

Welcome to the Automatic Success System

SECTION 4 : PAVE YOUR WAY TO SUCCESS

This is your workbook for section 4 and it contains activities that you can do to maximize the effects of the NAP sessions and your results from fully using this program.

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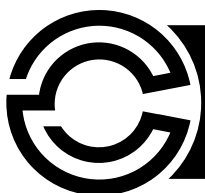
WELCOME TO YOUR AUTOMATIC SUCCESS SYSTEM

This is your workbook for section 4 and it contains activities that you can do to maximize the effects of the NAP sessions and your results from fully using this program.

By now you have cut the ties, gone through the bonus section and flooded your mind with open loops of powerful, positive and future focused frames, followed by the codes and rules for life. Now we're going to start building a solid foundation in which you can climb.

Remember to continue doing the work. It is essential. The process works in a cycle where each element stacks upon the previous element. You might even notice some repetition. This is a good thing. It reinforces the good things and the new conditioning you're choosing to build and install. The process works at this stage to build upon your blank slate. To allow you to connect all the pieces and create a new construct...

All steps are necessary to ensure that you stay on track. Up until now, depending on what your experience is, you will have noticed that you had been holding onto some limitations. And you will form new limitations as a result of letting go of the old ones. The question comes into mind, are your limitations causing you any problems? Dismissing the old limitations is a key point to moving forward.



WELCOME TO YOUR AUTOMATIC SUCCESS SYSTEM

I trust you have done the work, and you have used the NAP sessions to the extent that you're noticing the change.

You want your mind aligned with what you want. To do this you need to be in control. Doing the work ensures your mind stays aligned for the most direct path that you can take.

So by now you have already gone through the Self-esteem Supercharger...

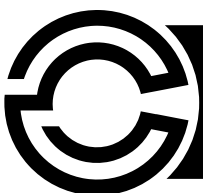
This is an enhancing program. Self-esteem and self-confidence revolve around the self-image that a person has of themselves.

Poor Self-Image

- Low self-esteem & low self-confidence
- Placating to other being and being subordinate
- Rarely getting what you want (because a lot of the time you don't know what you want)
- Having weak or even no boundaries

Good Self-Image

- High self-esteem & high self-confidence
- Having firm boundaries
- Getting what you want (and knowing what you want)
- Being comfortable in saying no without feeling guilty



Self-image is typically formed from 0-7 years old. It continues to get molded the older we get, though our internal values are typically set by the time we are 7.

The Mind learns through 3 Ways

1- Repetition:

Think of a commercial, someone calling someone names, listening to music. People learn through repetition

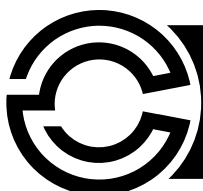
2- Rhythm:

this is exactly why that annoying song from that advert gets stuck in your head so easily (as well as the good ones).

3- Significant Emotional events:

When you think of something that scared you half to death, you remember not to do it again.

When you touched a stove when you were young and found it to be hot, if it was hot enough, there was enough of an emotional reaction that you never had to place your hand on the stove again... you have learned.



When growing up, not only did you watch your parents repeatedly do the same things (repetition), you also would have had significant emotional experiences with them.

There's also more than that... Your parents at that time were the utmost authority figure that you could imagine. So that level of authority starts to condition the mind. Sometimes people would even say that they have 3 out of 3, because all people move in their own rhythms.

Self-image can be looked at as your own level of self-directed authority which when it is at a high-level means that we become more self-directed and self-reliant than having a need to be told what to do.

Again, it is important that you work through your emotions. This way you can start to reduce their effect and the effect of the lower thought processes and get more in touch with higher thought processes regarding self-control.

Emotions aren't negative, they also aren't positive. This is purely a perspective. By going through the coming exercises you will be able to start to notice conscious shifts in your emotions.

When practiced and drilled enough you will enable yourself to have emotional control regardless of what is going on around you.



EXERCISE 1 – SELF-IMAGE BASELINE

Start with your eyes open or closed.

