

# Your Mind Is Everything

Perhaps it's the only thing

“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

-Marcus Aurelius



# Thoughts are energy and energy is interchangeable with mass

Every thought, feeling, and emotion you have you let into your consciousness and it is going to affect your life... because you ALLOW it to.

Principle number one is **taking responsibility** for your thoughts.

# Are you responsible for your thoughts?

Who is?

How are they?

# You can be “right” or you can be EFFECTIVE.

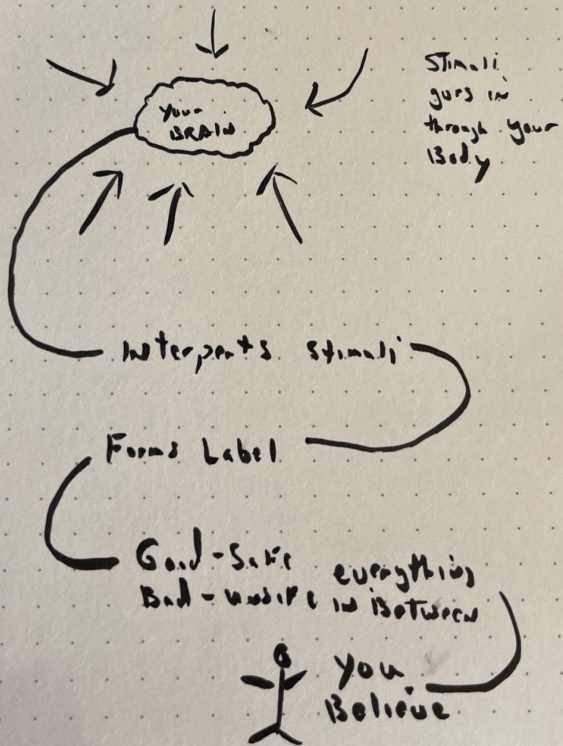
What is the most effective way to get what you want in life?

Being right or being effective?

EVERYTHING IS OPINION

DAILY BIT OF Knowledge

→ Everything is opinion



Your happiness, sadness, or averageness is an opinion, a judgement, of your life.

# Are you happy or unhappy with your finances?

That's because you are better off than before or worse off than you think you should be.

Thus you are happy or unhappy based on the comparison to an ideal in your head.



# Are you unhappy with your partner?

Think back to when you were happy; what changed?

Did you change?

Did your opinions change?

Did your values change?

# Are you happy with your partner?

Do you think you can maintain your happiness when things change in future?

What ways can you combat the inevitable creep or time and adaptation?

# Are you unhappy with your work?

List out the benefits of your work.

Think back to other crappy jobs you had. Imagine going back there.

Perhaps all you need is a perspective shift.

# ALL OPINION

The thing about opinions is they are 100% your responsibility.

If you don't like something, it is still your responsibility.

**The Hard Truth: you are choosing to like or not like something.**

If you really wanted to, you could appreciate anything and you could condemn anything. That's how powerful your mind is.

And you should be in the driver seat.

# There is no moral obligation to you

Most people fall victim to the ideal of right and wrong.

So when things aren't going their way, they expect the Universe to "right itself."

This leads to victim mentally and other mentally destructive thought patterns that keep people stuck.

The reality is, life is 100% your responsibility.

Your thoughts are 100% your responsibility.

Your results in life are 100% your responsibility.

# NO ONE IS GOING TO LIVE YOUR LIFE FOR YOU

Mother Nature holds no court. She has no policy enforcers.

