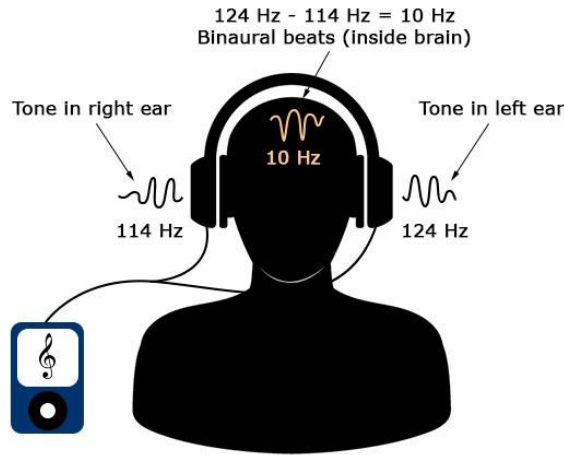
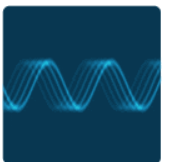
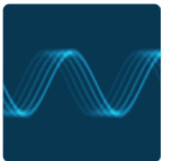
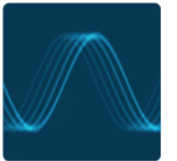
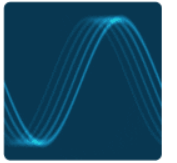
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Your Brain Creates Different Waves – when in different states



1. **Delta (0.5-3Hz)** the Sleep State - large in amplitude and slow in frequency. Associated with sleep and very deep meditation.
2. **Theta (3-8Hz)** the Deep Meditative State – access to repressed memories, intuition, shamanic state or psychic state.
3. **Alpha (8-12Hz)** the Deep Relaxation State - when relaxed and focussed. Often produced during meditation and hypnosis. Achieve accelerated learning and doorway to subconscious.
4. **Beta (12-30Hz)** the Normal Waking State - when attention is directed at cognitive tasks.



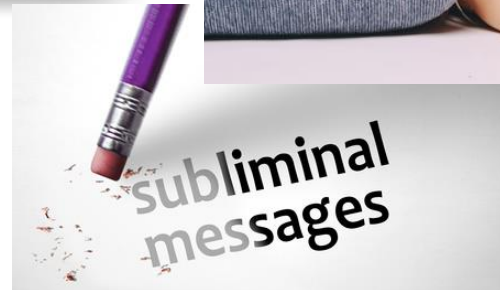
Frequency Following Response – different sound frequencies/beats create different brain states. **“Dial up” any state of consciousness!**

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9 Powerful Ways to Influence Your Subconscious Mind - recap

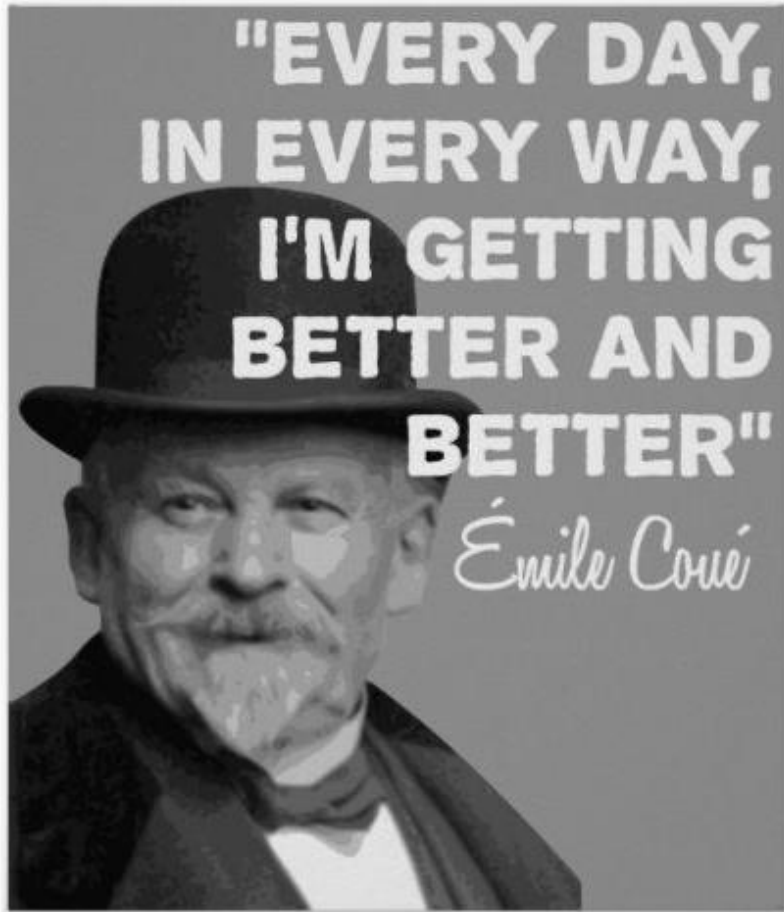
- Affirmations – empowering statements you frequently make to yourself, aloud.
- Creative Visualisation.
- Self-Hypnosis – relaxed, receptive state.
- Subliminal Audios & Computer Programs.
- Meditation.
- Bio-feedback and Electrocranial Stimulation.
- Brainwave Sensing Technology.
- Light and Sound Technologies.