Bring up an image of how you presently imagine yourself

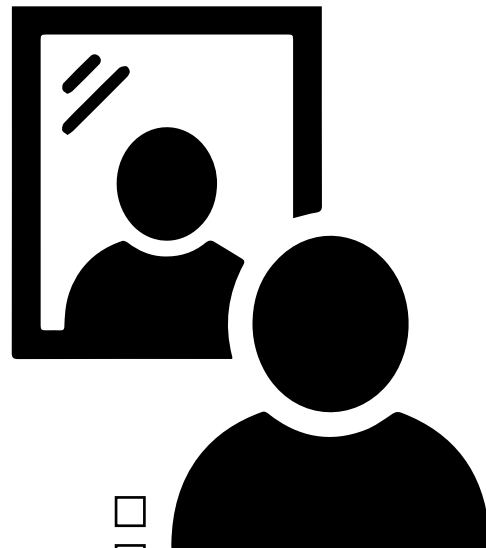
Notice the qualities of this representation

- Is it: Clear
- Sharp
- Hazy/Foggy?

- Is it: Bright
- Energized
- Dull/Lifeless?

- Is the image in: segments
- or is it a complete image?

- Does it have any: Depth (3D)
- or is it more like a 2D image?



How does it feel, does it feel real or feel fake?

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Does it harness any type of emotion, power, fear, joy, wonder?

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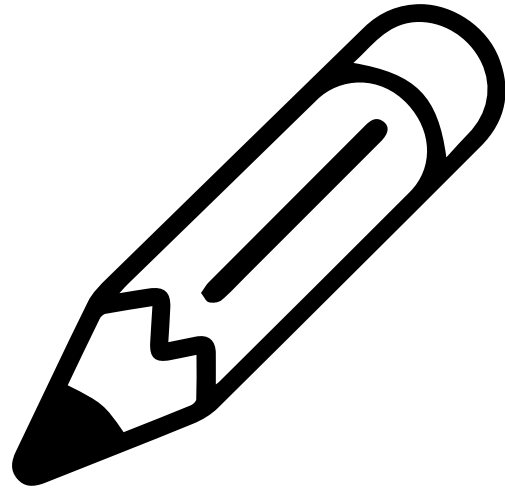
EXERCISE 1 – SELF-IMAGE BASELINE

Now, grab the pen, pencil or object and hold it in your non-dominant hand. Notice the details. Describe them to yourself. Stop and close your eyes. Mentally recall that image.

Notice the qualities of this representation

Is it: Clear
Sharp
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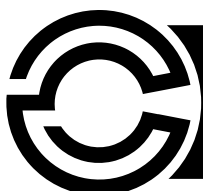
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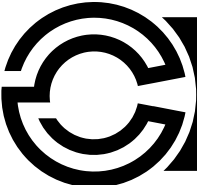
Compare the qualities of the first and second image.
 Typically, the more clearer, brighter, intense, depth and feeling
 an object has, the more richer it is.

You can replicate and inside your mind adjust the feeling and
 the qualities until the qualities are as clear and powerful as that
 of the object you used for your baseline.

This is a repetitive process additionally, the more emotion you
 put into it the faster you will notice the change.

Below are more aspects that you can change:

SIZE	Big, Medium, Small
LOCATION	Left, Right, top left, top right, Centered, bottom, bottom left, bottom right
COLOR	Black & White, Colour, Faded colour
DISTANCE	Far, Medium, Close/Near
FOCUS	Crystal Clear ----- Unclear
BRIGHTNESS	Bright ----- Dim
MOTION	Moving ----- Still
POV	1st person, 3rd person
ANGLE _(orientation)	Front on, bird's eye view,
EMOTION	
COLOR of EMOTION	



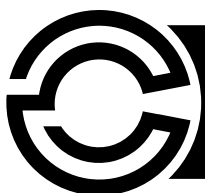
With continuous evolution you can adjust your settings inside. This is something you can do when you're standing in line, waiting for someone. Sitting in bed. Anywhere that you have a moment.