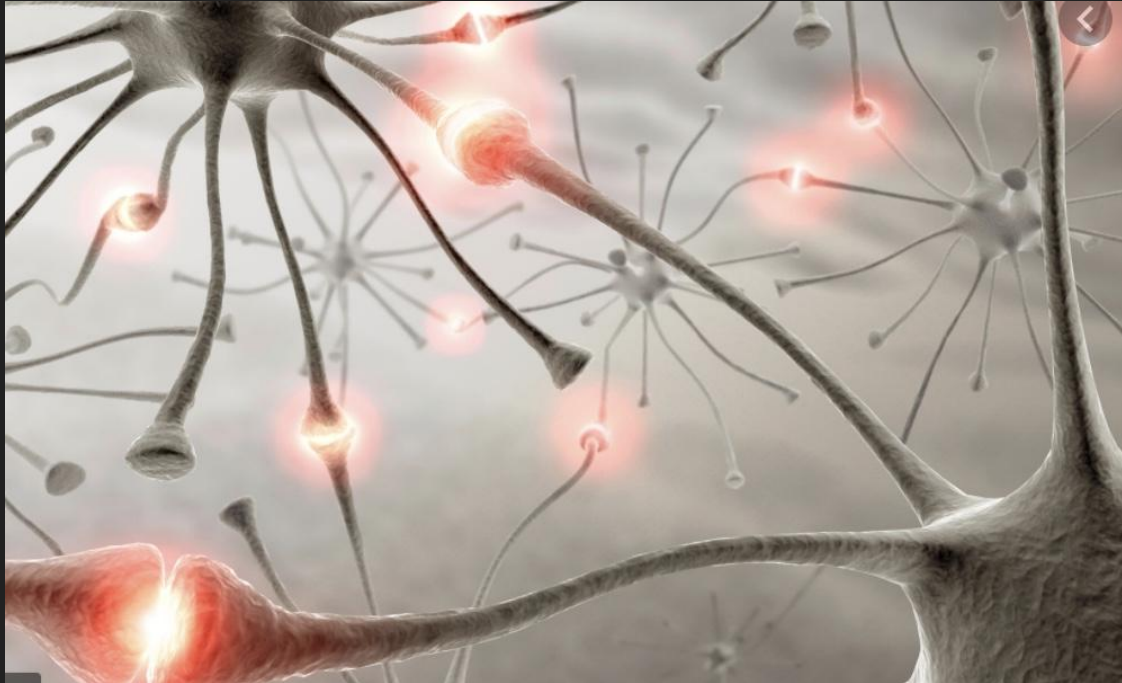
She doesn't care if someone wrongs you.

Guess what? Most of the 6 billion other humans don't care either.

Accept this, you must.

# HOW THOUGHTS ARE FORMED

When a single neuron fires, it is an isolated chemical blip. When many fire together, they form a thought.





“Unconscious processes seem largely responsible for much of what we do habitually in daily life, and conscious processes seem largely responsible for making sense of what we do so that we can explain it to ourselves and others.”

Book: Mindwise

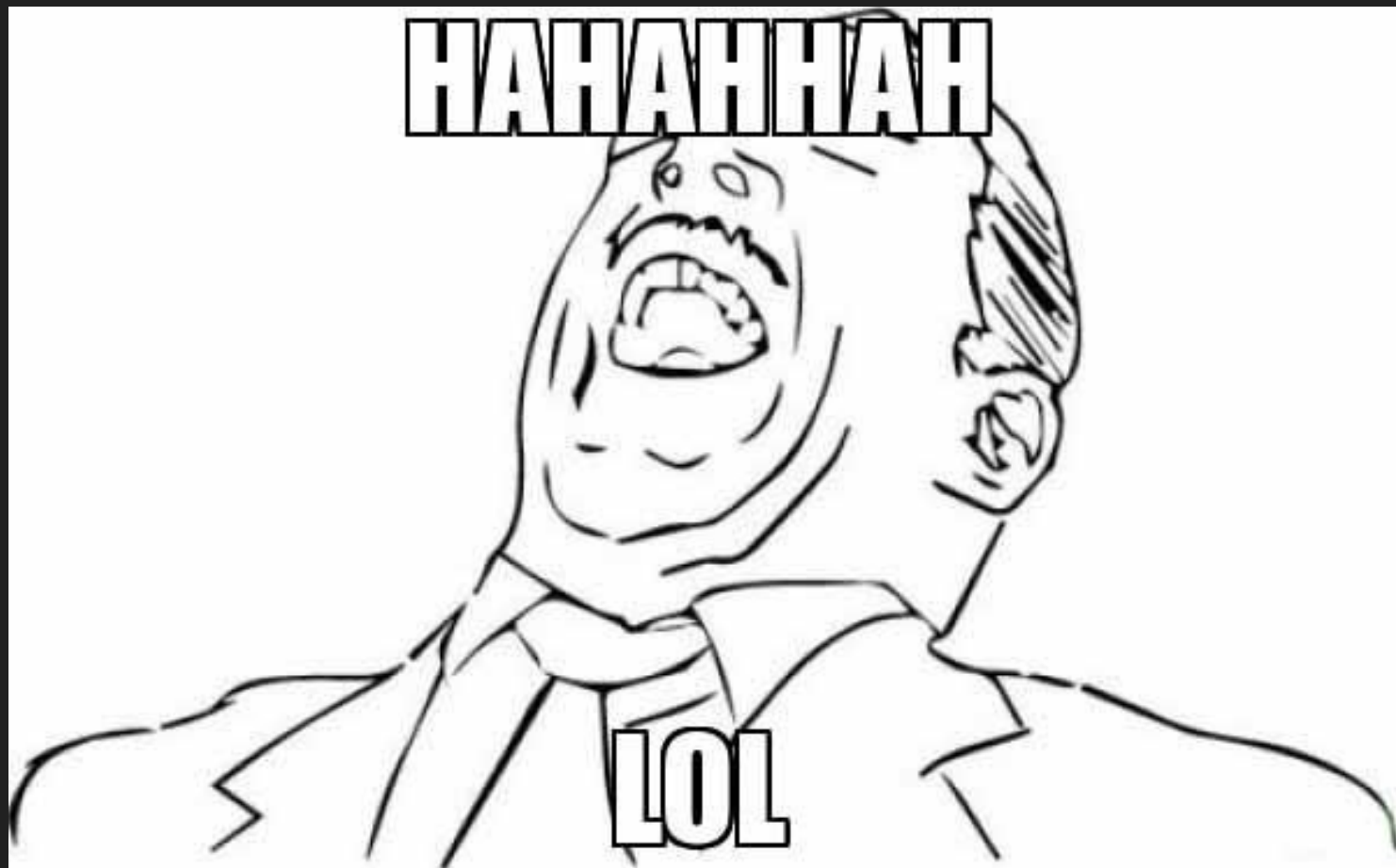
The estimated amount of behavior (and thought) that is automatic:

