

**The Most Powerful**

Broadcast Starting Soon...



**Achievement System  
in the World**



**Clarity – The True Secret to Success**

**with Mike Pettigrew**

## What We Covered Last Month:



- Why People Struggle to Achieve What They Want.
- The 7 Reasons You Must Set Goals.
- Why You Must Become Clear About Your Goals.
- Discover Exactly What You Want – even if you're not sure.
- Discover Your Big Why for Each of Your Goals.
- How to Win Back Time.
- High Performance Techniques for Doubling Your Focus.

**Clarity – The True Secret to Success**



# What You Will Learn Today:



- Why Clarity is Vital for Improving Your Life
- How to Get Clarity on Your Goals & Action Steps
- 6 Questions That Give You Greater Clarity
- How Your Subconscious Mind Works
- How to Program Your Mind for Greater Success
- How to Root Out and Overcome Your Limiting Beliefs

## **The Exercises Are Important!!!**

- These trainings are not to be just consumed like TV
- The most important things are the exercises
- The exercises will change your life!
- The effects are cumulative, so don't miss any!

# Clarity – The True Secret to Success



# What Happens When You Have Very Little Clarity?

## Long-Term Effects of Lack of Clarity:

- Low on Energy
- Not Much Enthusiasm
- Energy is Fragmented
- One's Life Can Drift
- Prone to Complaint
- Can Often be Unsuccessful
- Achieve a Far Less Happy Life
- Less Growth - by Avoiding Challenging Situations
- Experience a Life of Mediocrity
- Always Settle for Second Best



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# What Happens When You Have Great Clarity?

## Long-Term Effects of Having Great Clarity:

- Far More Energy, Enthusiasm, Aliveness and Joy
- Your Energy is Focussed
- You Will Be Far More Successful
- Allows You to Achieve Your Life's True Purpose
- You Will Achieve a Far More Fulfilling Life
- Experience Personal Growth + Develop New Skills
- You Experience the Best Life Has to Offer



**Having More Clarity Will Change Your Life** - when you're clear on your goals  
AND your life's purpose, you become unstoppable!

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# How to Get Clarity on Your Individual Goals



## Goal Brainstorming Sessions:

- Are you clear what your goals are (short, medium and long-term)?
- If not, then write out every goal you ever want to achieve in your life

## Create Goals for Every Area of Your Life:

- Finances
- Career
- Relationships
- Recreation
- Health
- Personal growth

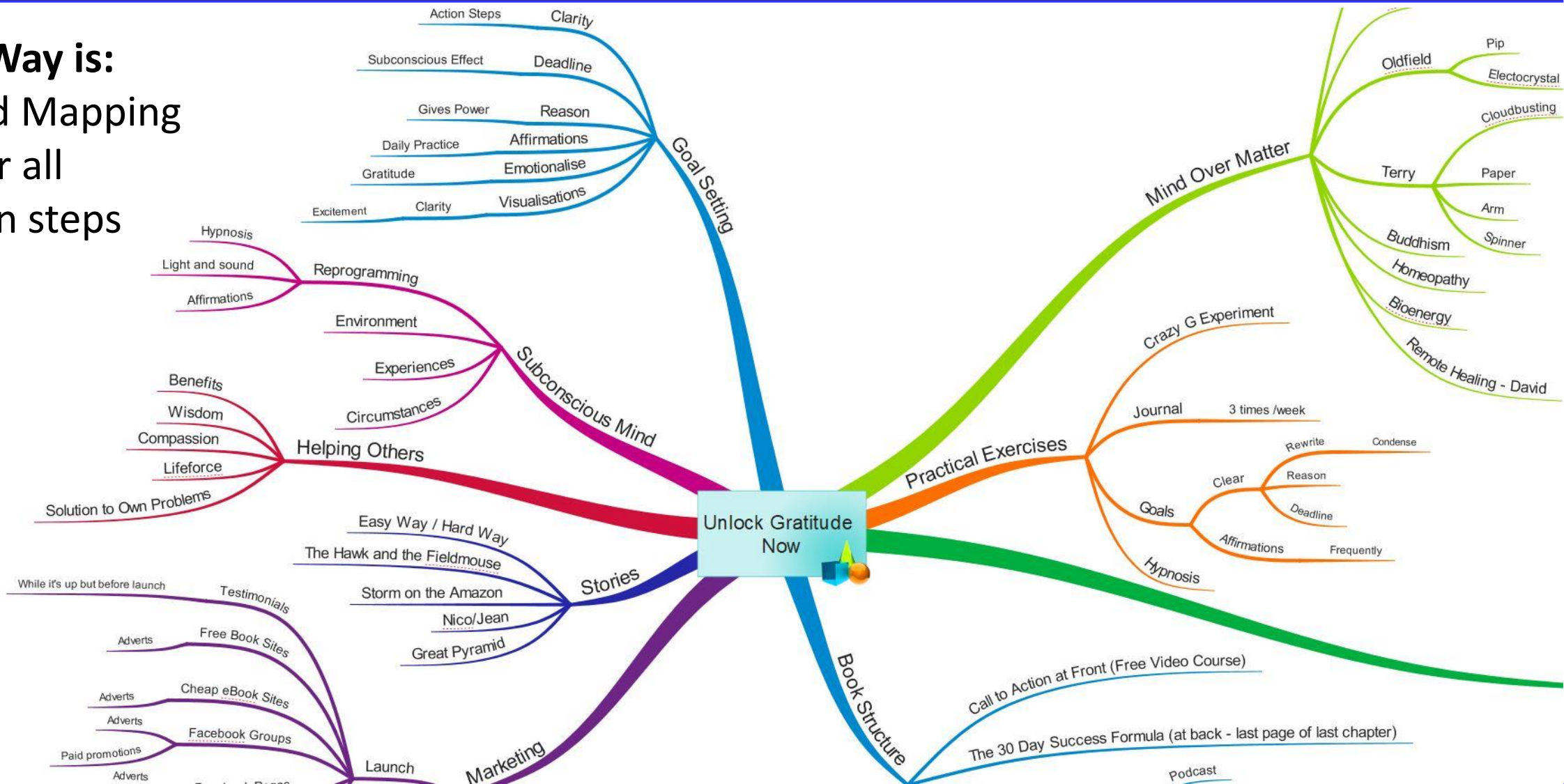
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# How to Get Clarity on Goal Action Steps

