

**The Most Powerful**

Broadcast Starting Soon...



**Achievement System  
in the World**



**How to be 10 Times More Creative and Productive**

**with Mike Pettigrew**

# What We Covered Last Month:



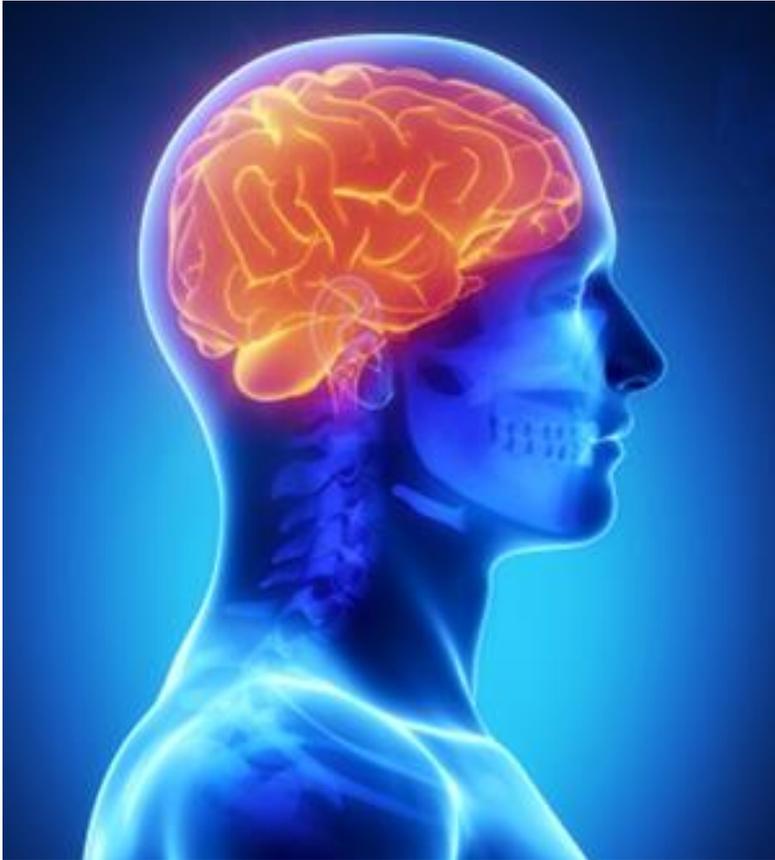
## **Generate Courage & Happiness to Achieve Your Dreams:**

- How to Create a Positive Mental Attitude.
- The Importance of Self-Image.
- The Secret to Long-Term Sustainable Happiness.
- The Magical Power of Going the Extra Mile.
- High Performance Habits That Create Courage.

**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.
- 9 Ways to Powerfully Stimulate Your Creative Flow.
- How to Boost Your Energy and Combat Stress.
- 10 Questions to Make You Twice As Productive.

## **REMINDER: Do The Exercises!**

- ❖ Don't just watch these live trainings like TV.
- ❖ Do the exercises and they will change your life!



# 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

# The Power of Ideas

*“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.





# 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.

**How to be 10 Times More Creative and Productive**



**How to Access** - this amazing source of ideas within your own mind

**9 Simple Techniques that  
will allow you to access  
your creative inner genius...**



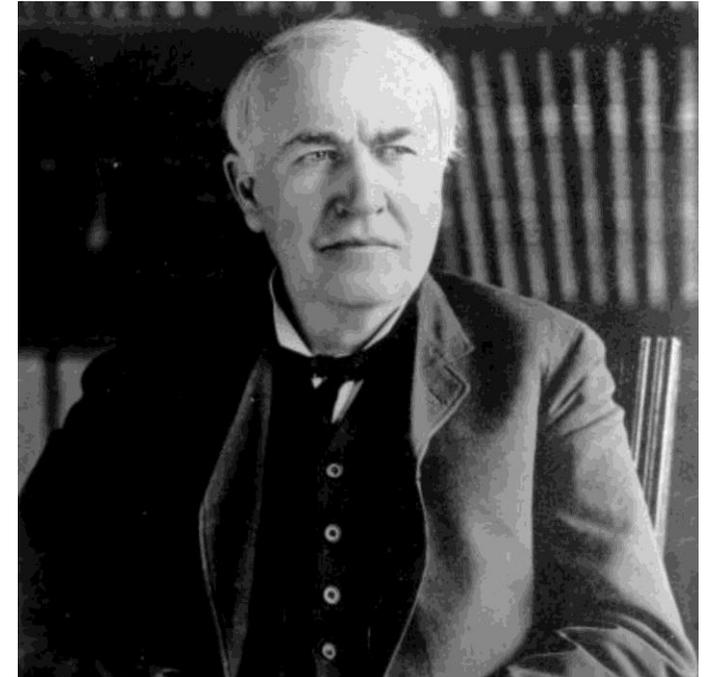
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# Technique #1 – The Thomas Edison's Method