As you change your inner image, you'll notice subtle changes in how you feel. What would happen if you always imagined you were the tallest person in the room. Typically, when we are young we are smaller than most people so consider taller people an authority.

A common psychological understanding is that of perception = projection. Often meaning that how one can perceive others is more a reflection of themselves than of the other.

Building the internal belief systems that you can do it, that you will make it are essential for you to move forward. The more flexible you are with your behaviour the more control we exert over ourselves.

Flexibility means adaptation, not pretending. The most versatile people are often the most successful. Adaptability and flexibility are key. Look at most families, the baby or toddler is in complete control. It cries people come running to help. Plans and lives get changed overnight to accommodate.



CORE ATTRIBUTES OF SUCCESSFUL PEOPLE:

These 8 core qualities that I have repeatedly observed with other successful people with who I have worked and that are repeated through many other experts programs.

1 - Take a strong lead

- Very comfortable to take a strong lead
- A sign of a strength of character and a leader or visionary
- Stand your ground (tested by others to validate that you deserve and are being true.

2 - Have high standards

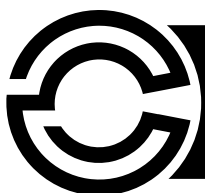
- A minimum level of standard that is acceptable for successful people.
- Anything below that will not be tolerated.
- Sets the tone for all engagements, whether it be professional or personal.

3 - Be challenging

- Challenge yourself and challenge others to rise to the occasion
- How you go about challenging certain types of people and still pay cultural respects

4 - Have a sense of humour

- Successful people infuse humour into the right moments at the right level with the right people.
- Laugh at yourself
- Tactfully and tastefully, not just any old way.



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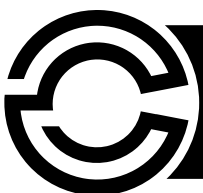
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5 - Be vulnerable

- Perfection is the biggest killer
- When 'weakness' is revealed, others no longer appear threatened
- Vulnerability is different to attention seeking

6 - Self-assured/Comfortable in their own skin

- Let's pull out the rule of 5 here;
Who are the five people you spend the most time with?
- Be comfortable in challenging yourself
- Know your strengths & leverage them
- Define areas for improvement and improve them
- If you are uncomfortable mingling with people that are more successful than you, good. Do it more often until it become comfortable so if an opportunity comes up, you can feel comfortable in any given situation.

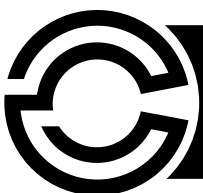


7 - Have firm but fair boundaries

- Successful people have boundaries
- The less limitations that you have with regards to your personal value system, the less you know what you will and will not do for success.
- Gives you the ultimate in flexibility. It shows you where you draw the line and in that case where you can automatically realise if something is a bad decision or a bad deal for you and you can walk away immediately without feeling guilty or at loss because it crossed one of your thresholds.
- Boundaries can shift with your evolution

8 - Daring & Dangerous

- Take measured risks
- Successful people all take calculated risks
- Always remember successful people create more successful people.



SELF-TALK

Self-talk is the leading cause of suicide...

Think about it.

Does someone who talks to themselves, on the inside of their head say good things, positive things, enthusiastic and energetic things or would you be ready to agree that it is most likely the opposite.

Self-talk is not a bad thing, like all things it simply needs to be measured and managed... Self-talk can change depending on emotional state, which means how you sit, stand, lay down, all of it, is a factor.

Some people pay attention to what they say to themselves. Very few (if any) pay attention to how they talk to themselves (Neurohacking has specific techniques to blow this out the water).

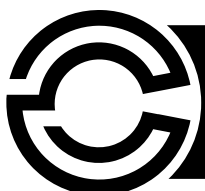
What would you do if you could change the way you spoke to yourself?

What if that changed the way you looked at yourself?

How would things start to shift?