## The Best Way is:

- Use Mind Mapping to discover all your action steps



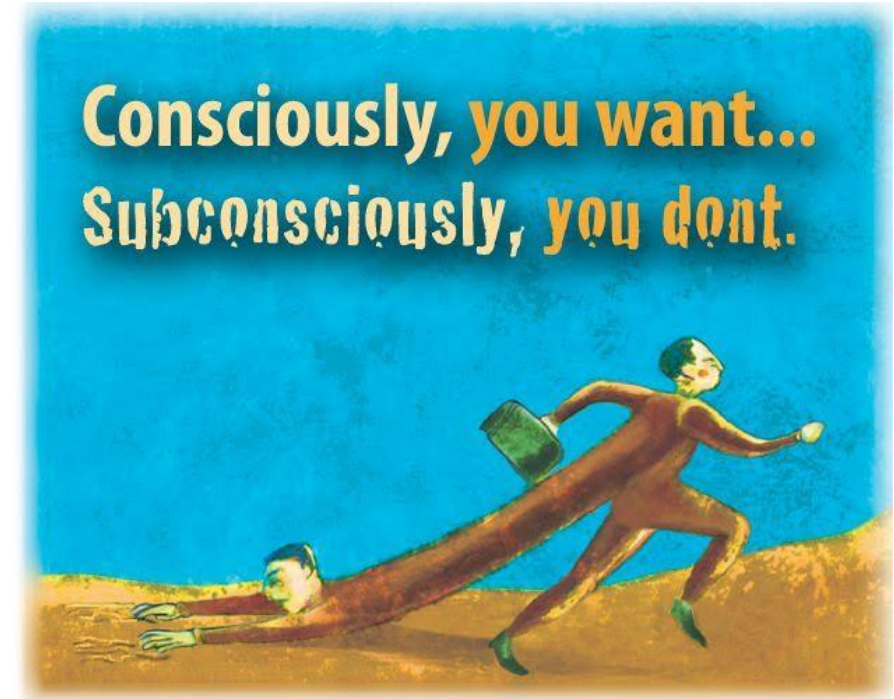
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# How Your Subconscious Mind Works:

## 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 – Thomas Edison
- 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



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# Ways to Program Your Subconscious Mind – repetition + emotion

- Affirmations – empowering statements you frequently make to yourself, aloud
- Self-Hypnosis
- Subliminal Programs
- Meditation
- Bio-feedback
- Light and Sound Technology
- Electro-Cranial Stimulation
- Creative Visualisation



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# Affirmation Construction – to reprogram your mind



## Affirmations Should:

- Be in the Present Tense
- Be Positive
- Be Personal – I am
- Be Specific – may include a time reference
- Include a Feeling Word – such as grateful
- Include an Action Word – learning, enjoying etc
- Be Concise – not too wordy

Convert your goals into affirmations, and repeat them every morning and evening **with emotion**, while visualising what it will be like when your goal is achieved.

