

The Creative Behavior Change System

Prep Session Action Guide

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*"Give me six hours to chop down a tree
and I will spend the first four sharpening the axe."*

~ Abraham Lincoln

Question: Would it be worth your time to spend a few hours preparing for your behavior change now, so that the next thirty days of applying it are **much easier – and your chances of succeeding dramatically increase?**

This Action Guide works under the assumption that that's a silly question. (It's more than worth it, of course!)

Now that you've read Creative Behavior Change 101, you understand the principles behind the following steps – and why they are so important and powerful. **(If you haven't read Creative Behavior Change 101 yet, do yourself a huge favor and read it before continuing.)** Now you're ready to strategically combine and apply the three dynamic elements of Motivation, Beliefs and Reprogramming.

More specifically, the steps in this Action Guide will prepare you to use your Pivot Point audio, your Daily Reinforcement audio and affirmation cards.

A) Pivot Point audio

Use once, ON your start date

B) Daily Reinforcement audio and affirmation cards

Use daily for at least 7 days beginning the day after your start date

Get ready for a unique and empowering experience:



Several of the following steps are timed. You can use a standard clock, but it will be more effective to use a timer, so go grab one before you start. Most smart phones have one built in. If not, there are free timer apps available to download.



You will need some notebook paper and some 3 x 5 index cards. You can get a stack of index cards at most grocery or office supply stores for a couple dollars.



If you can, print a copy of this Action Guide (double sided to save paper) so you can do the process anywhere you like. To save your ink or toner, I've chosen to use a minimal selection of images in the layout.



I also recommend that you set up a special **binder** for yourself. This way, over time you can keep your notes for each new behavior change in its own section. (This Action Guide is designed to be used any time you create a new behavior.) For example, create one section for exercising more, another for improving your diet, and so on. Get creative and personalize it. Turn it into a **fun** project!



While I do encourage you to be creative with your process, make sure you **follow the steps** as described the first time you use this guide. This is a synergistic process. Each step is important and fits into the puzzle.



If you feel resistance to a certain step, that means you definitely need to DO IT! Usually, that resistance is a sign that you're about to discover some valuable information about yourself or push through a barrier. Either way, it means it's going to make your new behavior easier!

To be even more blunt: deciding to skip a step, or do it in a halfhearted manner, is basically deciding to fail before you've even started.

Just like they teach in any decent art school: learn to use the "rules" now so you can *effectively* break them later.

1. Mindset:



Imagine you have just paid me (very well) for a one-on-one session that might last two hours.

We're about to sit down in my office, where we will set you up for a fun and easy time adopting a new behavior in your life. I'm going to walk you through a few steps and then take you through a 25 minute hypnosis session. Then I'm going to send you home with an 8 minute hypnosis audio and some affirmation cards to use every day for a week. Sound good?

Keep your eye on the clock – meaning don't fall into the temptation to drag this preparation stage out for a few days or a week! When I use this process myself it generally takes me about an hour, not including the first hypnosis audio. It's okay if it takes a couple hours or more your first time, but don't drag it out too much longer than that.

Hint: dragging out the following process is a great way to discourage yourself and reinforce your limiting beliefs.

You may consider dividing your prep session into 2 or 3 sittings, just make sure you get it done within a single day, or two at the most.

Are you ready?!

Now that you've got all your materials together – **pens**, notebook **paper**, index **cards** and a **timer** – and you have carved out an hour or two, it's time to...

2. Commit:



Set a start date for your new behavior!

Plan to have everything in this action guide completed *before* your start date. Going through this process is going to connect you with your motivation and prepare you for your self-hypnosis, so the ideal time to complete it is the day before you start your new behavior.



Put your start date on your calendar and wherever else you will see it and be reminded later.

3. Get clear:

Write about your behavior (or talk it through with someone).

The point is to explore and get clear about what's going on. Don't let it create "analysis paralysis." Get in, get it done and get out. Get your thoughts out of your head and onto paper. *Be open to discovering something new about yourself.*



Set your timer for 10 minutes.



Answer the following questions:

1. What were the triggers of my old behavior? (Examples: Stress triggers smoking a cigarette, loneliness triggers over-eating, conflict triggers rage or withdrawal, seeing sweets triggers eating them, etc.)
2. What were the emotional benefits of the old behavior?
3. What was it helping me avoid?
4. What else do I need to admit about my old behavior?

