

While the verbiage is true and real, the under lying belief, (or perhaps, it lies in an embedded command) doesn't reflect or create power. At the same time, in the disempowering section it does produce a tailspin.

Note the use of T/A... When power is recorded in the "away" position, it is not really power.

Last, the disempowering sections are often harsh, not ever really diminished or marginalized like the empowering sections. It portrays you in the "worst of the worst" light.

This is a big, HUGE section of understanding your "software."

Are you enjoying yourself?! I sure hope so - this is YOUR life! (and it's pretty darn awesome that you are here doing the work!)

Last, when you designing a limiting belief... *"all"* or *"I am"* or any other absolute identifier changes to *"occasionally some"* or *"sometimes"* or *"when everything stacks up on me, and even then, infrequently I ..."*

As a minimum of five, your top five Global Empowering beliefs in priority order:

1. people want to be the best at what they do
2. People will train hard to get what they want
3. Success is a mental game
4. Your brain has the power to make things happen

This pattern is very common, it generally disempowers you. It is known as FwH. I have attached content for that.

5. You can do anything you want to. You can't.

This is a FwH.

And, it doesn't make sense to me? Why do you contradict it?

And overall, let me complement you. You can look through all the MOW's in the archive. It is very rare to see one with so much green in its first pass!

As a minimum of five, your top five Personal Empowering beliefs in priority order:

Do you believe it is "most?"

As a minimum of five, your top five Personal Disempowering beliefs in priority order:

6. See one through five above
- 7.
- 8.
- 9.
- 10.

Same comment as above. Really understanding and articulating this at the personal level will have a lot of power for you because you can rewire and redesign these when you understand them better and deeper.

And now, this is CRUCIAL:

And what is now powerful as you go through and redesign and install and rewire these new beliefs...
Are they real?

Are you living by them now?

Why or why not?

Values

Values and rules have tremendous power... It is some of the easiest content to understand and change on your own. I have included a content section on it. When you redraft this, then I will reiterate with you. Make sense?

Top-five Towards values:

1. Success
2. Love
3. Freedom
4. Happiness

5. Gratitude

Top-five Away values:

1. Pain
2. Sadness
3. Grief
4. Frustration
5. Judgment

Rules Around Your Values

More importantly, can you write the rules around these values? When do you have them? When do they appear? How do you create more of what you want and less of what you don't want? For example, "I am happy when I am with my wife and we are doing something fun together. I am angry when someone says something mean or hurtful to me. I am free when I am out on my bike on a beautiful day. I am rejected when I put forth a great idea in a meeting, and no one likes it."

For each positive and negative value listed above, write the top 3-5 rules as to how you get them to occur. (This means that you will write approximately 30-50 rules!)

(If you are hand writing this, use extra paper.)

1. My mind has been drawing a blank for a while so I can't tell you sorry
- 2.
- 3.
- 4.
- 5.
- .
- .
- .

30-50.

perhaps after you study the values content that I have attached, this will make more sense.

Spiritual/ Religious Beliefs

In a very short paragraph, describe your beliefs. Answer: I'm Christian but not a radical Christian.

You will want to articulate what your Christian beliefs are.

Something to ponder:

And here is what is awesome about this system, you and your "software", and NLP.

Because beliefs are designed and accepted moments in our reality matrices, to believe or not believe is not based on evidence, it's based on software. Since you can write and design this, what we discover in this paragraph about you is that either you don't have the driver to design your faith, or you don't have the belief system that if you did, you would believe it.

Can you see how this pattern appears not only here but in many other crucial places within this document?

And, when you change all of this? EVERYTHING CHANGES!

The "First" Question (of the Power Questions)

We are very much like a computer in many respects. Just like a computer program, we constantly ask ourselves a first question: "What do I do with this data, with this moment? What should I focus on? What do I think now? What meaning do I assign this moment?" You will notice that you ask this question or constellation of questions across many contexts. In many cases, this question is not really resourceful or as empowering as we need it to be. Examples of this are: "Why am I not good enough? What is wrong with me? Why does this always happen to me?" The following questions are designed to help you find *your* "First" Question and begin to think about how to rework it.

Ask yourself the following questions in order to discover and transform the "First" Question(s) that currently drive the focus of your life.

1. What question do I ask most constantly? This question will appear virtually every time. Sometimes it is so obvious that you need not ask it, but still, just like a computer, you will run it every time. What is it?

Answer: positive and negative I think

This is not a question.

2. Ponder this question. Where did it come from? Whose program is it really? Were there specific circumstances that brought it into your life and made it even stronger (regardless whether it is less empowering or more)? How did this question come about? (Search for and find its origin – who's "First" Question is it really?)

Answer: I don't understand the question

Be sure to cover this in our 30 minute call when we process your analysis. This entire section is generally considered one of the most helpful to most people who have processed their analysis.

3. This is very important: What do you create when you ask this question? What energy do you generate? Life is about the Law of Attraction. What do you attract into your life? What happens, or more importantly, do you know what can not happen, when you ask this question? (Answer both parts.)

