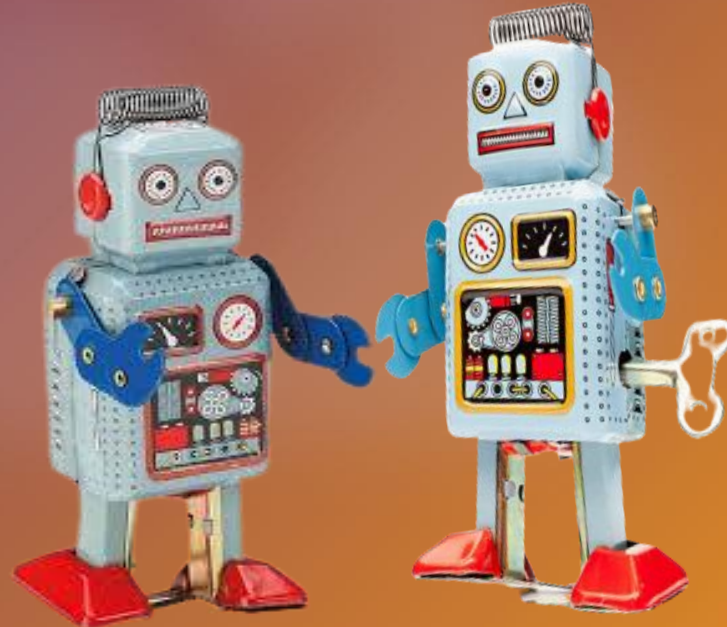


WHY DO WE DO THE  
THINGS WE DO,  
SOMETIMES

Setting the scene.

Give first, then receive.



Let's start with a gift.

But don't open it yet!

# I studied the subjects:

Solution focused therapy

Hypnotherapy

Biology

Human cellular structure

Neurology

Epigenetics

Psychology

Psychiatric solutions, inc. CBT

Nuero linguistic Programming NLP

Quantum physics

I studied the great minds:

Milton Erikson

Einstein

Tesla

Prof Bruce Lipton

Dr Joe Dispenza

And too many books to list on these, and similar experts

And I found the secret answers to:

- Why do we feel the way we feel?
- Why do we do the things we do?
- What can we do, to become the version of ourselves that we want to be?

Which I'm going to share with you now:

The answer is:

*What you think, you become.*

The challenge is:

*Most people are unaware of what their mind is thinking, or the decisions it makes, 95% of the time!*

Which one do you feel more like at the moment?

Do you feel like a **victim**? (life and events control you)

or

Do you feel like you're a **creator**? (you control your life, business and beyond)



It's time to get you working now.

I'm going to show you how to  
kickstart getting something you  
want, to happen.

It works like this....

Think of something that you'd like to happen to you,  
something you're passionate about.

(30 seconds)

- 1) Now give it a name (write it down on the paper)
- 2) How important is it? scale it 1-10 (write it down on the paper)
- 3) Close your eyes and imagine it has happened (10 seconds)
- 4) How does it feel achieving this (doing)? WIDOTP
- 5) How does it feel achieving this (you've done it) WIDOTP

And now

Ok, back in the room

Now the magic begins

Think of just one small thing you can do, to start the ball rolling  
to get what you want and WIDOTP

Lets summarize where we're at, using our YES / NO votes

- 1) You know there is something you want to get done Y/N
- 2) You have named it Y/N
- 3) You have visualised it, having been done Y/N
- 4) You created a feeling of how it feels to have done it Y/N
- 5) You have written down one small thing to start the ball rolling to make this happen Y/N

And now some FUN

Join me at the table at  
the rear of the room.

Half on each side

## Now you have your string partner.

- 1) Tell them the **name** of your thang!
- 2) Describe **what** it is
- 3) What's your importance scaling **1-10**
- 4) Explain **how** it felt, when you imagined it achieved
- 5) Describe the **one small thing** you can do to get the ball rolling, who do you need to involve, what else needs to happen, where is this happening, why is this important to make happen.
- 6) Tell the other person **when** you will do the small thing to make this happen for you
- 7) On a scale of **1-10 how** committed are you to making it happen?

Special gift prize for the most enthusiastic string couple!

