

Welcome to the Automatic Success System

SECTION 3 : DEFINING YOUR RULES

This is your workbook for section 2 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 ARE 7 ELEMENTS THAT ARE THE CORE OF BUILDING SUCCESS?

1 – DECISION TO BE SUCCESSFUL/DESIRE TO CHANGE

- A DECISION NEEDS TO BE MADE ABOUT YOUR IMPENDING SUCCESS
- WHY ARE YOU HERE?
- WHAT IS YOUR OUTCOME?

2 – AN INTRINSIC DRIVER

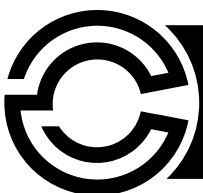
- WHY ARE YOU DOING WHAT YOU'RE DOING?
- WHAT WILL IT DO FOR YOU?
- WHAT IS MISSING FROM YOUR LIFE?

3 – A GREAT NETWORK

- DOES YOUR NETWORK SUPPORT YOU IN WHAT YOU WANT?
- ARE THERE PEOPLE THAT ARE DRAINING YOU OR LIMITING WHAT YOU THINK OR FEEL IS POSSIBLE?
- ARE YOU PREPARED TO MAKE THE CHANGES TO YOUR NETWORK SO YOU CAN SUCCEED?

4 – THE PLAN OF ATTACK

- FAIL TO PLAN IS PLANNING TO FAIL.
- DOESN'T MEAN EVERYTHING NEEDS TO BE THOUGHT OF TO THE MOST MINUTE DETAIL
- A PLAN IS A WAY OF SETTING A TARGET (LIKE A STRANGE ATTRACTOR)
- LET'S YOU KNOW THE BEST COURSE OF ACTION TO ACHIEVE WHAT YOU WANT TO ACHIEVE



WHAT IS ARE 7 ELEMENTS THAT ARE THE CORE OF BUILDING SUCCESS?

5 – A CONTRACTED COVENANT

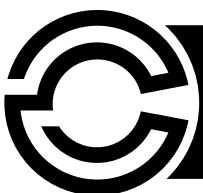
- MAKE A DEAL THAT BINDS YOU
- LOOK FOR PEOPLE THAT YOU WILL PAY TO HELP YOU THROUGH IT ALL (YOU'LL APPRECIATE THE ADVICE)
- THE MORE YOU CONSUME, THE MORE YOU'LL ATTRACT PEOPLE CONSUMING YOUR PRODUCTS

6 – A POSITIVELY/OPPORTUNITY FOCUSED MIND

- ALWAYS OBSERVE THE SILVER LINING
- LOOK FOR WAYS TO IMPROVE, AS OPPOSED TO WAYS IT CAN FAIL (BOTH ARE NECESSARY, HOWEVER WE HAVE A NEGATIVITY BIAS DUE TO SURVIVAL INSTINCTS)

7 – DUE DATE

- USED AS A GUIDELINE
- LIMIT IT TO 3-MONTH INTERVALS
- IF YOU TYPICALLY OVER ESTIMATE, UNDER-ESTIMATE YOUR ABILITY



A FEW QUESTIONS TO GET YOU INTO WHAT YOU WANT...

1 – WHAT IS YOUR DECISION TO BE SUCCESSFUL ABOUT?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2 – WHAT IS YOUR INTRINSIC DRIVER?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3 – WHO IS IN YOUR NETWORK?

.....

.....

.....

.....

.....

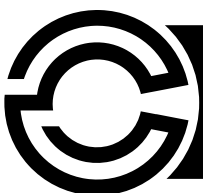
.....

.....

.....

.....

.....



4 – HOW ARE YOU PLANNING YOUR ATTACK?

.....

.....

.....

.....

.....

.....

.....

.....

5 – WHAT IS THE COVENANT YOU MAKE FOR YOURSELF?

.....

.....

.....

.....

.....

.....

.....

.....

6 – HOW CAN YOU SHIFT TO BECOME AN OPPORTUNITY FOCUSED MIND?

.....

.....

.....

.....

.....

.....

.....

.....