4. Turn your pain into forward motion:

Write about your pain (or talk it through with someone) and decide that you've had enough!

A word of caution about this step: It's important that you get in touch with your pain, but that does not mean you should dwell on guilt or shame. If you have guilt or shame caused by your behavior, acknowledge it, accept it, feel it, and then *channel* it. But don't get caught up in self-judgment!

Do not use pain as an excuse to stay stuck!

Turn the pain into forward motion by using it as an incredibly good reason to do things differently. Remember the phrase "*...and that's exactly why I'm changing that behavior!*"



Set your timer for ten minutes.



Answer the following questions:

1. What are the negative consequences of my old behavior?
2. How was it out of alignment with my values?
3. What would the cost be if I continued the old behavior?
4. What's *really* at stake here?
5. What negative emotions has all that caused?



Stand up, put your hand on your heart and say “I’ve had enough_____ (pain from your old behavior)! I’m willing to change!”

Seriously. Nobody’s watching.

Do you feel resistance to doing that? Then absolutely make sure you do it! If you want to change, you have to be willing to **push through that barrier!**

5. Pick a new behavior:

This step only applies if you don't already know exactly what you are going to replace your old behavior with. If you already know what your replacement is, proceed to the step where you write it down.

You may choose to include more than one new behavior or activity to replace your old one, but do your best to **keep it as simple as possible**.



Set your timer for ten minutes.



Make a list.



Answer any of the following questions that you find helpful:

What could I do instead? What have I done in the past that I'd like to do again? What have I wanted to try? What would my body like to do instead? What would my heart and soul want to do instead? What would help me to feel better about myself? What would honor my passions or my interests? What would authentically please me? What would my "ideal self" like to do instead? What would lead me closer to my vision and goals? What would be in alignment with my highest self and the greatest good?



Look at your list and pick the one that calls to you the most.



Write it down like this: “Instead of _____(your old behavior), I am _____(your new behavior).”



Now stand up, put your hand on your heart and say what you’ve written out loud.

It may sound silly, but it’s incredibly helpful, especially if you really let yourself feel it. Heartfelt intention is a powerful force... and speaking it can be *very* profound...

6. Identify your limiting beliefs:

You may already have a pretty good idea what some of your limiting beliefs are. Sometimes they are pretty obvious. Sometimes it just takes a little introspection. Sometimes it takes more.

If this is new to you, don't sweat it! You're just learning to dig. You'll get better each time you do this. I've been doing this for a while so I'm good at quickly getting to the bottom of my beliefs. It may take a while at first, but it will take less and less time as you increase your self-awareness.

Here is a very brief list of common limiting beliefs. It is by no means complete, but it should give you a good sense of what you are looking for.

Common Limiting Beliefs

- x ____ is not safe; I need to stay safe
- x I'm not worthy, good enough, lovable enough, smart enough, attractive enough, etc.
- x I don't deserve good things; I don't deserve to be happy
- x Something terrible will happen
- x It's greedy to want more
- x More for me means less for others
- x Others will resent me, be jealous
- x Others won't approve of me, will criticize me, judge me
- x I need the approval of others
- x It's not safe to shine, to stand out
- x I need to struggle; life has to be a struggle

- x I am a victim
- x I am a martyr
- x I am a savior
- x I need to take care of everyone else before me
- x I can do it better than anyone
- x I need to work hard
- x I can't change; change is always too difficult
- x I'm too old; I'm too young
- x I missed my chance, it's too late for me
- x The economy is bad; it's not the right time
- x I don't have the necessary resources – money, time, intelligence, training, credentials, creativity, help, friends, family, etc.
- x I'm too screwed up by my past and I can't get over it; I'm broken
- x I can't do hard things
- x Failure is shameful

3 approaches to uncovering your limiting beliefs

Following are three approaches you can use. The first one is a contemplative approach – best done while chilling out or in a meditative state. The second and third ones are writing exercises that are more logical. **They're all designed to evoke answers from your subconscious**, so proceed with that in mind.

The goal is to identify 10 or more limiting beliefs before going on to the next step. If you can only come up with 5, that should be enough.

Life tip: Keep in mind that you can use these exercises any time you feel resistance or fear when approaching what you want. It pays to know the beliefs that are limiting you in life!



Pick one of the following 3 approaches to start with.



