

WEEK 1 – UNLOCKING YOUR TRUE POTENTIAL

Tony Robbins Priming Exercise

Use this 15–min PRIMER as a preparation tool to start the day FOCUSED, ENERGIZED, CREATIVE, CENTERED and CONNECTED to your ultimate outcomes.

It establishes a foundation of GRATITUDE for everything that’s guided us to this moment and the opportunity to START FRESH.

If you have obstacles that are holding you back from who you want to be, PRIMING is one of the most effective tools for bridging that gap.

 PRIME YOURSELF! YOU DECIDE WHAT TO FOCUS ON OR THE WORLD WILL GLADLY DECIDE FOR YOU.

If you’ve been to any of our live seminars, you’ve experienced PRIMING in person. It’s a simple visualization meditation at its core, but it’s one of those things that you can’t just cognitively know— you’ve gotta DO it to experience the benefits of its power.

Here are the steps so you are prepared to get the most out of this transformative experience.

Find a chair in a relatively quiet area and sit–up, spine straight, comfortably. Place both feet on the floor, shift your shoulders back, chest up, and hold your neck and head tall.

1 BREATHE

You will do a breathing exercise of 3 sets of 30 breaths with a pause in between each set.

2 PRACTICE GRATITUDE

You will think of 3 moments, people, experiences, life’s GIFTS you are grateful for, and fill up with joy, appreciation, and love.

3 VISUALIZE

You will imagine light coming down and filling your mind & body, healing anything that needs to be healed – thoughts, emotions, conditions.

4 SHARE THE LIGHT

You will send the energy out healing, strengthening, thanking, loving, appreciating, connecting to others.

5 CELEBRATE

You will focus on 3 outcomes, goals you want to achieve. You'll place yourself on the other side of the achievement, in celebration of the feeling of victory when they are done.

Definition: Personal Power–The ability to act.

What changes your life is using your Personal Power to make better decisions. The difference in the results that people produce comes down to what they've done differently from others in the same situation. Different actions produce different results.

Successful people may not always possess outstanding knowledge or talent, but they have the habit of taking action using the resources they have at their disposal. They don't major in minor things.

Everything that happens in your life – the things that thrill you as well as those that challenge you – begins with a decision. It's in your moments of decision that your destiny is shaped. The decisions that you are making today will not only shape how you feel, but also who you are going to become in the future.

Demand more from yourself than anyone else could ever expect

The Ultimate Success Formula

It's not important initially to know how you are going to create a result; what's important is to decide that you will find a way, no matter what.

The Ultimate Success Formula is a process that helps to get you where you want to go:

1. Know your outcome.
2. Get yourself to take action by deciding to do so. (DE-CIDE)
3. Notice what you're getting from your actions.
4. If what you're doing is not working, change your approach.

Role Models

To save time and energy, use role models to accelerate the pace of your success:

1. Find someone who is already getting the results you want.
2. Find out what that person is doing.
3. Do the same things, and you'll get the same results.

Remember, it's impossible to fail as long as you learn something from what you do!

Your Assignment

Never leave the site of setting a goal or making a decision without taking some action toward its attainment! That's how you create momentum and start to tap into the Driving Force within you.

- 1. Two decisions I've been putting off that, when I make them now, will change my life:**
- 2. Once you make a real decision, you must follow it up by taking immediate action.**

To do that, write down the first few steps. What are three simple things you could do immediately – right now – that would be consistent with your new decisions? (For example, if you decided to stop smoking, what could you do with the cigarettes that are in the house right now?) Who could you call? What could you commit to? What letter could you write? What could you do instead of your old behavior?

Three simple things I can do immediately that will be consistent with my two new decisions:

3. Take action on your new decisions right now, at this moment.

“Nothing happens until something moves.” – Albert Einstein