6 – HOW CAN YOU KEEP YOUR DUE DATE RELEVANT?

.....

.....

.....

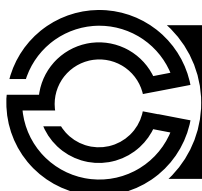
.....

.....

.....

.....

.....



ALIGNING YOURSELF TO THE PROCESS SPECIFICALLY

FOR THE FIRST QUESTION I WANT TO KNOW WHY NOW BECAUSE YOU COULD HAVE TAKEN THIS PROGRAM ANY TIME, NOT BECAUSE YOU HAD THE MONEY, OR BECAUSE IT SEEMED LIKE A GOOD IDEA... BE REAL WITH YOURSELF.

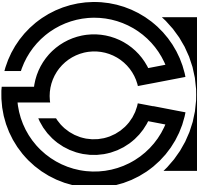
WHAT'S THE TRUE REASON?

Q1 - WHY NOW DID YOU CHOOSE TO TAKE THIS PROGRAM?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Q2 - WHAT IS THE SIGNIFICANCE OF YOUR PREVIOUS ANSWER?

.....
.....
.....
.....
.....
.....
.....
.....
.....



Q3 - WHEN YOU HAVE THAT (ANSWER TO QUESTION 2)
WHAT WILL THAT PROVIDE YOU?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q4 - WHY DO YOU NEED TO MAKE THIS CHANGE?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q5 - WHAT DO YOU STAND TO LOSE IF YOU DON'T MAKE
THIS CHANGE?

.....

.....

.....

.....

.....

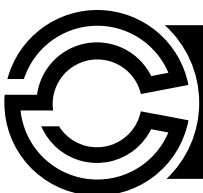
.....

.....

.....

.....

.....



Q6 – WHAT DO YOU BELIEVE WAS/IS IN YOUR WAY?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q7 – HOW DO YOU KNOW?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q8 – WHAT PROGRAMMING DO YOU NEED TO UNINSTALL
TO ACHIEVE YOUR ULTIMATE SUCCESS?

.....

.....

.....

.....

.....

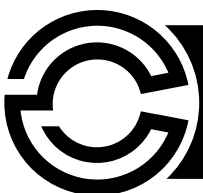
.....

.....

.....

.....

.....



Q9 – WHAT PROGRAMMING NEEDS TO BE UPGRADED TO SECURE YOUR ULTIMATE SUCCESS?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q10 – WHAT'S THE SMALLEST NEXT STEP THAT YOU CAN TAKE TO GET THIS CHANGE PROCESS STARTING?

.....

.....

.....

.....

.....

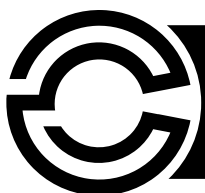
.....

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

1 – DECISION TO BE SUCCESSFUL/DESIRE TO CHANGE

WHAT SPECIFICALLY NEEDS TO HAPPEN FOR YOU TO MAKE THIS DECISION NOW?

.....

.....

.....

.....

.....

WHAT IS THE ONE ACTION I WILL PERFORM DAILY TO GUARANTEE MY SUCCESS?

.....

.....

.....

.....

WHAT CAN I LEARN & IMPLEMENT WEEKLY TO IMPROVE MYSELF?

.....

.....

.....

.....

.....

WHAT ARE YOU GRATEFUL FOR RIGHT NOW?

.....

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

2 – AN INTRINSIC DRIVER

FOR WHOM/WHAT AM I DOING THIS?

.....

.....

.....

.....

WHO DO I NEED TO BECOME TO MAKE THIS MY REALITY?

.....

.....

.....

.....

WHAT IS IT ABOUT THIS VISION THAT ENSURES IT IS WORTH MORE THAN ANY POTENTIAL

.....

.....

.....

.....

.....

HOW MUCH DAMAGE WILL IT CAUSE ME TO SABOTAGE THIS PROCESS?

.....

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

2 – AN INTRINSIC DRIVER

WHAT WILL IT BRING INTO MY LIFE WHEN I ACHIEVE THIS VISION?

.....

.....

.....

.....