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Affirmations – a simple effective way to program your mind



Short Concise Statements You Make to Yourself Frequently With Emotion:

- They Help Overcome Limiting Beliefs.
- Allow You to Create a Success Mindset.
- Can Be Used to Overcome Fears.
- Enable You to Be More Courageous.
- Help You Achieve Your Goals FASTER.

➤ Very Powerful - They Really Work!!!

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Creative Visualisation – show your subconscious what you want



Creative Visualisation Steps:

1. **Create a Deeply Relaxed State** - eg focus on breathing.
2. **Visualize Your Goal** - in as much detail as possible.
3. **Emotionalise Your Visualization** - using Goal Anchor.

For Even Greater Power:

- Combine With Affirmations - every morning and evening.
- Create Action Steps – and take at least 1 action daily.

Napoleon Hill:

“Our subconscious mind recognizes and acts only upon thoughts which have been well-mixed with emotion or feeling.”

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Self-Hypnosis – the direct route to rapid change...



- Hypnosis is a Deeply Relaxed Focus State.
- Its Very Enjoyable and Revitalising.
- It is VERY Safe – you can come out of it at will.
- It is a Doorway to Your Subconscious Mind.
- You Can Reprogram Your Subconscious Mind.
- Overcome Limiting Beliefs, Fears and Bad Habits.
- Install New Empowering Thoughts and Ideas
- Used by Millions of Highly Successful People..