Special gift prize for the most enthusiastic  
string couple is.....



In summary my friends

We all have a past Y/N

The past created our todays Y/N

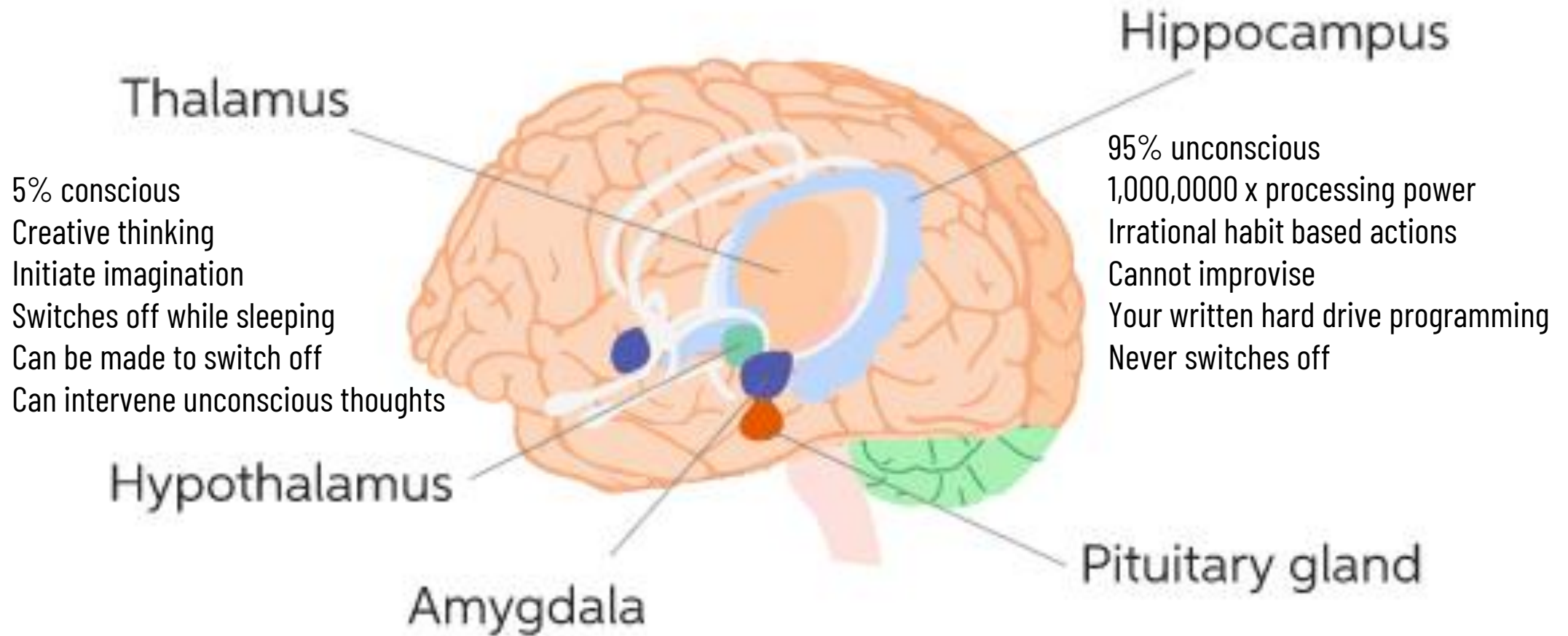
When tomorrow becomes today, our today becomes yesterday Y/N

Which means that...

Apart from the fear of it not working. Is there any reason why you can't make steps today, to create the tomorrows you want? Y/N

What we do today, creates our tomorrows Y/N

# How the brain works



# Let's summarise

The past has gone, and nothing can be done to change it

How you view the past, is based on your perceptions in the present

The past created your today

And today will create your tomorrows

You know how the brain works, to create your perceptions

And that no one else apart from you is in control of your mind

And that you are the only person that can take control of your life, by the way you think

Never TRY, only DO

Fake it till you make it, or  
Do it until you've done it.

*"What you think, you become"*

And now please open your gift

You now have the key, the time and tools to remind you to let the past go.

Accept that's what has brought us all here today, to create the future shape of your team and business, how you want.