HOW MUCH LONGER AM I WILLING TO SUFFER THE LOSSES OF NOT HAVING ACHIEVED THIS IN MY

.....

.....

.....

.....

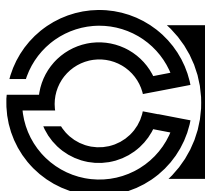
HOW MUCH DO THOSE CONSEQUENCES INFLUENCE THOSE THAT I CARE ABOUT?

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

3 – A GREAT NETWORK

WHO IN MY NETWORK WILL SUPPORT ME?

.....

.....

.....

WHO DO I NEED TO CULL FROM MY NETWORK?

.....

.....

.....

HOW AND WHEN WILL I KEEP IN TOUCH WITH THOSE THAT SUPPORT ME?

.....

.....

.....

HOW AND WHEN WILL I KEEP IN TOUCH WITH THOSE THAT SUPPORT ME?

.....

.....

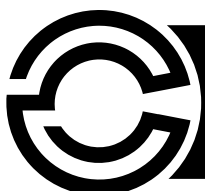
.....

WHAT DO I NEED TO STAY MOTIVATED AND FEEL SUPPORTED?

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

4 – THE PLAN OF ATTACK

WHAT STRUCTURE DO I NEED TO CREATE IN MY LIFE THAT I WAS LACKING?

.....

.....

.....

.....

WHAT NEEDS TO HAPPEN BEFORE THE SYSTEM CAN BE IN FULL EFFECT?

.....

.....

.....

.....

WHAT NEEDS TO HAPPEN MONTHLY, WEEKLY DAILY?

.....

.....

.....

.....

WHAT TASKS CAN ONLY I DO?

.....

.....

.....

.....

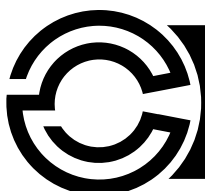
WHEN WILL I DO MY PLANNING?

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

5 – A CONTRACTED COVENANT

WHO WILL I COMMIT TO PROFESSIONALLY TO HELP ME WITH THIS CHANGE?

.....

.....

.....

HOW AND WHEN WILL I CHECK IN WITH THIS PROFESSIONAL?

.....

.....

.....

WHAT DO I NEED TO GIVE THEM TO STAY INSPIRED AND ON TRACK?

.....

.....

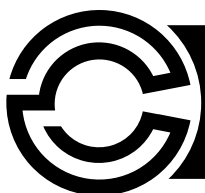
.....

WHAT WILL I REQUIRE FROM THEM TO ENSURE I REMAIN ON TARGET?

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

6 – A POSITIVELY/OPPORTUNITY FOCUSED MIND

WHAT HABITS DO I HAVE THAT REINFORCE AN OPPORTUNITY FOCUSED MIND?

.....

.....

.....

.....

WHAT IS NEEDED FROM ME TO FURTHER CONDITION THIS OPPORTUNITY-BASED OUTLOOK?

.....

.....

.....

.....

WHERE CAN MY FOCUS SHIFT FURTHER (WORK, RELATIONSHIP, HOME) TO GIVE ME A BETTER FOCUSED OUTLOOK?

.....

.....

.....

.....

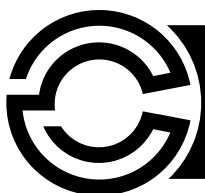
HOW WILL OTHERS BENEFIT FROM ME HAVING THIS ENHANCED PERSPECTIVE?

.....

.....

.....

.....



7 VIRTUES OF VICTORY:

A GREATER DEPTH OF ANALYSIS

7 – DUE DATE

WHEN WILL I HAVE ACHIEVED THIS BY?

.....

.....

.....

WHAT WILL BE THE EXPECTATION AT THIS DEADLINE?

.....

.....

.....

WHAT WILL I MISS OUT ON IF I WAS TO MISS THIS DUE DATE?

.....

.....

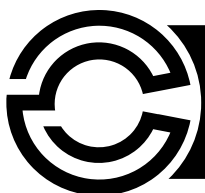
.....