Self-Hypnosis is the “**Hidden**” Secret of the World’s Most Successful People

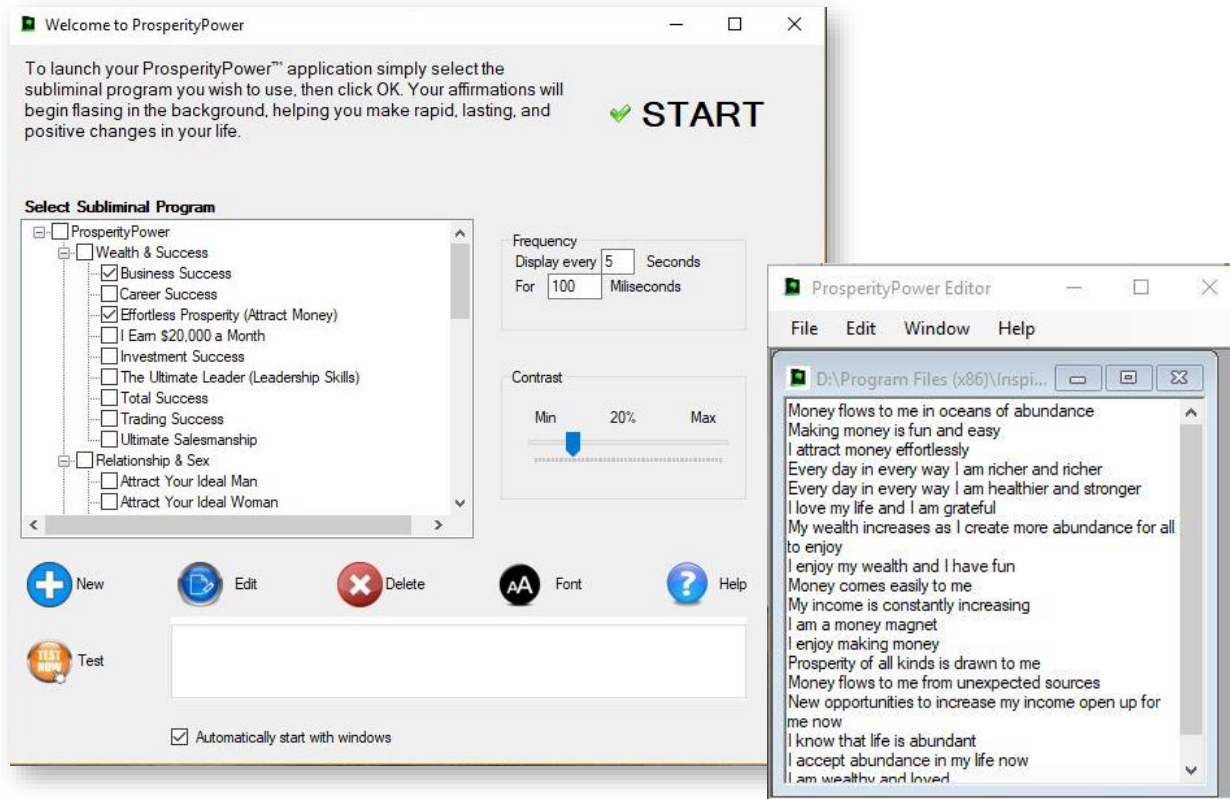
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Subliminal Programs and Subliminal Audios

So Powerful its Banned in Advertising!

- Software for Your PC or Mac.
- Subliminal Audio Recordings.



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Meditation – used by millions of highly successful people



Benefits of Meditation:

- Reduces Stress and Improves Cardiovascular Health.
- Increases Your Sense of Well-being.
- Increases Your Sense of Connectedness and Empathy.
- Strengthens and Improves Your Relationships.
- Improves Your Ability to Focus.
- Makes You Far More Creative.
- Improves Your Memory.
- Helps You Make Better Decisions.
- Helps People Overcome Addictions.
- Enhances Your Immune System.
- Helps You to Achieve the "Flow" State.
- Reduces Physical and Emotional Pain.
- Enhances Spiritual Awareness.

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Biofeedback – relax deeply and reprogram your mind



Benefits of Biofeedback:

- Helps Overcome Stress.
- Relieves Migraine & Muscle Contraction.
- Can Reduce Chronic Pain.
- Lowers Blood Pressure.
- Can Help Overcome Anxiety and Depression.
- Helps With ADD/ADHD.
- Can Reduce Seizures/Epilepsy.
- Reduces Neck & Back Pain.
- Helps Overcome Addictions.
- Helps Re-educate Stroke Patients.
- Can Help Overcome Disease.

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Brainwave Sensing Technology – another form of biofeedback



Headsets That's Pickup Your Brainwaves:

- Learn to control your mind and emotions.
- Control your computer with your thoughts.
- See the immediate effects of your thoughts.
- Graph the brainwaves you are producing.
- Learn how to change your brainwaves at will.



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Light and Sound Machines – access any state of consciousness!



Sound & Light Together is VERY Powerful!

- Overcome Insomnia.
- Learn to Relax Deeply and Attain Inner Peace.
- Achieve Peak-Performance States.
- Deep States of Meditation (even for beginners!).
- Quickly Recharge When Low on Energy.
- Combat Stress and Overwhelm.
- Improve Your Focus Whenever You Need.
- Stimulate Creativity & Ability to Visualise.
- Program Your Subconscious Mind.
- Boost Your Intelligence!
- Great Entertainment Sessions Available too!

WARNING: Never use Light and Sound machines if you suffer from photosensitive epilepsy.

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High Performance Coaching – 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 Techniques:

- ✓ Scientifically Proved to Work!
- ✓ Adequate Rest + Exercise.
- ✓ Diet + Nutrition.
- ✓ Energisation Breaks - Every 60 to 90 Minutes.
- ✓ Progress Goals Daily – Use the Daily Success Planner.

