

Syntax: 11-12-19 Master Mind

Welcome! Thank you for joining!


Q&A call next Tuesday @ 6:00 MST (8:00 EST)

We are on a 12 month rolling cycle...

Tonight is about Health, Energy, and Vitality!

We don't have a "health" system, we have a "sickness" system

"don't want"

DSM-V 

We create health based on beliefs, a.k.a. "psychology", a.k.a. "software"

S/W → program

~~1~~ V V

Primarily, those "programs" were unconsciously created and handed down from FoO.

- "we're great athletes!" vs "we hate exercise"
- "health is #1" vs "everyone gets old"
- "what's the latest in nutrition research?" vs "Oh, just wait until tomorrow, something new will be bad for you"

You reinforce or change this based on your choices
(and do you... CAN you... control them?)

Do you know how to "redesign" you?

Can you then "rebuild" you?

CAN YOU???

Now... WILL you?

AND... If you do... Likelihood that you will "fail?"



(syntax cont.)

Monday, November 12, 2018

11:47 AM

Follow this with me:

You ARE a function of your thoughts

= Results

Thoughts are a function of your mental "software" - this is why change is often so hard

O.S.

Thoughts are energized by the emotions attached (also software!)

+ think = meaning = feel

The thoughts drive "success"

"lack of"

The thoughts attempt to eliminate obstacles, but they often BECOME the obstacle

They guide our beliefs

They are the Road Map and perpetuate the outcome that they meet their unconscious design

Thus, they ARE the limitation, too

Trying to "understand why you can't" creates more "I can't" -- it does not solve it.

Now, you CAN overwrite it with action, but generally most can't do that without a pain catalyst playing out (a health diagnosis, need for new wardrobe, an event...)

I hate diet plan

I can't lose weight

I hate S

love diet
love to gym

To truly have a different outcome... you MUST:

- Change ~~software~~
- ~~Which changes the thought~~
- Which now alters the road map
- Which now CAN alter the outcome...

Unless you go back to the old software (Old You/ OSOTR)....

forgive

NSOTR

11-12-19 Master Mind session notes

Tuesday, November 12, 2019 4:54 PM

So, when you think of "health" what do you think?

And is it in new thoughts or old?

Do you even know what is "old"?

Δ Food is emotion... or...

Δ Food is fuel

Because some "old" is still valid... Yet some old is tremendously hurting you or loved ones, people you care about...

info!

good vs. bad
fat

The old expression, "what you don't know won't hurt you," in this arena, can kill you!

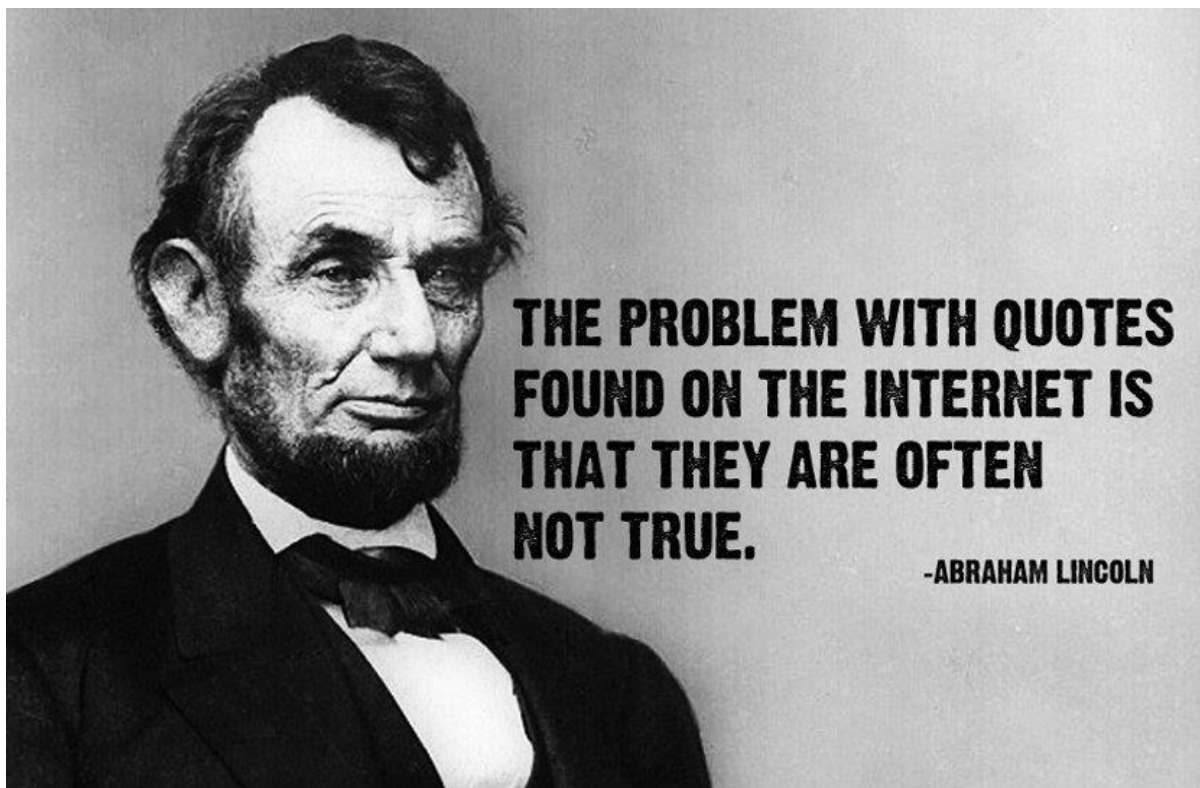
So what are you to do?