HOW MUCH WILL MY LIFE HAVE IMPROVED WHEN I ACHIEVE THIS BY THE DUE DATE?

.....

.....

.....

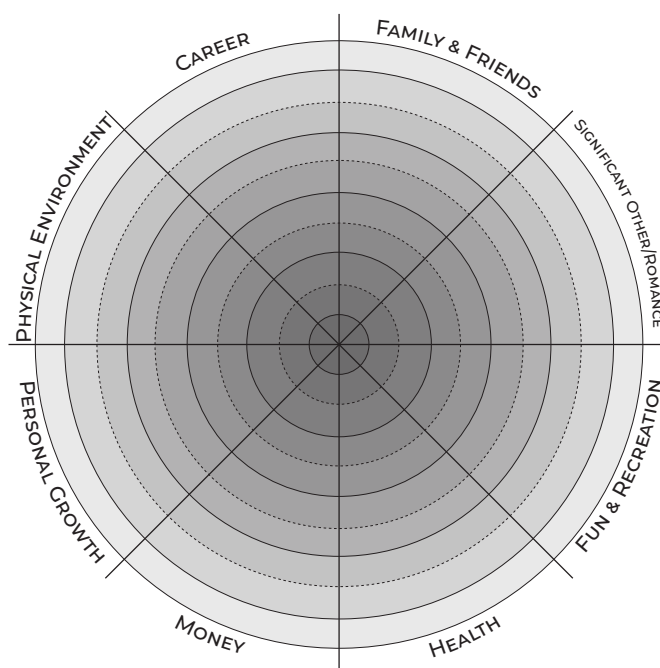


THE ART & SCIENCE OF NO REGRETS LIVING

If you look at any successful system there are guidelines, rules, conditions... The same is going to be true for you.

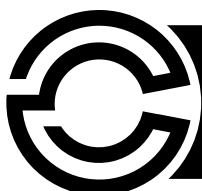
To live a life of no regrets you must first figure out where you stand and what you will and will not stand for. Having a set of effective rules will give greater balance especially as these rules are tailored to your needs and not to someone else's.

THE WHEEL OF LIFE



The wheel of life is also used to balance. It can give a visual representation of the areas of your life. The areas shown on the wheel are not the areas that you have to choose. You can use this wheel and apply it to your business, relationship, anything that you choose with the right imagination.

Obviously, the rounder the shape of the wheel the easier that the wheel will start to turn and continue to turn while producing the least resistance and friction along the way.



You can use it as an understanding, because using a toll like the wheel is a great place to get inspiration on what is working and what you should do more of and what isn't working and what you should do less of given that you want to change.

Q1 – WHAT IS THE MOST IMPORTANT THING TO YOU REGARDING FAMILY, A PARTNER, WEALTH/FINANCES, YOUR CAREER, HEALTH, FRIENDS?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q2 – IF I COULD WAVE A MAGIC WAND AND GIVE YOU EVERYTING YOU EVER DESIRED, WHAT WOULD IT BE IN EACH OF THE FOLLOWING FAMILY, A PARTNER, WEALTH/FINANCES, YOUR CAREER, HEALTH, FRIENDS?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q3 – WHEN YOU LOOK IN THE MIRROR WHAT DO YOU SEE?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Q4 – WHEN YOU LOOK IN THE MIRROR WHAT DO YOU WANT TO SEE?

.....

.....

.....

.....

.....

.....

.....

Q5 – ASK 5 OF YOUR CLOSEST AND MOST TRUSTED FRIENDS TO GIVE YOU A LIST OF 5 WORDS THAT THEY WOULD USE TO DESCRIBE YOU?

.....
.....
.....
.....
.....

Q6 – DO YOU BELIEVE YOU CAN CREATE THE FUTURE YOU WANT?

.....

.....

.....

.....

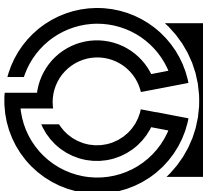
Q6(A) – IF SO WHY, IF NOT, WHY NOT?

.....

.....

.....

.....



Q7 – ARE YOU GIVING 100% OF YOURSELF TO WHAT YOU WANT IN LIFE EVERY DAY?