Result:

- ✓ Dramatically Increase Productivity (work smart).
- ✓ Reduce Stress and Burnout.
- ✓ Have Greater Focus - Get More Done and Faster.
- ✓ Achieve Far Higher Success – Than 95% of People.

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The High Performance Coaching Model™

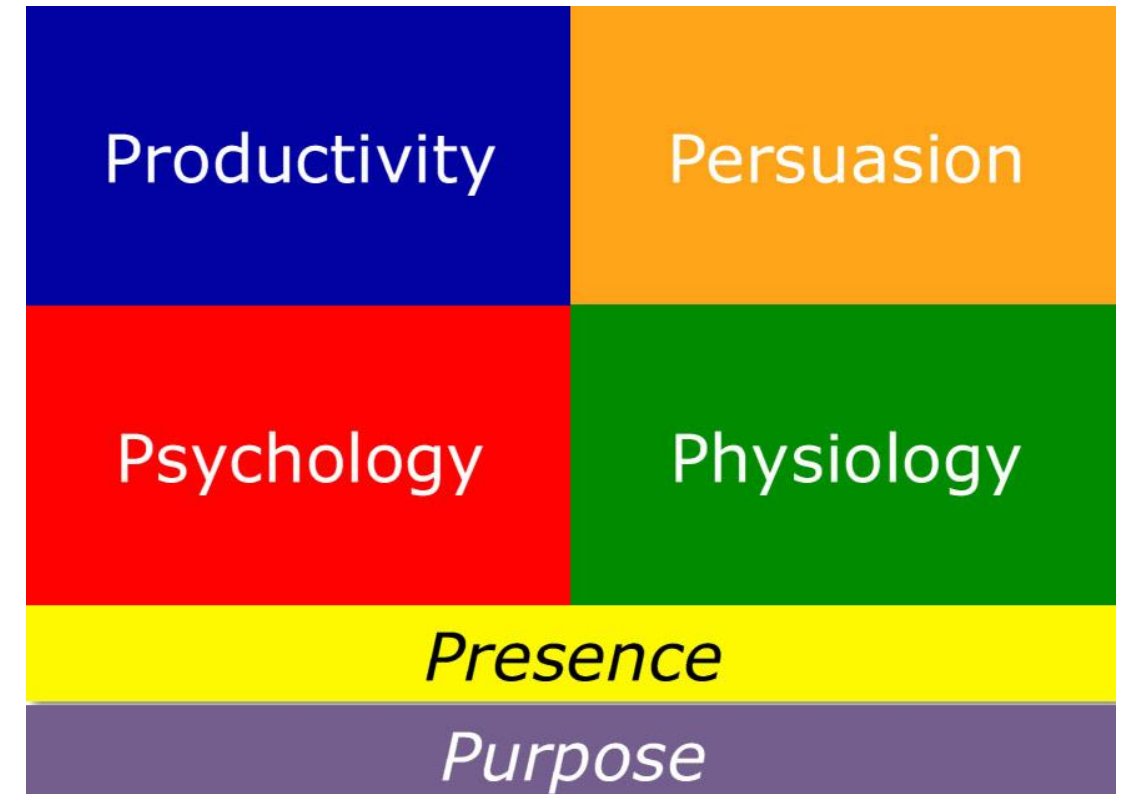


**CERTIFIED
HIGH PERFORMANCE
COACH™**

We Experience These...

- Clarity
- Energy
- Courage
- Productivity
- Influence

By Mastering These...



How to Energize Your Mind!



High Performance Energy Questions – to increase your energy



1. On a scale of 1-10 how much physical and mental energy have you had in the past 3 months? **Why is that?**
2. Think about a time in the past when your mental and physical energy were at their best. **Why was that?**
3. In the areas of **nutrition, exercise, wellness and sleep** - what habits do you have that support your energy and health?
4. **What routines** do you have for recharging daily, weekly, monthly, yearly? What would make you feel more vibrant?
5. Are there any areas of your life that are **particularly stressful** or draining energetically? If so, what do you do for stress management?
6. What would you take on if you had **3 times more energy?**
7. If you became **more committed** to your optimal health, what would you immediately start and stop doing?