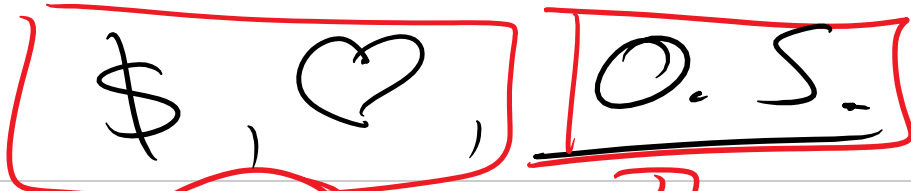
You must get smarter, you MUST make up your mind...

And you MUST become CONSCIOUS!

Find out what is best for you!

And in the wild, wild west that is the internet - anything goes!





Legendary Health Blueprint Questions

To prepare us for your Legendary Health work, here are your questions that are designed to get out your health blueprint as well as begin the conscious design process.

1. What do you want most for your health? (list the top three) On a scale of 1 -10, how close are you to getting or not getting what you want?

Toward / Away

Fun vs. "grinding"

It energizes you to do it/ be it!

2. When you articulate the most magical, amazing, awesome health, what would that look like/ feel like? How close on a scale of 1 -10 are you to this ideal health?

Is it magical or rather ordinary? (show "mermaid tail")

Want more/ fixing

3. What qualities or attributes do you love most about your current health?

Must, must OWN this

4. List the top five positive beliefs in general that you have about health. Examples:

- a. If you work hard, you can have a strong, healthy body.
- b. While some have bad health, I know that if I do the right things, I can be very healthy.
- c. I believe everyone can have the body they want, but I struggle to have the body I want.

- 1. Tends to be weaker than (-)
- 2. NOT empowering
- 3. diminished
- 4.
- 5.

<http://www.youtube.com/watch?v=f0tEcXLDDd4> "jubilee project"

<http://www.youtube.com/watch?v=f0tEcxLDDd4> "jubilee project"



5. List the top five negative beliefs that you have in general about health. Examples could be:

- a. Most people are unhappy with their health. It is too much work.
- b. As you get older, it gets harder to maintain great health.
- c. I never believed I would have a great body or extraordinary health.

- 1. More absolute
- 2. Actually hurts you
- 3. No room for error
- 4.
- 5.

6. List the top five joyous, fun, or exciting things about your health.

- 1.
- 2. Just doesn't exist
- 3. Not joyous
- 4.
- 5.

7. List the top five pain or disappointments about your health.

- 1. Totally darkness
- 2. "can't" overcome
- 3.
- 4.
- 5.

8. What three things would you change about your health if you could wave a magic wand?

- 1. Another way to truly calibrate your software ... It is THAT crucial!
- 2.
- 3.

9. What do you want most out of this program as it relates to your health? Be detailed, be specific.

Change your software

IHAD

Believe where you are right now is perfect, and where you going? Even better!

How do you install that which you do not believe?

Tips that will make your Epic Health trajectory easier.....

power!

You have far more control over your health than you think!

mind/body

- Epigenetics

"above" genes

25,000 "junk"

- Do you "hate" being sick?

immune system!

DNA!

environment -
#1 - thoughts!

Big Pharma?

Are you tired? Exhausted? (Or are you victorious?)

