

Welcome to the Automatic Success System

SECTION 1: CUTTING TIES

This is your workbook for Section 1 and it contains activities that you can do to maximize the effects of the NAP sessions and your results from fully using this program.

WHAT IS SUCCESS?

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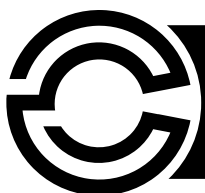
IS IT THE MERE ACT OF BEING ALIVE?

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IS IT MONEY OR WEALTH?

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***OR IS IT SIMPLY STARTING TO
ACHIEVE WHAT YOU SAID YOU WOULD?***



A FEW QUESTIONS BEFORE YOU GO TOO FAR...

1 - HOW CAN YOU DEVELOP SUCCESS & A SUCCESS MINDSET?

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2 - WHAT HABITS DO YOU HAVE THAT ARE WORKING FOR YOU?

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3 - WHAT HABITS DO YOU HAVE THAT ARE WORKING AGAINST YOU?

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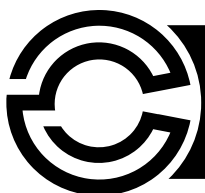
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A FEW QUESTIONS BEFORE YOU GO TOO FAR...

4 - WHO DO YOU SURROUND YOURSELF WITH THAT CHALLENGES YOUR WAY OF THINKING?(IN A CONSTRUCTIVE WAY)

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5 - HOW ARE YOU EXERCISING YOUR MIND?

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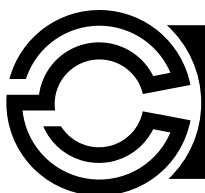
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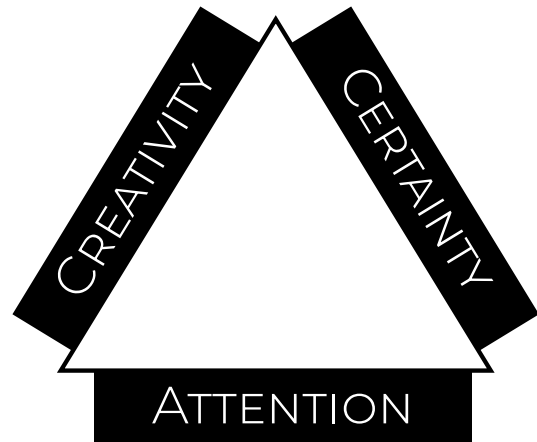


REMEMBER...

WHILE ACTION IS IMPORTANT...
CONSISTENT ACTION IS KEY...

THE SUCCESS TRIANGLE...

THE 3 ESSENTIAL COMPONENTS
NEEDED TO GUARANTEE
ACHIEVING INCREASED LEVELS
OF SUCCESS.



ATTENTION

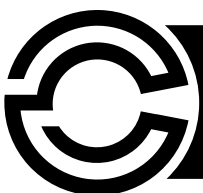
- ATTENTION IS A SINGLEMINDED FOCUS THAT ALLOWS FOR THE DETAILS TO BE GIVEN TO THE TASKING AND ALLOWS FOR THE LEVEL OF DETAIL & CONCENTRATION.
- WITHOUT TARGETED ACTION WE SIMPLY DRIFT
- ALLOWS US TO MITIGATE AND REMOVE ANY DISTRACTIONS

CREATIVITY

- CREATIVITY ALLOWS US TO LOOK AT THINGS DIFFERENTLY.
- ONLY HAVING CAN ALSO LEAD PEOPLE INTO A STATE OF FLUX
- WITHOUT IT LACK THE ABILITY TO CREATE SOLUTIONS TO ISSUES

CERTAINTY

- GIVES US THE ABILITY TO HAVE UNDERSTANDING THAT WHAT IS PRESENTLY GOING ON IS THE RIGHT ACTION TO BE TAKEN
- WE CANNOT START WITHOUT IT, AND NEED IT TO CLOSE THE LOOP.
- IT IS BOTH THE FEEDBACK AND FEEDFORWARD MECHANISM THAT DRIVES THE SUCCESS MACHINE



BEING FULLY ENGAGED...

WHAT ARE THE TIMES YOU HAVE BEEN FULLY ENGAGED IN WHAT YOU'RE DOING?

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GET IN TOUCH WITH WHAT THAT FELT LIKE.

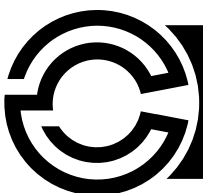
Notice what aspects of the experiences you're paying attention to when you're successful.

Recognize where your attention is when you fail. Compare the answers and create a framework for your mind. Repeat inside your mind where your attention is better focused for you to achieve what you want.

As you continue through the program, each section will be available so that you can condition your mind... Repetition is the key to conditioning.

The NAP sessions are designed to give your mind an experience.

A way of changing what you have experienced.



MAJOR LIMITERS OF SUCCESS

STRESS:

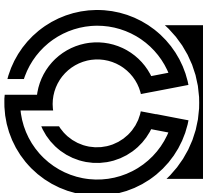
- ONE OF THE LEADING CAUSES OF DOCTORS VISITS IN THE UK, USA AND AUS.
- TECHNOLOGY KEEPS PEOPLE CONSTANTLY ON EDGE, EMAILS, MESSAGES, ETC
- AFFECTS THE BODIES HORMONES, PHYSICALLY CAN DETERIORATE GUT HEALTH WHICH THEN LEADS TO MENTAL HEALTH ISSUES
- SLEEP IS ESSENTIAL TO REDUCE FATIGUE, FRUSTRATIONS & FEARS (ALL PIECES THAT MAKE-UP STRESS)

INDECISION:

- THE UNWANTED SIBLING OF STRESS & EQUALLY DEBILITATING FOR SUCCESS
- EITHER LACKING IN CONFIDENCE (MORE LIKELY COURAGE) OR CERTAINTY, OR BOTH.
- LACKING CAUSES REPETITIVE LOOPS & EXAGGERATES EMOTIONS
- THE MORE PEOPLE ASSOCIATE INTO A UNWANTED EMOTION WHILE EXPERIENCING THESE LOOPS, THE MORE EFFORT IT CAN TAKE TO GET OUT.