95%

What do we do with the 5% that's conscious?

Find reasons to  
justify the 95%

**HAHAHAHA**



**LOL**

When did you last form a  
thought?

When was the last time you  
destroyed a bad thought  
pattern?

Our mental world is formed  
for us and without us.

And most people end up  
accepting whatever they  
become.



How To Change this

# How you think determines everything

You are happy or unhappy or neutral with everything in your life based on your thoughts.

If you're like most people, your brain has been doing this without your input for your entire life.

And it will keep on doing it if you don't take proactive action.

# Your goal now is to...

Stop labeling

Stop having any opinion at all (many things don't deserve the attention)

Stop storytelling

Stop responding to the outside world

This process is called  
“becoming self-aware”

# Become aware

By removing yourself from this automatic process, you give yourself the ability to change it. Until you can break the automatic spell, you will not be able to control it.

This is why step one is focused on becoming aware of these automatic thoughts, labels, stories, that run rampant in your mind.

The more awareness you cultivate, the more control you get.

Over time, you will prevent that inner voice from doing whatever it wants.

From there, you can build a new mental framework.

# The 5 Step process

# 5 Steps

1. **Accept reality** - That you are in control of your mind and you alone. No one is responsible for what you think or how you feel.
2. **Understand your mind** - How it works, your mental defects, your bad thought patterns, your past, so you can wrangle it under control faster.
3. **Become aware** - Start noticing your thoughts so you can stop letting them run rampant. This process includes killing off and/or correcting bad thought patterns any chance you get.
4. **Install new mental models** - You will learn what mental software to install in this course.
5. **Constantly question yourself and get feedback elsewhere**. Remain hyper vigilant of your Ego as it will keep clawing back for control

Your thoughts affect your life



How they affect your life is  
up to you.

No one is going to control  
your thoughts for you...

In fact, the world will  
constantly challenge you  
and your thinking

The only way to control your  
destiny is to take complete  
control over your thoughts,  
and life

To start taking back control,  
start with awareness.

Focus on observing your thoughts. The mere act of watching your thoughts will reduce the frequency and severity of negative thoughts.

As you get better at observing and suppressing negative thought patterns, you can start adding new, better ways of thinking.

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Moving forward, every negative thought, feeling, or emotion is an opportunity to learn and grow.