Set your timer for 25 minutes and go for it.

Approach #1:



Sit down and relax. Take a few deep breaths and put yourself in a nice mental state. Quietly consider your old behavior as well as starting your new one.



Ask your subconscious "What limiting core beliefs are under my old behavior?" What comes up?



Ask your subconscious "What limiting beliefs are under my *resistance* to my new behavior?" What comes up?

There very well may be a correlation between the answers to both questions. Don't be surprised if you find that the same cluster of core beliefs are under each one.



When you open your eyes, write a list of what you came

up with.



Now pick up where you left off and go deeper. Pick the belief that feels like it has the deepest (core) message. Close your eyes again and ask your subconscious what limiting belief is really underneath it. And what's underneath that? And underneath that?



Do you have a feeling what your deepest limiting beliefs are? What limiting belief is that feeling pointing to? Follow your intuition, and when you open your eyes again, add to your list.

The above approach is highly beneficial because it encourages you to cultivate awareness of the depths of your own mind. In other words, it's part of forming a better relationship between your conscious and your subconscious.

If that doesn't yield satisfying results, try the next approach.

Approach #2:

I call this the "*I am _____ because I am _____.*" technique.



Take the following sentence and write it down, filling in the blanks:

I am _____ (your old behavior) because **I am**

_____ (belief) .

For example: *"I am eating too much ice cream at night because I am uncomfortable without it."*



Now look at what you put in the second blank. Is it a core belief? No? Then take it and loop it back into the front of the same sentence like this:

I am _____ (what you put in second blank above) because **I am** _____.

It might now look like this: *"I am uncomfortable without ice cream because I am afraid of feeling what's really going on within me."*



You get the idea. Repeat.

Now you might have *"I am afraid of feeling what's really going on inside me because I am afraid I won't be able to handle it."* And that might become *"I am afraid I won't be able to handle what's going on within me because I am not good with emotions."*

Oh! Now that's juicy! That could even be considered a core belief. But let's see what's under that.

"I am afraid I won't be able to handle what's going on within me because I am not good with emotions" might become *"I am not good with emotions because I am a weak person."*

And those are both certainly in the power zone. Think about it – “*I am not good with emotions*” and “*I am a weak person*” are both very powerful limiting beliefs.



Now try the exercise a few times with different answers and see how many beliefs you can come up with.



Make a list.

Don't be surprised if you start to notice a theme. We all tend to have a cluster of core limiting beliefs along a certain theme that effect us in many different ways. Knowing your theme is empowering! The more awareness you have, the more choice you have.

You can put as many beliefs on your list as you want. And don't worry if it takes several cycles to get to the bottom. Sometimes it takes more steps, sometimes less.

Also, you don't have to have a perfectly logical progression written down when you're done. Sometimes by digging you'll suddenly realize what limiting beliefs are under everything before you get to the bottom logically.

Important note: **Approach this with the intent of identifying your limiting beliefs!** If you find yourself going in circles, that probably means you aren't *really* looking underneath things! This part of the process requires you to be **willing to look** deeply within yourself.

Believe me, you *can* do it.

Ask your subconscious and learn to trust the answer.

Approach #3:

This approach may not uncover core limiting beliefs by itself (unless it does), but it can definitely point you in the right direction. If you struggle with the first two approaches, try beginning with this one, and then use the results to plug into either of the first two approaches.



Simply write the words “The reason I can’t change my behavior is _____” and fill in the blank with as many reasons as you can come up with in a few minutes.

Using any combination of the three approaches above, try to come up with a list of 10 core limiting beliefs in the “power zone,” then go on to the next step.

7. Choose new beliefs and create your new belief statements:



Look at your list of limiting beliefs. As you read each one, feel inwardly and listen to your body.

You will notice that when you read certain beliefs you feel more “charge” about it - or simply a feeling or sense of deeper emotional significance or relevance. It can be a subtle thing, except when it’s not, and you can do it. Just get quiet, *listen* to your body and feel into yourself.



Put a star next to the top 5 limiting beliefs with the most charge.



Now take a fresh piece of paper and draw a short line down the middle.



Write your top 5 limiting beliefs on the left side of the line.



On the right side of the line, write the opposite of your limiting belief.

For example, “*I am not good with emotions*” on the left becomes “*I am good with emotions!*” on the right, and “*I am a weak person*” on the left becomes “*I am a strong person!*” on the right.