JUDGEMENT:

- THE SHOW STOPPER...
- SUGGESTS BEFORE WE BEGIN WHAT IS & IS NOT POSSIBLE
- BE CHILDLIKE...
SUSPEND JUDGEMENT UNTIL AFTER YOU HAVE COMPLETED THE TASK



THE MIND AND BODY CONNECTION

This topic has been known about by Yogi's for millenia... through the old ways, however technology is finally catching up. We all know that people smile when happy.

Did you know that forcing a smile for long enough can make you happy though?

Shifting emotional states is the fastest way to clear thinking.

Amy Cuddy: Power Poses



Change the way you feel and you will change the way you think. Think about your answers to the questions earlier in this section. Notice what the differences were for you.

There are several body positions that you can do. Watch the video on Youtube to find out more, or simply look at the diagrams below. I highly recommend that you adjust your body position so that you can notice what happens for you.



BODY POSES

HIGH POWER POSES



**STANDING
WIDE STANCE**



**ARMS RAISED
IN A "V" ABOVE
THE HEAD**



**HANDS ON
THE HIPS**



**ARMS CROSSED
BEHIND THE HEAD,
SITTING OR STANDING**

LOW POWER POSES



**SITTING WITH
HANDS FOLDED IN
THE LAP**



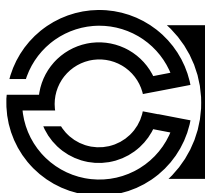
**ARMS CROSSED
OVER THE CHEST**



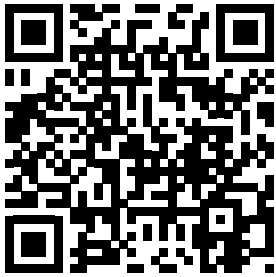
**ONE ARM ACROSS
THE BODY IN A
SELF-HUG**



HUNCHING



You will be fighting your neurology. The Emotional Refractory Period (courtesy of Dr Paul Eckman's research).

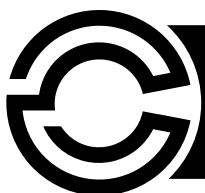


Through his research you will notice that you can be in a greater level of control and awareness of your physical body.

You no longer have to stay feeling bad or down.
You have an element of control to shift things.

This research demonstrates how the neurology (a lot of evolution if you believe in it), will take control, and that with conditioning you can regain control and engage in your higher functions as opposed to letting the brainstem react, you can start to respond.

People will tell you the past doesn't exist. They're wrong. It exists inside your memories. What they might be meaning to tell you is that what you remember is not exactly a fact. What is a fact is that eye witness accounts are one of the most unreliable sources of evidence in criminal trials.



THINGS ABOUT THE PAST

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THINGS ABOUT THE PAST:

- You can change what it means
- When you change what it means you change how it affects you
- What you remember acts like a filter limiting what becomes possible for your future
- Emotions are pivot points and allow easy access to memories
- Changing the emotions involved in a memory changes the memory itself
- Memory is an active and dynamic process

You can reshape your future in minutes instead of years. You can open and broaden your horizons so easily that you allow yourself to evolve at the rate and speed of your choosing.

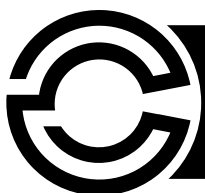
This all requires you to be in relaxed state, decisive on what the emotion is and suspending judgement so that the process can take place.

THE FILTER OF ATTENTION

Let's give an example of the filter of attention. You're there, reading these words, as you're reading these words you're probably not noticing the feeling of your clothes on your body...

Until I mentioned it. Now your conscious attention has been diverted.

Now unless you're not wearing any clothes, you would have noticed the clothes, and then started to read again. You were wearing clothes the entire time you were reading.



THE FILTER OF ATTENTION

This is how attention works...

It is a focus point and ignores other aspects of experience.

You already learned thanks to 2 great scientists, Cuddy and Eckman how the body likes to keep people in states. Well focusing your attention is another way of anchoring that.

The faster you release limitations the speedier your rise to success.

A general and useful understanding about behaviors:

- They have all served a purpose in your life at some point
- Your behaviors had/have a good intention for you (unconsciously at least)
- Behaviors (habits) are like programs, some need to be updated and get with the times

There needs to be a baseline measurement. An understanding of where you are presently in your journey. To do so it is important to write out in detail everything that you are currently dissatisfied about in your life.

To give you a very brief example (yours will want to be longer to get into the emotion) I have written a short paragraph.

My temper has cost me relationships with close friends, people who want to get close to me cannot because they just believe I am truly volatile and being around me is like walking on egg shells. It has cost me a lot, like getting arrested for fights or even just getting into fights in the first that lack of control has aided me getting into hospital on more than one occasion and on 2 of those occasions I was lucky to be alive the following day. It has placed undue stress not only on me mental, physically and emotionally, but also on those that are closest to me. The lack of tact and self-control cost me multiple promotions, landed me in hospital fighting for my life on more than one occasion. I can't even remember the look on my parents face. I don't know how it made them feel because I don't remember. Some people would say that is a blessing, the problem was, because I didn't remember, I didn't connect to the damage I was doing to my brain and my body...

My mind was being weakened daily.

That is a small snapshot of a much larger and more detailed story I wrote to myself so I could stop pretending everything was alright.

Now it is your turn.