Different modalities will bring you different results, but the constant is developing the HABIT OF BEING AWARE of your thoughts. This is the foundation of personal growth and development and why we put it at the top the list.

Bonus section

# Awaken The Giant Within Breeze-Through

Read the book + Read Nat's book notes linked in lesson area

“Any time you sincerely want to make a change, the first thing you must do is to raise your standards. When people ask me what really changed my life eight years ago, I tell them that absolutely the most important thing was changing what I demanded of myself. I wrote down all the things I would no longer accept in my life, all the things I would no longer tolerate, and all the things that I aspired to becoming.”

## **How to create lasting change:**

1. Raise your standards
2. Change your limiting beliefs
3. Change your strategy

“...I call “The Ultimate Success Formula,” which is an elementary process for getting you where you want to go:

- 1) Decide what you want,
- 2) Take action,
- 3) Notice what's working or not, and
- 4) Change your approach until you achieve what you want.”

## **Three decisions that control your destiny:**

1. What to focus on
2. What things mean to you
3. What to do to create the results you desire



“The truth of the matter is that there’s nothing you can’t accomplish if: 1) You clearly decide what it is that you’re absolutely committed to achieving, 2) You are willing to take massive action, 3) You notice what’s working or not, and 4) You continue to change your approach until you achieve what you want, using whatever life gives you along the way.”

## **Harness the Power of Decisions:**

1. Remember the true power of making decisions
2. Realize that the hardest step in achieving anything is making a true commitment, a true decision
3. Make decisions often
4. Learn from your decisions
5. Stay committed to your decisions, but stay flexible in your approach
6. Enjoy making decisions

“One decision that has made a tremendous difference in the quality of my life is that at an early age I began to link incredible pleasure to learning.”

“Simply by linking pain to the behaviors we want to stop at such a high level of emotional intensity that we won’t even consider those behaviors any longer... Then, simply link pleasure to the new behavior you desire for yourself.”

### **Make Some Changes:**

1. Write down 4 things that you've been putting off
2. Under each thing, write down "Why haven't I taken action on this? In the past, what pain have I linked to taking action on this?"
3. Write down all the pleasure you've experienced in the past by indulging in this negative pattern. Why does it feel good to put these things off? What short term pleasures are motivating you to ignore the long term pains?
4. What will it cost you if you don't change now? Be honest with yourself, what will it cost over the next month, year, decade if you don't change this pattern.
5. Write down all the pleasure you'll receive by taking action on these right now.

“We need to remember that most of our beliefs are generalizations about our past, based on our interpretations of painful and pleasurable experiences.”

“With enough emotional intensity and repetition, our nervous systems experience something as real, even if it hasn’t occurred yet.”

“If you’re going to make an error in life, err on the side of overestimating your capabilities”

“Achievers rarely, if ever, see a problem as permanent, while those who fail see even the smallest problems as permanent.”

**“The only true security in life comes from knowing that every single day you are improving yourself in some way, that you are increasing the caliber of who you are and that you are valuable to your company, your friends, and your family.”**

## **Changing in an Instant**

“Why is it that most people think change takes so long? One reason, obviously, is that most people have tried again and again through willpower to make changes, and failed. The assumption that they then make is that important changes must take a long time and be very difficult to make. In reality, it’s only difficult because most of us don’t know how to change! We don’t have an effective strategy. Willpower by itself is not enough— not if we want to achieve lasting change.”

**“Once we effect a change, we should reinforce it immediately. Then, we have to condition our nervous systems to succeed not just once, but consistently.”**

**“What are the two changes everyone wants in life? Isn't it true that we all want to change either 1) how we feel about things or 2) our behaviors?”**



**“The first belief we must have if we’re going to create change quickly is that we can change now... You and I both know that when people finally do change, they do it in a moment, don’t they? There’s an instant when the change occurs. Why not make that instant now? Usually it’s the getting ready to change that takes people time.”**

**“The second belief that you and I must have if we’re going to create long-term change is that we’re responsible for our own change, not anyone else.**

**First, we must believe, “Something must change”— not that it should change, not that it could or ought to, but that it absolutely must.**

**Second, we must not only believe that things must change, but we must believe, “I must change it.”**

**Third, we have to believe, “I can change it.” Without believing that it’s possible for us to change, as we’ve already discussed in the last chapter, we stand no chance of carrying through on our desires.”**