## syntax: 05-08-18 Master Mind session notes

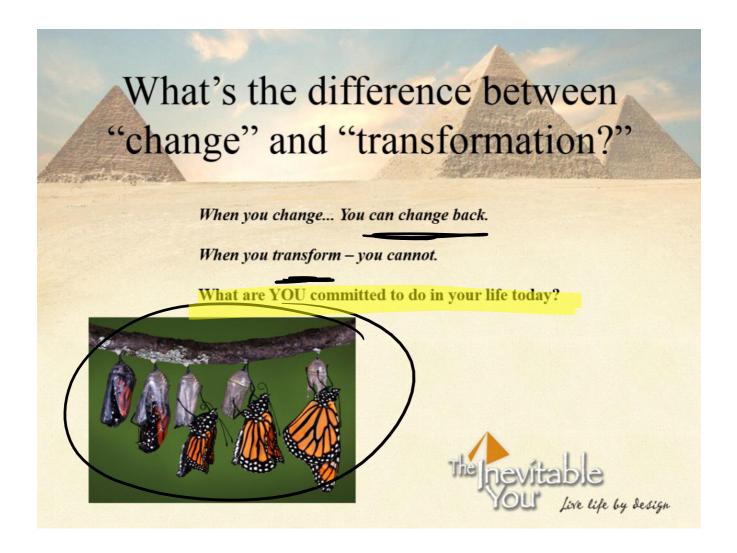
Thank you for being here!	
FYI, next Master Mind: June 12th @ 6pm MDT	
Love Seat volunteer?	
(no Love Seat tonight, will record live instead!)	RCC
And, Q&A w/ Bill next Tuesday	
This is month five of a 12 month cycle: you can join at any time.	
Tonight is: Change Why do some do it? Why do some	not?
p sychology	SW
The enormous value to "language"	

So right off the bat, for anything that you wish to "change"

Transform how you address it! +

(R-)>Language ... Or, Language --> Reality?)

# Transform how you address it! 🛵 📙



### Change... Do we really love or hate it?

We love the change we love, we hate the change we hate.

What 4 year-old says, I am sticking with my tricycle I hate change!

flow

NOTE: the system accommodates "change back" -- it is a f) = software

- Windows 61 cannot be "de-installed"
- OSOTR

61d song triggers

NSOTR



You can find the link to this article here:

6000 bypass

www.theinevitableyou.com/change-or-die

Your "stuck-ness" DOES make sense!

Even when faced with death, and only requiring a moderate change in one of three areas, less than 10% <u>actually</u> changed!

opendse diet stress

One doctor, Dr Dean Ornish, had a 77% success rate.

• One: massive support = 2X week, one year contract, group

Two: massive, radical change vs. incremental change

Individual coaching!

# The "15 Twinkies" Theory



week = 14 trinkles vs. I don't have

week = 13 vs. 2 3x hard? 5x?

wooks 12 vs. 3 10x? 100x?

he p scale = minimal A

prefy = fried trinkles heaven

week = \$5\$

weeks = \$5\$

weeks = \$5\$

cale = moderate/s/gnificant

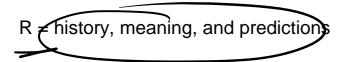
# TOOL - the secret to "predictions" and "meanings"

#### Do you believe...

- 1. Our life happens to us.
- 2. We have history.
- 3. We make sense of our history what does it mean?
- 4. By using the "meaning" we achieve some predictability.
- 5. Because we "accept" reality today:

Because it matches this predicative process,

(or ... we discard/diminish it if it does not - even when it is better than predicted)



Make sense?

boss back parts back "I'if he only how" stress/means

And in the TIY world, we call this: R = f) software (the "operating system" for predictions and meanings....) We beg our world, especially in the difficult moments, to be predictable. certainly Thus, if we CHANGE the predictions and meanings... What happens? (or, "load new software") = results For some, rocket ships! You mean, this is all that is holding me back? For others, little forward, little backwards... more or less.... Oh, I'll try it... It didn't work... Wow, this is cool! Oh no, now the adrenaline is flowing - I can't predict this world! One step back...

bake

What do you choose?

AND... Do you understand **YOUR** mechanics (and why?)



#### the challenges in embracing change/ transformation

In general: powerful, successful people are not that way for the reasons that most of you consider (talent, luck, etc.) They are that way because their "software" is that way.

They take control of their life.

They own virtually everything about it.

Here is how you can do it, too!

They don't VIEW it as change...

They view it as "It's what I want"

And if you don't run this program...

Here's what you DO RUN:

I am....

- Because this is my nature (both: told to me and... I bought/ I fought it)
- It matches my history here and here

Where it doesn't match...

• I either change it, or change the match ("here's why it doesn't match")

To embrace change is ....

- Hard

- Massive radical change is too scary!

If small, anything knocks me back to where I started .. AND...
It then makes it even harder to change

Mass

Massive radical change is too scary!	
Tools:	
1. Reality is software 2. New software = new reality 3. Failure/ fear up 4. Remembering again your true power  AND	irst map"/video 10
5. It bucks both conventional thinking AND "Old Y	ou"
rehab v. limp change is instantaneousee Picabo Street (speed v. "fail = not-a-champ" Rock Star/ album sales Amnesia tool LOA = 10 and so, so many more.	Start/Stop
Do you want to change/transform?  (be careful, it is often counter-intuitive!)	overweight want thin?
K	rogue" program

### FLOW: "why don't some people change?"

As New You comes on line...

You FEEL BETTER about more things....some of which have plagued you for a long time.

(and there is A LOT OF VALUE to feeling better!)

And then...

Risk management

Asset protection

Young lose 10,20,30 yrs. 10,20,30 yrs.

Safety / comfort ("but hey, it feels better, right?")

investments

deep end

Going into the "dark" & "fear" of Greatness...

Cold....dangerous ...RISK

ewards 1

Potential Pain that my "comfort software" avoids today....

ALL of these are "rising" .... So it is easy to "hold what you got" and feel good...

Until it is time to pay the "butcher's bill..."

Year-end CANI

Accountability (coach, buddy, self-system)

Setting 2018 software

Jubilee video: If you could change one thing...

#### Comfortable: 50 People 1 Question

Jubilee