Brendon Burchard *"The power plant doesn't have energy – it generates it"*

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Body Posture Affects Memory Recall and Mood – a study

Conducted by San Francisco State University

- The study investigated the effect of posture (ie: sitting in a slouched or upright position) on the recall of either negative memories or positive memories.
- 216 college students sat in either a slouched or an erect position while recalling negative memories and then in a second step, recalling positive memories.
- They then sat in the opposite body position while recalling negative and then positive memories.

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Body Posture Affects Memory Recall and Mood – a study

Results from the Study

- 86% of the students reported that it was easier to recall negative memories in the collapsed position than in the erect position.
- 87% of the students reported that it was easier to recall positive images in the erect position than in the collapsed position.
- For those who were most depressed in the previous 2 years, there were no differences in recalling positive or negative memories in either positions.

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Body Posture Affects Memory Recall and Mood – a study

Conclusion

- You should sit more upright at work and at home as a strategy to increase positive affects and decrease depression.
- Your posture affects your mind, emotions, thoughts, actions and results!

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Posture, Voice, Gestures & Expressions – affect your energy



Science has proved that your posture, voice, gestures and facial expressions affect your thoughts, emotions, actions and results!

1. **What do you want** your posture, voice, gestures and facial expressions **to portray about you to the world?**
2. **Do you feel** that is what is already being portrayed?
3. If not, **what do you need to start doing** with your posture, voice, gestures, and expressions **for the world to perceive you the way you want?**
4. What do you need to stop doing?

How to Double Your Energy and Mind Power



High Performance Habits – energy checklist

Rest + Exercise

- ✓ Walk outside every day for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week (consult your doctor).
- ✓ Do two 20-40 minute intense workouts per week (strength based or H.I.T).
- ✓ Meditate once or twice daily for 15-20 mins. OR use a Mind Machines (eg Light & Sound).

Diet + Nutrition

- ✓ Eat a whole food diet, heavy in organic plant-based foods.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi vitamin, and vitamin D, B-complex, magnesium, and Omega-3. See your nutritionist for additional supplements.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-5 litres of water per day and avoid all sugary drinks, alcohol, and caffeine.
- ✓ Limit white starches and heavily processed breads/carbs.

Daily Energising

- ✓ Every 60-90 minutes, stand up, move and stretch. For example:
- ✓ 20 arm crosses, 20 arm circles each arm, 40 knee-highs (marching in place), 20 seconds patting your lower back, 10 deep breaths while bouncing on toes.
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being fully present.
- ✓ Keep a gratitude journal.

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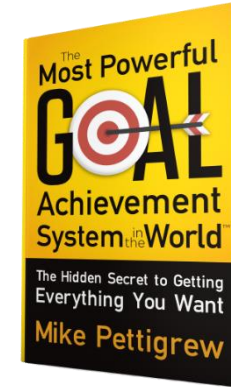
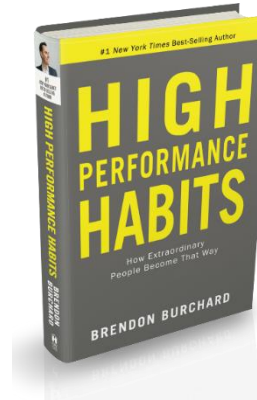




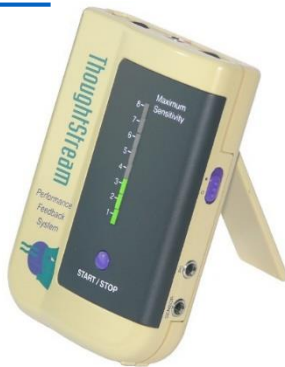
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- How to Use Technology to Speed Up Your Goals – with demonstrations of mind machines.
- High Performance Habits for Greatly Increasing Your Energy and Brainpower.

Recommended Resources



- **Bio-Feedback/Light & Sound Machines:** www.MindPlace.com
- **Brainwave Sensing Headsets:** www.NeuroSky.com and www.ChooseMuse.com
- **Electro-Cranial Stimulation:** www.Sota.com
- **High Performance Habits:** Brendon Burchard
- **The Most Powerful Goal Achievement System in the World:** Mike Pettigrew



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Over to You...



Questions & Answers

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