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**Affirmation to Overcome Pessimism, Low Energy and to Get You Unstuck:**

***“Today, I am full of energy and overflowing with joy.”***

### Affirmation to Find Better Employment:

*“I love my new job as [name job title], that I begin by July 15<sup>th</sup> 2019 and which is giving me a wage of \$3,000 each week”*



# Create an NLP Anchor – to emotionalise your affirmations

## Creating Your Anchor is Easy!



- **Step 1:** Recall Times in Your Past when you felt strong positive emotions - *Deep gratitude, happiness, or a time when anything seemed possible to you. "10 out of 10" experiences.*
- **Step 2:** Choose One with Strongest Positive Emotions
- **Step 3:** Focus on That Experience for a Few Minutes - reliving it, in as much detail as you can - Allow the feelings of gratitude, joy, fulfilment, or of anything being possible for you to build very strongly within you.
- **Step 4:** Set Your Anchor  
When you are overflowing with positive emotions, touch the thumb and first finger of your right hand together and squeeze them together gently. You have now "set" your Anchor.

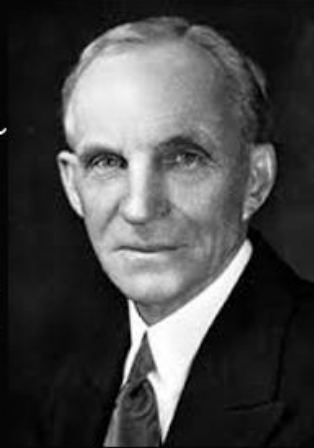
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# Overcome Limiting Beliefs – holding you back

*"Whether you think you can, or you think you can't - you're right."*

Henry Ford



- You Have Been Conditioned by Other People and Your Past Experiences
- Conditioning Sabotages Your Chances of Success
- Your Limiting Beliefs Have Power – but they can be changed!
- You MUST overcome those beliefs to be successful
- Like Being Reborn - what was once impossible, now becomes possible
- How I Improved My Own Self-worth Back in 1991, and what happened

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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.”*



**Generate Courage and Happiness to Achieve Your Dreams**



# Uncover and Overcome Limiting Beliefs – Exercise

## 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 Anchor

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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 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.

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# Brendon Burchard's High Performance Clarity Questions



## 6 Questions That Give You Greater Clarity:

1. What are you most certain about in your life, right now?
2. What areas do you feel less certain about?
3. What do you value the most in your life right now?
4. Do you feel clear about who you are and what's most important?
5. Are you living in alignment with and congruent with the best of who you are?
6. If you had to tell someone the 5 things that make you most successful, what would you say?

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# High Performance Habits – Brendon Burchard's Clarity Chart

9 words that maintain your day-to-day clarity....

Keep yourself on track  
- set phone reminders!!!

## 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:

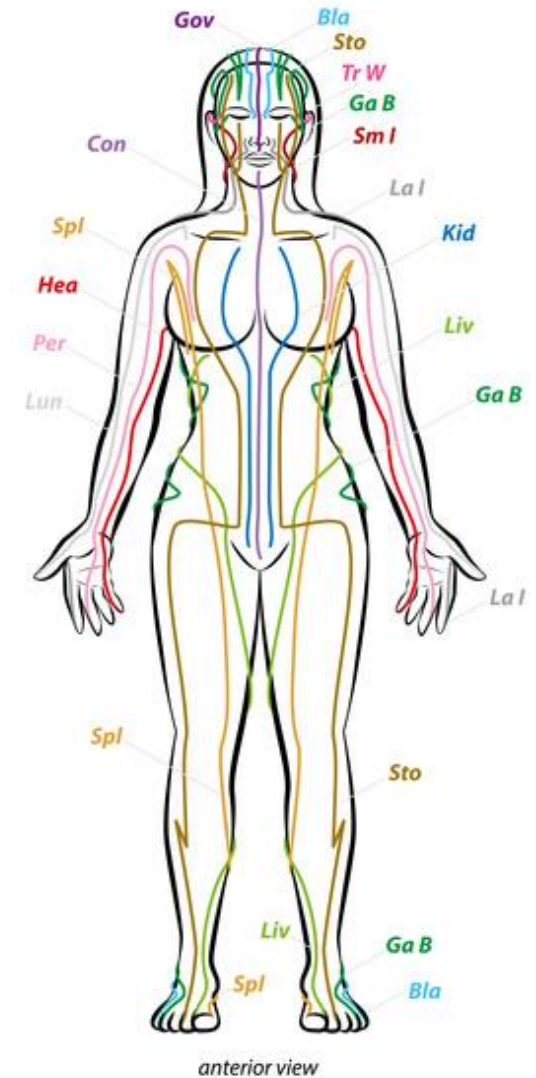
The 3 words that will now remind me of what it is that made me most successful and will make me even more successful, include... **Mine Are:** Clarity, Determination, Consistency

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# Acupuncture Points – doorway to your subconscious mind

- Neuroscientists Estimate Our Lives Operate at Least 95% from Subconscious Programs
- The Subconscious Mind Defaults to Protecting Ourselves
- It Hijacks Our Body & Emotions by Creating the Stress Response
- This *Can be Combated* by Tapping on Acupuncture Points
- These Were First Viewed in the Laboratory in the 1960s
- Observed Using Doppler Ultrasound and Thermal Imaging
- They Are Noticeably Different from Other Points on the Body
- Have High-Density “nerve bundles” & muscle “trigger points.”