Sometimes when you're doing this step, your subconscious will spontaneously come up with something that's not quite the exact opposite, but basically has the same opposite message or feeling to it. For example, instead of "*I am good with emotions!*" maybe it becomes "*emotions are healthy and important!*" Usually the deepest core beliefs begin with "*I am,*" but trust your intuition and go with the most charge.

If you don't quite like the statements the way they are, play with them. Try different words and combinations of words until you *feel* like each belief statement is the optimum expression of what needs to be said.

Choosing powerful belief statements is an art form. You'll get better and better each time you do it.

Here are some additional pointers to help you get the most out of them:

The most empowering and effective belief statements...

- ✓ ...are stated in the positive i.e. "*I am good with emotions!*" instead of "*I'm not afraid of emotions.*"
- ✓ ...are stated in the present tense i.e. "*I am a strong person!*" instead of "*I will be a strong person some day.*"
- ✓ ...are brief, concise and precise. They go straight to the core. Too wordy and they lose their impact.
- ✓ ...pack a punch; they use powerful words that sound and *feel*

important to you.

- ✓ ...tend to say something about your nature, who you are, what you're capable of, what's possible or what the nature of the world or the universe is.
- ✓ ...are related and applicable to what you're currently working on.

Now that you have 5 new empowering belief statements, it's time to tailor them for use as **affirmations** and hypnotic **suggestions**.

Check the believability factor and adjust if necessary:



Read each of your belief statements, one at a time. For each one, rate its believability factor.

On a scale of 0 to 10, how believable is it? Part of you will believe it, but another may not. That's normal. Put together, what is the combined level of belief?



For each belief statement that is less than an 8 - or 80% believable, you need to temporarily adjust it to become at least 80% believable.



Write down the progressive versions.

Do this by turning it into a "progressive" form – or one that is less absolute

(you may not “be there” yet, but you are *progressing*.) Shoot for the most absolute version that has a believability factor of 80% or better.

Here are a couple examples of belief statements and possible progressive versions of them:

Absolute: *“I am an excellent money manager!”*

Progressive: *“I am becoming an excellent money manager!”*

“I am learning to manage my money!”

“I can learn to manage my money!”

Absolute: *“I am a healthy person!”*

Progressive: *“I am getting healthier!”*

“I’m making healthier choices!”

“I am capable of getting healthier!”

The object is to start just above wherever you are, and gradually work your way up to the absolute version of your belief statements over time. Adjust your belief statements as needed to get started. When you have 5 belief statements that are 80% believable or better, they can be used as affirmations.

8. Prepare your affirmations:

It's time to get out your index cards. Index cards work better than listing affirmations on the same page for several reasons:

- ✓ You can keep the cards in a small stack and focus on one at a time.
- ✓ They are convenient to use when getting ready for your Daily Reinforcement audio.
- ✓ You can put them in your back pocket or your purse and take them to work or school with you.
- ✓ You can switch out individual cards occasionally to keep them fresh and interesting.

I hope you decide to make your cards an ongoing creative project. (My personal "Power Deck" is a fun and ever-evolving fascination.)



Write each new affirmation on an index card.



Write the limiting belief it replaces on the back side.

(You should have 5 index cards, each with a new affirmation written on one side and an old limiting belief on the other.)



Make a plan to use your affirmations and Daily Reinforcement audio, *after* you've used the Pivot Point audio to

uproot your limiting beliefs.

Make a decision, and commit to spending time with your affirmations daily. Maybe even several times a day if it feels good!



Start with at least 7 days and continue using them as long as it feels good.

Feel free to play with adjustments to your affirmations as you go, and remember to progress toward more absolute versions where applicable.



Now create a goal statement for doing your affirmations and self-hypnosis.



Write it on a fresh card in the "I am" format.

It may look like this: "*I am enjoying my affirmations and self-hypnosis every day until March 4th!*"

(You should now have 6 cards consisting of 5 belief statement affirmations, written in the "I am" format, and one goal statement, each written on it's own card.)

Keep them nearby, because you'll be adding 2 more cards to your deck before you're done.

9. Create your compelling vision:

Write a paragraph about your ideal scenario and commit to making it happen!

This step has two purposes.