Altering your Self-Talk

DIRECTION	Left, right, above, below
TONE	Harsh, soft, strong, confident, confused
PITCH	High, low
DISTANCE	In your ear, 10 meters away
VOLUME	Soft, medium, Loud
TEMPO	Fast or slow
CADANCE	Does it flow, is it hap hazard



Adjust the voices to the sounds that really move you. If you know a certain voice, said a certain way will inspire you. Imagine hearing that.

The more active you are I controlling the voices inside your head the greater control you give over your success.
Everything is context dependant. If someone can make you feel something then they should be able to make everyone else feel that way. Though we need to take into account the law of cause and effect.

This is choice...

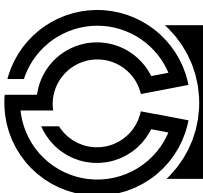
Emotions are internally generated, no one else makes us feel anything, we interpret a situation and therefore respond to that situation depending on our interpretation.

As you start to realise you have control, over your body, and mind, start with what comes easier. Does it come easier to you to control your body, or your mind, leverage what you already know about body language if you find that helps faster.

To influence others, you must first learn to control your emotional state. To create this ability requires practice. Emotions are like a scale of intensity. At one end of the scale is one emotion and at the other end its opposite, but they are still in fact the same emotion, just at opposite ends of the spectrum.

So in order to shift emotional states, you need to change your breathing rate and your posture until you start to feel the way you want. This is one of the fastest and easiest way for most people, but this program is designed for you to gain more control of your mind and to do that, its important that you understand how to do this process mentally.

Practice this when there is no pressure.
So, let's get into the process.



1- Choose the state that you want to practice (it is equally important you practice going in and out of “negative” states, so that if you find yourself in one, you can get out of it on command.).

2- Close your eyes. Think of a situation which you have experienced where you felt the emotion.

3- Bring the scene to mind of the experience. Experience the mental image, the moment that you captured. As you start to notice this image, start to play with its qualities inside your mind. *(What I am giving is a typical response, however you may find that you need to make different alterations to increase the feelings).*

Make the picture bigger, brighter, closer to you. Step into the picture (inside your mind) and relive the experience, and as you do this, you’ll be able to begin to notice certain aspects of the emotions starting to build inside of you...

4- Keep adjusting the qualities until you have taken it to it’s extreme, and then start to shift the qualities back in the opposite direction so you can start to become aware of the feeling dissipating and decreasing its hold over you.

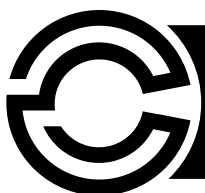
5- After every emotion, always move to a resource neutral state.

6- Bring the scene to mind of the opposite experience. Experience the mental image, the moment that you captured. As you start to notice this image, start to play with its qualities inside your mind. *(What I am giving is a typical response, however you may find that you need to make different alterations to increase the feelings).* Make the picture bigger, brighter, closer to you. Step into the picture (inside your mind) and relive the experience, and as you do this, you’ll be able to begin to notice certain aspects of the emotions starting to build inside of you...

7- Keep adjusting the qualities until you have taken it to it’s extreme, and then start to shift the qualities back in the opposite direction so you can start to become aware of the feeling dissipating and decreasing its hold over you.

8- Again, now is a time to reset your emotional state, return to neutral or “break state so that you can move forward in the best way. Alternatively you can choose to reset your neurology and finish on a highly positive emotion, like confidence, happiness, or gratitude and then simply carry on experiencing that state. Some of the various emotional states and their spectrums are below.

Note - Emotional states are not good nor bad, they are useful or useless based on context..



Tolerant	Intolerant/Defiant
Love	Hate
Accepting/Love	Jealous
Honest	Deceitful
Genuine	Fake
Focussed	Bored
Courageous	Fearing
Empowered	Helpless
Confident	Insecure
Controlled/Measured	Reckless
Certain Confused	Confused
Calm	Anxious
Attractive	Disgust

Enjoy using the NAP session and remember to practice going into and out of emotional states so that you can automatically take control to steer yourself into the states that you want.