## 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!

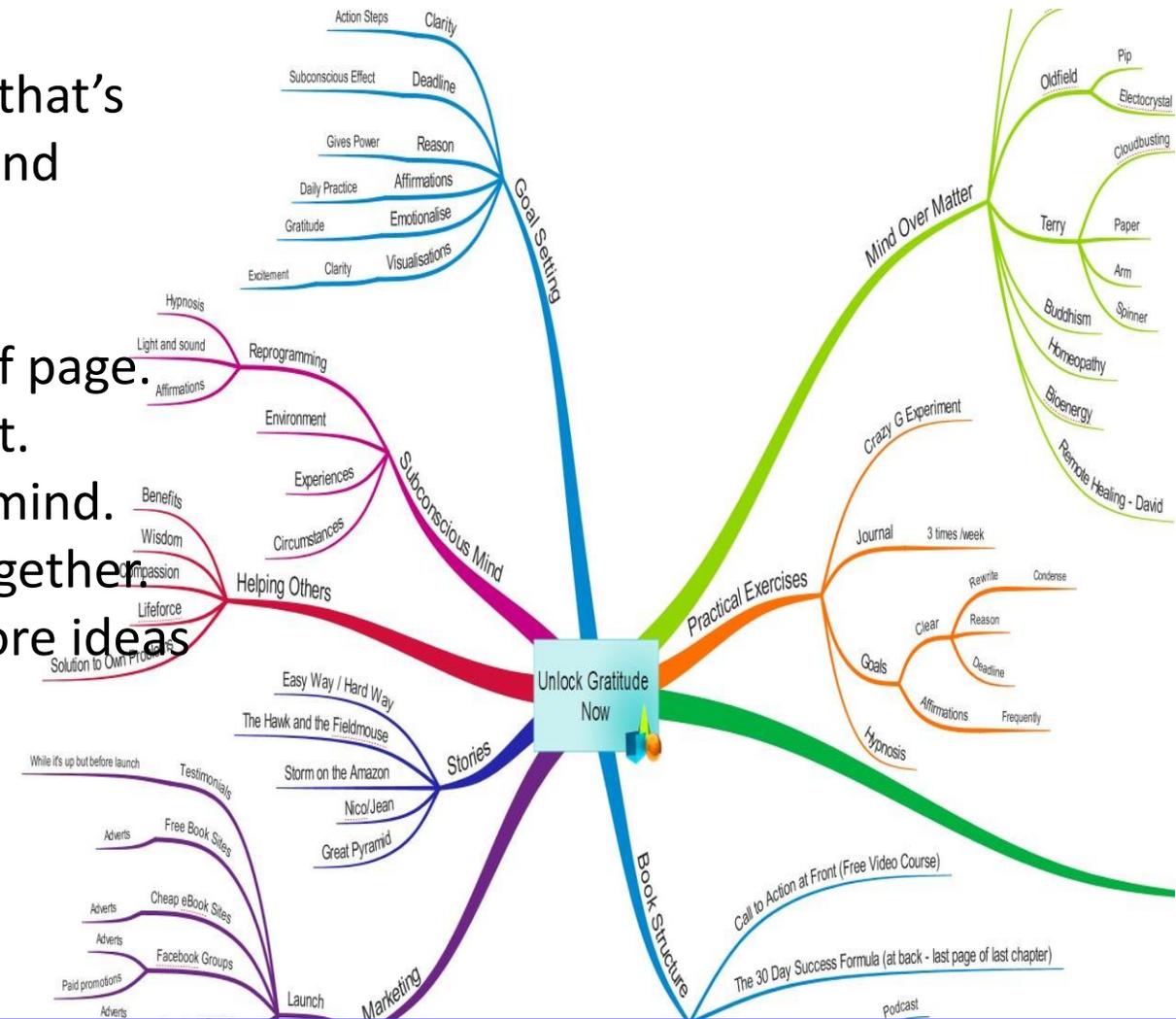
# Technique #2 – The Mind Mapping Method