1. You will be “installing” your vision in your subconscious during the Pivot Point hypnosis audio session. It’s important to have a compelling vision that your new behavior leads to. Your subconscious likes to know why you’re changing and what you’re creating.
2. It’s also about creating something that you can inspire yourself with, and cultivate over time. After you’ve written it, you can read it and really immerse yourself in the experience. You can inspire and motivate yourself with it, and it will help you stay on course toward creating the life you desire.

It is especially important that you are able to really get into “visualizing” and feeling it. Remember, not everyone “sees” what they are visualizing. You might be “seeing,” “sensing,” “feeling,” or “knowing,” depending on your personal style, and that is perfectly good.

Make it something you can enjoy! Otherwise, what’s the point?

It probably won’t fit on an index card, so write (or type) your vision on a special piece of paper, so you can read it before you use the Pivot Point audio. I also keep mine posted on the wall in my office so I can see it every day.

Write it out as if it is happening now and you are feeling the benefits of living your vision. If it helps, pretend you are writing to a close friend, telling them about the wonderful things that have been happening in your life. Begin with the words "I am____" as often as possible. To bring the point home, you might even end it with "I'm so glad I changed that old behavior!"



Set your timer for ten minutes.



Go for it!

Some helpful questions to stoke the fire:

What do I want? Why do I want it? How will it feel to have it? If I waved a magic wand and everything got better, what would my life look like? What would I be doing differently? What's the general scene? How does changing my behavior fit into this? What empowering beliefs does it reinforce? How is this in alignment with my values? How does it feel? How has changing my behavior benefited me? What has it made possible? *How does it all feel?* How badly do I want this?



Now stand up, put your hand on your heart and say "I know what I want and I'm willing to make it happen!"

Do it! (honestly, how good does that feel?)

10. Set a S.M.A.R.T. and balanced goal:



Take the new replacement behavior you picked in the action step 4 above and set a *S.M.A.R.T.* and *balanced* goal.

Remember S.M.A.R.T. stands for Specific, Measurable, Aligned, Relevant and Time Bound. Balanced means that your level of desire is strong and close or equal to your level of belief in your ability to accomplish the goal. What is your replacement behavior, exactly? How long are you committing to doing it?



Write your goal in the form of an “I am” statement on an index card.

It might look something like this: *“I am eating fruits instead of sweets until Friday the 22nd!”* or *“Instead of staying up until 2AM I am going to bed by 11PM every night until June 3rd.”*

As mentioned in the book, I highly recommend **30 day trials** as a very effective approach to changing a behavior or habit. I also recommend focusing on one behavior change at a time. It may be tempting to tackle more than one, but it's usually too much. It requires a highly charged sense of motivation to do several at a time. Think of it this way; if you changed one important behavior every two months, that would be a pretty good year, right?

(You should now have 7 cards plus your compelling vision on a special

sheet of paper.)

You can also write your goal in your calendar, your phone, on sticky notes, on Facebook and sky-writing if necessary!



Now stand up, put your hand on your heart, and speak your goal statement with conviction! Doing it will help you succeed.

11. Create a trigger visualization:



Create a brief visualization of using your old trigger(s) [from the first question in step 3] to cue your new behavior.



Write it on a card.

It may look something like this:

"VISUALIZE: I see the clock showing that it is 10pm, so I turn off my computer and start getting ready for bed." Or...

"VISUALIZE: I feel the craving for ice cream, so I drink a glass of water and get on the treadmill for 15 minutes." Or...

"VISUALIZE: My coworker says something confrontational to me, so I just smile and walk away." Or...

"VISUALIZE: I have just completed 4 hours of work and I have an hour of free time, so I get up and go for a walk."

If there are several triggers, you may decide to write a visualization card for each one. You can use the Daily Reinforcement audio and your affirmation practice to work on them, one at a time. Choose the main, most important trigger to focus on first (when you're doing your affirmations and self-hypnosis, as well as in "real life"), until you feel confident with it, then move on to the next trigger.

You may need to *avoid some triggers* in your daily life, entirely, until you can program yourself to replace them with your new behavior. For example, you may decide to avoid the shopping mall entirely until you've reprogrammed yourself to make better choices when you see sugary foods.

