

WEEK 3 – TAKING CONTROL: THE FIRST STEP

Specifically, what drives our lives is our neuro-associations. This is a fancy way of saying whatever pleasure or pain we associate or “link” to a situation in our nervous system is going to determine our behavior.

Neuro-associations are created and reinforced in our nervous systems when we link intense feelings or emotions to a given situation, event, thing or person.

“What controls our life is the meaning we associate to a given situation”– Tony Robbins

Examples:

1. Marriage– Loss of freedom or ultimate pleasure?
2. Pain– Hurts so good?
3. Wealthy?– Probably a crook or born into it
4. Alcohol– drink the whole six pack Tony
5. Hijackers 9/11 and the Japanese kamikaze pilots from WWII

Neuro-Associations

If we want to change our lives, we must change our neuro-associations.

1. The science you're going to learn in this program is Neuro-Associative Conditioning (NAC). This technique will allow you to link massive pleasure to tasks you've been putting off, but need to take action on today, and to link pain to behaviors you're currently indulging in but need to stop - both of which are made possible by tapping into the natural principles of your nervous system. NAC gives you a way to take direct control of all your behaviors and emotions but in a way that simply requires the power of reinforcement not discipline.
2. Ask yourself, "What are some of the negative associations I've made in the past that have kept me from taking the actions I need to take to achieve my ultimate desires?"
3. Your neuro-associations control your level of motivation and willingness to change.

Four (4) Parts of Destiny

Every single action you take has an effect on your destiny. If we study destiny, we find everything in life has four parts:

1. Everything we think or do is a cause set in motion.
2. Every one of our thoughts and actions is going to have an effect or result in our lives.
3. Our results begin to “stack up” to take our lives in a particular direction.
4. For every direction, there is an ultimate destination or destiny.

It's important for you now to begin to answer two questions:

1. What is your ultimate destiny?
2. What do you want your life to be about?

While few people know precisely how their lives will turn out, we can certainly decide in advance the kind of person we want to become and how we want to live our lives.

Having this “bigger picture” can pull us through some of the short-term tough times and keep things in perspective, allowing us to remain happy, fulfilled and driven to achieve our dreams.

“Nothing in life has any meaning except the meaning you give to it.”

– Tony Robbins

Your Assignment

Simple awareness can be curative. It can break the pattern of allowing our unconscious conditioning to control us.

Write down three neuro-associations you've made in the past that have shaped your destiny positively.

- 1.
- 2.
- 3.

List three neuro-associations that have been disempowering you until now. Decide that you will change these today.

- 1.
- 2.
- 3.

“A mind out of control will play interesting tricks on you. Directed, it's your greatest friend.”

- Tony Robbins