.....

.....

.....

.....

Q8 – IF YOU COULD CHOOSE 5 ROLE MODELS, DEAD, ALIVE OR FICTIONAL, WHO WOULD THEY BE AND WHY?

.....

.....

.....

.....

Q9 – WHAT HABITS DO YOU WANT TO BREAK?

.....

.....

.....

.....

Q10 – WHAT HABITS WILL YOU CREATE?

.....

.....

.....

.....

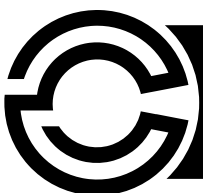
Q11 – WHAT SCARES YOU MOST ABOUT YOUR VISION?

.....

.....

.....

.....



Q12 – WHAT EXCITES YOU MOST ABOUT THIS JOURNEY?

.....

.....

.....

Q13 – HOW MUCH ARE YOU IN CONTROL OF YOUR LIFE?

.....

.....

.....

Q14 – HOW CAN YOU CREATE MORE CONTROL?

.....

.....

.....

Q15 – WHAT THINGS ARE YOU HAPPY TO LET GO OF CONTROL OVER?

.....

.....

.....

Q16 – WHAT IS YOUR PRIMARY FOCUS?

.....

.....

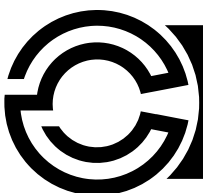
.....

Q17 – HOW MUST YOU CHANGE THE WAY YOU STRUCTURE YOUR LIFE SO YOU CAN GET YOUR GOAL? YOU CAN GET YOUR GOAL?

.....

.....

.....



CREATING YOUR VISION

It is important to note that there are some guidelines that will further help you as you create your vision. The future you.

- 1 - LEAVE THE JUDGEMENT BEHIND... LEAVE IT AT THE DOOR...
- 2 - GET SPECIFIC, GET CREATIVE AND LET YOUR IMAGINATION (within the realms of possibility) JOIN IN ON WHAT YOU REALLY WANT.

All the next set of questions that follow are here to be answered in the first person, in present tense as if you have already achieved your vision.

Now when you choose to go and create your vision as mentioned before you can choose the area, and it is important to focus only on one area first.

So if you choose your business, or your career, or your family, choose one.

WHAT DO YOU WANT TO BE RECOGNIZED AS HAVING ACHIEVED?

WHAT IS YOUR DESIGNATED ROLE IN YOUR (XXX)?

WHAT IS YOUR DAILY ROUTINE LIKE?



HOW DOES YOUR (XXX) MAKE YOU FEEL?

.....

.....

.....

HOW DO YOU HAVE FUN IN YOUR (XXX)?

.....

.....

.....

WHAT WILL YOU ABSOLUTELY NEVER DO IN YOUR (XXX)?

.....

.....

.....

WHAT ARE YOU ULTIMATELY DREAMING TO DO IN YOUR (XXX)?

.....

.....

.....

HOW DO THE OTHER PEOPLE INVOLVED IN YOUR (XXX) FEEL ABOUT IT?

.....

.....

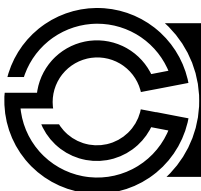
.....

WHAT DO PEOPLE IN GENERAL SAY ABOUT YOUR (XXX)?

.....

.....

.....



WHO IS THE PEOPLE YOU SURROUND YOURSELF WITH REGARDING YOUR (XXX)?

.....
.....
.....
.....

WHO ARE THE ADVISORS YOU TRUST TO GUIDE YOU WITH THE SUCCESS OF YOUR (XXX)?

.....
.....
.....
.....

Having Answered all these questions, you now will have created a laser focused version about who you see yourself to be. The more imagination that you use, the more fun you can have. There is only one thing to remember...

This is all subject to change and will continue to change as you keep changing...

Naturally, as this program is about conditioning, it is time to mention that the system gets repeated. This is version 1.0, the more I learn the more the system will be updated and streamlined for people to succeed.