## 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. Gets 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**



# Technique #3 – 10 Ideas Method

Powerfully Stimulates Your Creativity

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



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



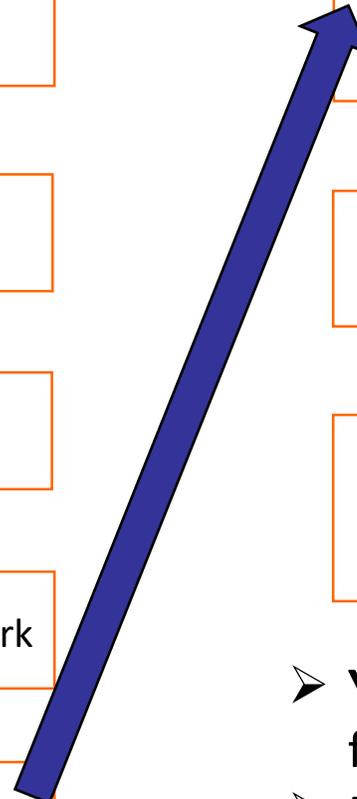
**Day 3:** Write out 10 ideas that could improve your finances



**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.

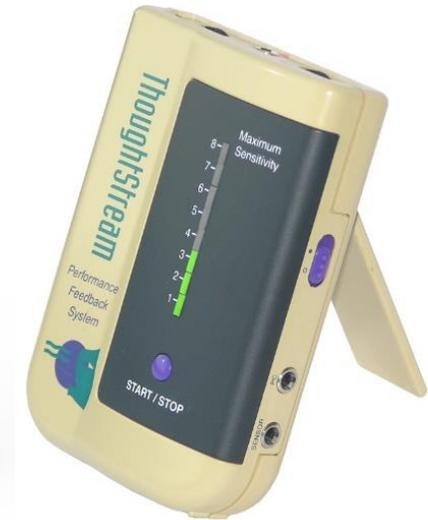
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# Techniques #4-#9 – start listening to the voice of your intuition

## Get Into a Relaxed Focussed Receptive State:

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



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# How to be 10 Times More Productive – without breaking a sweat

## 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**



*“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 Success, Fulfilment, Aliveness and Joy.
- Win Back Time – activities that waste time & energy.
- Stop Multitasking! – it reduces productivity by 40%
- Energisation Breaks - every 60 to 90 minutes.
- Improve Health - reduce stress and burnout.
- Daily Success Planning – achieve your goals faster.

# 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...



# Simple High Performance Habits – 9 words that maintain your day-to-day clarity

## SELF:

## The Clarity Chart

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 April's live training).!!!



# 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.



# The 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:

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# Time Blocking – your secret weapon to massive, radical 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...





# How to Win Back Time – even if you think you have none

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:

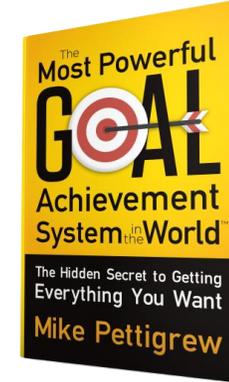
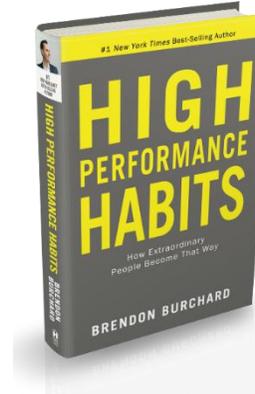
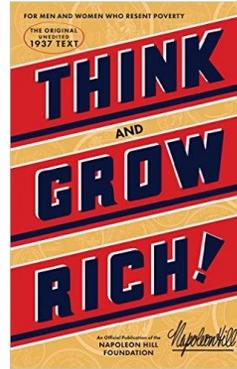


- Success and Wealth Are Created Through Ideas - not hard work.
- Everything That's Ever Been Created Started as an Idea.
- Scientists/Inventors "Tune" Into Great New Ideas/Inventions.
- Your Mind is Capable of Tapping Into Unlimited Creativity.
- 9 Ways to Access Your Creative Inner Genius.
- How to 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](http://www.MindPlace.com)
- **Brainwave Sensing Headsets:** [www.NeuroSky.com](http://www.NeuroSky.com)
- **Electro-Cranial Stimulation:** [www.Sota.com](http://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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