Answer: I create thought, I create energy to think of a solution to that thought. This is one thing I need to focus on. So I can actually say hey I need XY and Z but I'm not getting it because I am not focusing on them.

4. What is the positive intention behind this question? For instance, if your question was negative, or implying your glass is half-empty, it might be a protective mechanism from your parents so that you wouldn't be hurt. This can be a bit complicated, but dig – what benefits do you get from constantly asking this question repetitively?

Answer: I know that the more you put it out there the more likely it will come true

5. Now it is time to redesign a new, more powerful question! What "First" Question, if asked, would give you more of what you want, and at the same time, preserve the initial positive intention of your Old You "First" Question? (For example, if you asked, "What is wrong with me?" you could shift to "What is right with me and how will I use that right now to create what I want?" Or, "Why do I always seem to get screwed?" can become "How can I achieve my success right now?" Or, "Why don't they like me?" can become "How do I present the best of me right now in this situation?" Remember, their opinion of you is none of your business, so asking about them has no value – power is about how you show up! What question would set you free from other's opinion of you? Another powerful examples might be, "What more is their to love and not judge about me right now?" Or, "What lesson am I suppose to be learning?")

Answer: very good question, and all loss for words on this one.

We will need to knock this one down in our call.

Top Five Negative Habits

List the top three to five negative habits you have that if you could change them right now it would give you unstoppable momentum and faith to create even more drive to your greater future? Examples might be: oversleeping, chewing your fingernails, failure to take daily vitamins, failure to drink enough water, procrastinating (be sure to write down specifically what you commonly procrastinate,) etc.

Answer: oversleeping, drinking lots of soda, procrastinating everything. I procrastinate about everything but for some reason I can get everything done on time. Lack of focus, organization

Great news for you here! This can actually become a strength for you. Please process the video content I have attached.

If you had just one thing...

If you had just one thing, the absolute hardest, most challenging thing, that you believe could never be changed for you... or is extremely challenging to change for you... what is that?

Answer: not eating sugar anymore

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Why is this so challenging to change?

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See the content on the IHAD/ IHAN, video #10, also summarized at the "first map" juncture.

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### Top five one year goals

List your top five one year goals that you would most like to accomplish in the next twelve months.

1. Own 50 apartment units
2. Find a wife
3. Find a four Plex to move into
4. Make 300 K or more this year
5. Get a value play in Florida
6. Start working out

S.M.A.R.T. ... Leads to sub chunking of S.M.A.R.T. ....

How close are you to achieving these goals in the next 12 months, do you think?

## The “Wild List©”

Life is about dreaming big. Your top five goals listed above are things that you want to do or you think that you can accomplish. They are your “attainable” goals for the next year. This Wild List is about you think is not attainable. What if you had all the resources that you needed? All the money and time that you wanted? That all you had to do was ask for something and it would appear? This list is about what really makes your heart soar. Dream big. Dream dramatically. If you had everything that you wanted, what would it be? Do the big, Wild List! Make it huge, make it unbelievable. Write more, than list. Don’t let you pen leave the paper. Make it a stream of consciousness... What do you want out of life? What do you want to have? What do you want to do? Whom do you want to be?

Answer: I want to make enough money to do what I want when I want to. I want to have passive income to where I can live in Italy for two months and it would not be a big deal, I would also love to have a wife that has the same goals and ambitions that I do. I find it hard to meet people at the same mindset as I do. Being able to travel the world and by commercial properties is the top thing on my list

please describe this mind set?

Will I then know why it is difficult to find others?

What is stopping you from having your wild list now? Answer: good question, I don’t know

The "know more than - IDK" tool

## The Greatest Version of You!

What is the Greatest Version of You (GVOY)? Include your gifts, your strengths, and your talents. Write about what you would say/ think/ feel/ do in your life. On a scale of 1 – 10, where is your life now in relationship to the GVOY? If it is not a high number, why not? What is stopping you from high number? Do you really want to be the GVOY? (Oftentimes, we create neural programs that attach more fear, pain, challenge or negativity to that which we believe we really want – the proverbial overweight person who really does not want to be thin and fit... What is attached to your neural patterns and beliefs around the GVOY?)

No Photos?

### Calibration Questions:

(On a scale of 1 – 10, please rate the following four questions. Please add any verbiage you like after those four questions)

▶ How magical, powerful, and extraordinary you are: 8

▶ **ALL** results begin with a thought: 9

▶ Emotions catalyze the power of the thought: 3

▶ The Law of Attraction: 8 (as defined in the movie The Secret, Esther Hicks books, or any number of sources. In essence, the Law is: "What you think and what you focus on is what you get.")

One of the more powerful aspects of understanding the most successful psychologies: you will want to find a way to drive this calibration section to all 10's

Now, fill in the blank:

▶ **ALL** humans have unknown potential.

▶ 90% of the game is mental.