Now you should have 8 cards consisting of:

- ✓ **5 belief statement affirmations**
- ✓ **1 goal statement for doing affirmations and self-hypnosis**
- ✓ **1 goal statement for replacing your old behavior with your new one**
- ✓ **1 visualization card (or more) for connecting your old trigger(s) to your new behavior**

Plus

- ✓ **Your compelling vision written on a special sheet of paper.**

12. Celebrate!

You've already come a long way – just by reading this far and doing the exercises in this action guide. No doubt, you have gained some incredibly valuable information and a new understanding of how to work with your own mind. And, you're about to experience the power of the Pivot Point and Daily Reinforcement audios – and *begin your new behavior*.

This preparation is going to make all the difference in making your behavior change easier!

So stop right now, and...



Take a minute to recognize your effort and your achievement!

You have done something tangible and solid to help yourself – which many people just won't do - and that deserves some celebration!



Celebrate by *feeling good right now!*

13. Plan to celebrate!



Now make a decision, and *plan* to celebrate your next success.

Pick a date immediately after your goal completion date, and schedule something you will look forward to!

...maybe coffee with a friend or two who will be happy to celebrate with you! However you decide to celebrate,



Schedule it!



Put it on your calendar *now*.



Look forward to it!

14. Plan to succeed:

-  **Close your eyes and see yourself achieving your goal.**
-  **See yourself celebrating!**

How good is that going to feel?

-  **Feel it now.**

Perhaps you are beginning to appreciate how many opportunities you have to shape the content of your thoughts, and therefor your life, every single day...

15. Consider finding an accountability and support buddy:

Sometimes we can do it by ourselves, but for some changes, we really need a little help. If you have any remaining doubts about your ability to achieve your goal, consider asking someone you trust to be your accountability and support buddy. Tell them what you're working on and ask them to:

1. Be there in case you need a little encouragement or to remind you why you're doing this.
2. Meet or talk with you once or twice a week, "religiously" – so you have someone to report your progress to and to hold you accountable to your commitment.

You might even decide to promise them something specific in the event that you "fail" such as to pay them an uncomfortable amount of money - or even to come clean their bathroom! Make it something you don't want to do, so that it serves as motivation for avoiding "failure."

This can be especially effective if you are *both* creating the same behavior change and hold each other accountable.

Sound like a good idea? Who would be the best person?



Call that person now!

16. Prepare for your Self-hypnosis:

Your affirmations are powerful tools, and they're even more powerful when you use them in your self-hypnosis sessions. The Pivot Point and Daily Reinforcement audios are specifically designed to use with the affirmations you create with this action guide.

Warning: Only combine your daily affirmations with self-hypnosis if you really want to create change in your life!

Want to know the first "no-brainer" way to make hypnosis work for you?

Schedule your self-hypnosis sessions:

I can't over-emphasize how much more effective this approach is than just randomly doing a session here and there. It can be tempting to do it that way, especially when you do a session and you feel a lot better afterward. But don't be fooled and waste all the energy you've put into creating your change! The strategic and consistent approach is far more effective.

It's like getting on a giant swing; your first little push will be fun and feel pretty good (especially if you've never been on a swing before.) But the real action is what happens when you *keep swinging in a rhythmic pattern*, and give yourself another push each time - as you get higher and higher up with each push.

Of course, that analogy only goes so far. (After a while, when you stop swinging, you just get off the swing and go home.) But with hypnosis, if

you swing for a week or a month, your life will change around you and things will never be the same.

- When will you use the one-time Pivot Point audio session? Tomorrow?
- What time?
- How often will you do your Daily Reinforcement audio sessions?
- What time of day will you use your Daily Reinforcement audio? (See the bonus "Tips for Making the Most of Your Self-hypnosis Sessions.")
- What time of day will you use your affirmation cards?
- How long are you going to keep that pattern?
- Are you going to make another plan when you achieve your goal?
- How will you reward yourself for achieving your goal?

Again, I highly recommend a 30 day trial for your main goal, and doing your affirmations and Daily Reinforcement audio daily - for *at least* 7 days after your start date. Personally, I usually do my affirmations for the entire 30 days, and the Daily Reinforcement audio for 14 days. Then I occasionally use the Daily Reinforcement audio a few times if I need a little help with my focus or motivation in the last couple weeks.

Sometimes, if I can't use the audio for some reason, I'll do the Daily

Reinforcement the old fashioned way; simply closing my eyes and doing self-hypnosis. However, even after years of practice, I still find the structure of the audio to be very helpful for keeping the time under ten minutes.

