

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!)

Julie

RCC

And, Q&A w/ Bill next Tuesday 3rd

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?

Δ

psychology

slw

The enormous value to "language"

NLP

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

choose

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

Transform how you address it! talk

Transform how you address it! talk

What's the difference between
“change” and “transformation?”

When you change... You can change back.

When you transform – you cannot.

What are YOU committed to do in your life today?



The Inevitable
You *Live life by design*

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!*

want | want

flow

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

- old you*
- Windows 61 cannot be "de-installed"

- OSOTR

*Old song
triggers*

NSOTR

"Change or Die"

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% actually changed!

exercise
diet
stress

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

- One: massive support = 2X week, one year contract, group work
- Two: massive, radical change vs. incremental change
- Individual coaching!

baby step



The "15 Twinkies" Theory



1 week = 14 twinkles vs. 1 "don't have"
2 week = 13 vs. 2 3x hard? 5x?
3 weeks 12 vs. 3 10x? 100x?

hop scale = minimal 

party ∈ (fried twinkles) heaven

1 week =  Stress 2x
2 weeks = 
Scale = moderate/s/ significant

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)

R = history, meaning, and predictions

boss
pats back
"if he only knew"
stress/means

Make sense?

And in the TIY world, we call this:

$R = f(\text{software})$ (the "operating system" for predictions and meanings....)

equations

We beg our world, especially in the difficult moments, to be predictable.

certainty

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...

80%

It didn't work...

Wow, ~~this is~~ cool!

Oh no, now ~~the~~ fail T adrenaline is flowing - I can't predict this world!

One step back...

brake

One step back...

brake

What do you choose?

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

Mow

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
- If small, anything knocks me back to where I started .. AND...
- It then makes it even harder to change
- Massive radical change is too scary!

Massive/radical

- 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

"first map" / video 10

AND...

5. It bucks both conventional thinking AND "Old You"

- rehab v. limp
- change is instantaneous
- Picabo Street (speed v. "fail = not-a-champ")
- Rock Star/ album sales
- Amnesia tool
- LOA = 10
- and so, so many more.

broken leg/limp

start/stop

evidence/belief

Do you want to change/ transform?

(be careful, it is often counter-intuitive!)

overweight want thin?

"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

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

young
less / nothing lose
10, 20, 30 yrs.
401K ↑

investments

deep end

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

Cold....dangerous...RISK

rewards ↑

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