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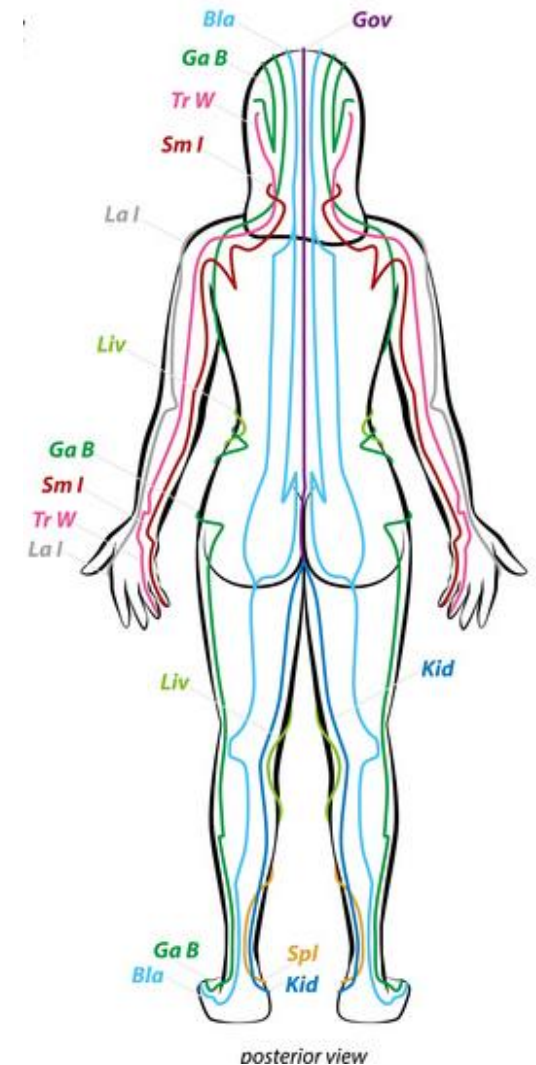


# Tapping Installs Your Clarity Chart Words – into your subconscious

- Acupuncture Points Used by Chinese Medicine - for 2,000 Years
- Carry Information Between the Body and Subconscious Mind
- Tapping Has Been Shown to Produce a 24% Drop in Cortisol - the stress hormone
- Tapping Releases Endorphins – you feel more positive, and it boosts energy, concentration, creativity and sleep
- Can Overcome Ingrained Beliefs AND Install New Instructions Into Subconscious

## How to Tap Your Words (Self, Interactions, Success Markers):

- POSITIONS: Above Eyebrows, Under Eyes, Under Nose, Chin, Behind Ears, Back of Head, Top of Head, Collar Bone



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## What We Have Covered:

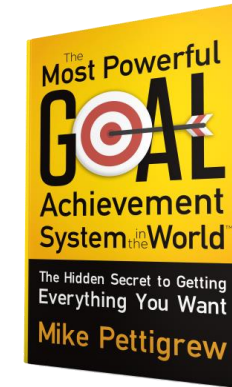
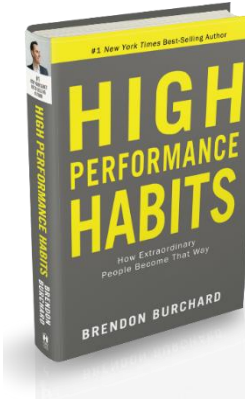
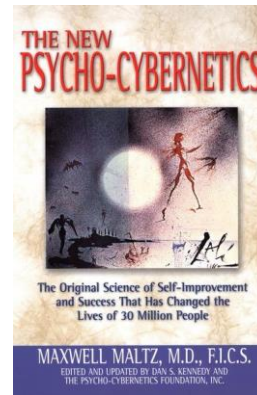


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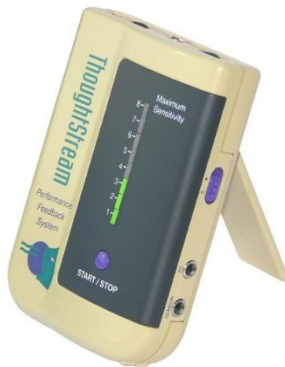
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# Recommended Resources



- **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)
- **The New Psycho-Cybernetics:** Dr Maxwell Maltz
- **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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