Remember: Complete this action guide *right before* your start date. Then use the Pivot Point audio and start your daily affirmations *on your start date*, and begin using the Daily Reinforcement audio *the day after* your start date.



Write down your schedule for doing your Daily Reinforcement audio sessions and your affirmations.

Put it in your planner, on your calendar, on your desk, on your refrigerator, in your phone – wherever you will see it and be inspired to follow through with your plan.

17. Prepare for your one-time (30 minute) Pivot Point audio session:

The purpose of the Pivot Point audio session is four-fold:

1. To *release* two core limiting beliefs*
2. To *install* two new empowering beliefs in their place
3. To *install* your compelling vision
4. To condition your mind to adopt your new behavior

*Since it tends to be impractical to release all of your limiting beliefs at the same time, we will focus on the two most core beliefs to start with. Often, the psycho-emotional “energy” of these core beliefs are related and intertwined with the other limiting beliefs you have, and by releasing these, the rest also begin to dissipate. If you feel the need to specifically target additional limiting beliefs, you can always use the Pivot Point audio to do that. I have personally done so on several occasions.

To be ready for the Pivot Point audio session, you will need your special sheet of paper with your **compelling vision** written on it, and your deck of **affirmation cards**.



Look at your affirmation cards, and pick the two with the most personal, core message and the most charge, and put them aside with your compelling vision.

For example, these are good affirmations:

"I am learning to ask for what I need!"

"I've changed habits before and I'm doing it again!"

But these are better for this session because they are "more core":

"I am good enough as I am!"

"I am confident and courageous!"

Congratulations!

You have completed the preparation stage of the Action Guide.



**Following is what you will need to know
on your start date:**

Preparing for the Pivot Point experience:

When it's your scheduled time to use the Pivot Point audio:

- 1. Review the Tips for Making the Most of Your Self-hypnosis before using your audio (In the additional bonus file).**
- 2. Memorize both sides of the two cards you picked; the two empowering beliefs (affirmations) and their opposite, limiting beliefs on the back side.**
- 3. Read your compelling vision.**

Right before you push play on your audio player and close your eyes, the last thing you are going to do is read both sides of both cards, as well as your compelling vision.

During the Pivot Point audio session, you are going to *release* the two core limiting beliefs, and *install* the two new empowering beliefs along with your compelling vision, in that order.

The deeper your state of relaxation, the more effective the release will be, so it's important to temporarily memorize the two limiting beliefs - enough so you can recall them during the session without reading your cards.

If you can also memorize the two new empowering beliefs and recall them during the session, that's all the better. However, if you have to open your eyes to read your affirmations, it won't be a big problem.

Some people can remember all four, but there's nothing wrong with you if you can't!

Don't worry about memorizing your compelling vision yet, either. Your subconscious will have no trouble filling in the blank with the perfect "visualization" when it is time. Reading it before your session will be enough.

Preparing for your Daily Reinforcement audio:

The purpose of the Daily Reinforcement audio is two-fold:

1. To *reinforce* all the programming you did in the Pivot Point session.
2. To *deepen* and *reinforce* the programming you're doing with your daily affirmation practice.

Get Ready:

- 1. Gather your entire deck of affirmations, including belief statements, goal statements and trigger visualization(s), plus your compelling vision on it's own special sheet of paper.**
- 2. Select any 3 affirmations plus 1 trigger visualization. (You may have more than one trigger visualization, depending on how you handled step 10 above.)**

I recommend that you include the affirmations you used in the Pivot Point session, at least the first few times, to really deepen the impact of the Pivot Point experience. Then move on to other affirmations as you see fit, including goal statements if you like.

Again, during the Daily Reinforcement sessions, you will use:

1. 3 affirmations

2. your compelling vision

3. a trigger visualization

...in that order.

Remember, with your progressive affirmations, you're working your way up to the more absolute versions. Keep checking the believability factor. Update your progressive affirmations to the next level using the 80% rule – meaning always use the most absolute version that's at least 80% believable.

This applies whether casually using your affirmations or using the Daily Reinforcement audio.

Your Daily Reinforcement sessions and your casual affirmation practice work synergistically – meaning that, combined, their effect is multiplied rather than added. I highly recommend that you keep up both practices as long as you can, without letting it become "work."

Believe me, if you approach it with a committed yet **playful** attitude, this stuff can be fun for a long time!