- 90 minute cycles

6, 7.5, 9 6.45, 7, 8

- Subconscious commands at night

working!

- Pzizz.com

app

Do you know what foods are harming you?

- ALCAT

Journal

food sensitivity

food sensitivity
200 - 500

Move Well!

"get to the gym" Means that you must
make exercise FUN!

When was the last time that you had raw fun
as you moved your body?



Enjoy!

Or are you too old, too busy, too out-of-shape,

too-something...?

Jump, run, play, MOVE YOUR BODY!

When is the last time you skipped?

Ran somewhere because you were excited to go there? (see how the think well was first?)
--EVERYTHING connects to how you think and feel about it...

Why don't you?

What I hear most often from my clients is that they somehow will "get to it" which will somehow "get results" which will somehow then be fun...

It is just the opposite! Make it fun NOW...

And watch what happens!

Fun
↓
Results
↓
got it

Now is the time for you to get conscious about it!

Do you have a vision board for exercise?

Of course you do, it is just for most of you, it is a IHAN format, and the images associated to it are not pleasing, much less Epic. So what is your Mind to do??

In conclusion:

Actions:

Review the Health content on the website... LOTS of tools in it!

Now

What is your target? What do you want for your health?

Build a plan... What are you doing first? Second? And so on....

SMART

Write it down! (collapse it)

Schedule it!

Measure it!

Make sure you know what to do to upgrade.

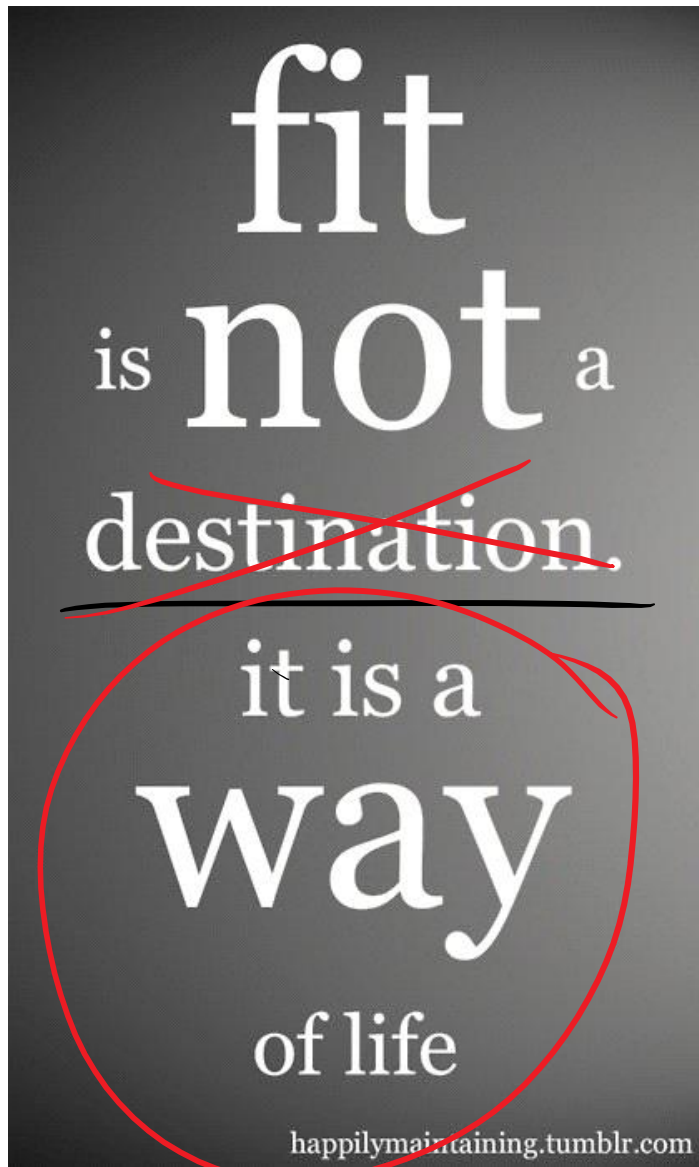
Get help if you can't.

Do your IHAD! (with goose bumps!)

Ihaa

What is your real target?

T/A



Is it for fitness?

Looks?

Health?

Energy/ vitality?

Because you believe
what someone told you?

1/0

O/I vs. I/O: *in the top 3 tools!*

meta-program



Discipline vs. Self-discipline

"Ranger Buddy"

how can I serve and help you?!?!?

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