Mind Movies: Create A Successful Business Outcome Before It Happens

WORKSHEET

How To Use This Workbook…

1. You can print out this Workbook or save it on your computer or other electronic devices. And you also have a Notes section at the end of this Workbook to add even more thoughts and comments to help you make the most of this lesson so it helps you develop your **aptitude** as much as your **attitude**, both tangibly and intangibly, so you **apply** them more effectively to help you **achieve** what you want to.

2. Enjoy making the most of these tips, thoughts and techniques and remember the No.1 rule of learning anything: It's about TAKING ACTION and IMPLEMENTING so YOU ACHIEVE RESULTS! So…all you need to do *now* is to decide the following: WHAT ACTION ARE YOU GOING TO TAKE WITHIN THE NEXT 24-48 HOURS TO MAKE THIS HAPPEN!?

Now For The Good Stuff…!

Making your own movie with you as the glowing star who does whatever you script yourself to do is a very powerful way of gearing your mind and body to be what you envisage yourself being in your Mind Movie.

Visualizing something clearly and often helps it seem more possible and increases your motivation to get it.

Visualizing yourself successfully performing some task and reaching a successful outcome can help you overcome any mental barriers to your success.

It's important to make these movies as vivid as possible with lots of colour, sounds, emotions and, where applicable, dialogue.

You write the script, direct the camera and the actors and create the vibe.

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And, if you don't like the way the sequence is going in your movie because you're not having the effect and not achieving the outcome you want, you then re-shoot the movie and alter the parts that need improving, from choreography and script to facial expressions and attitude.

There are two ways to do it:

1. **The First Person view (i.e. you see yourself through your own eyes in the movie and experience everything as you would in reality).**

2. **The Third Person view (i.e. you see yourself through the eyes of another person there in the movie)**

Both are powerful because your mind and body experiences what it's like to achieve what you want to. Interestingly, some research suggests that using the Third Person technique makes you 20% more successful than the First Person approach.

But it's vital that you have a balanced movie plot where you experience not just the good things you want, but also the setbacks and how you overcome these.
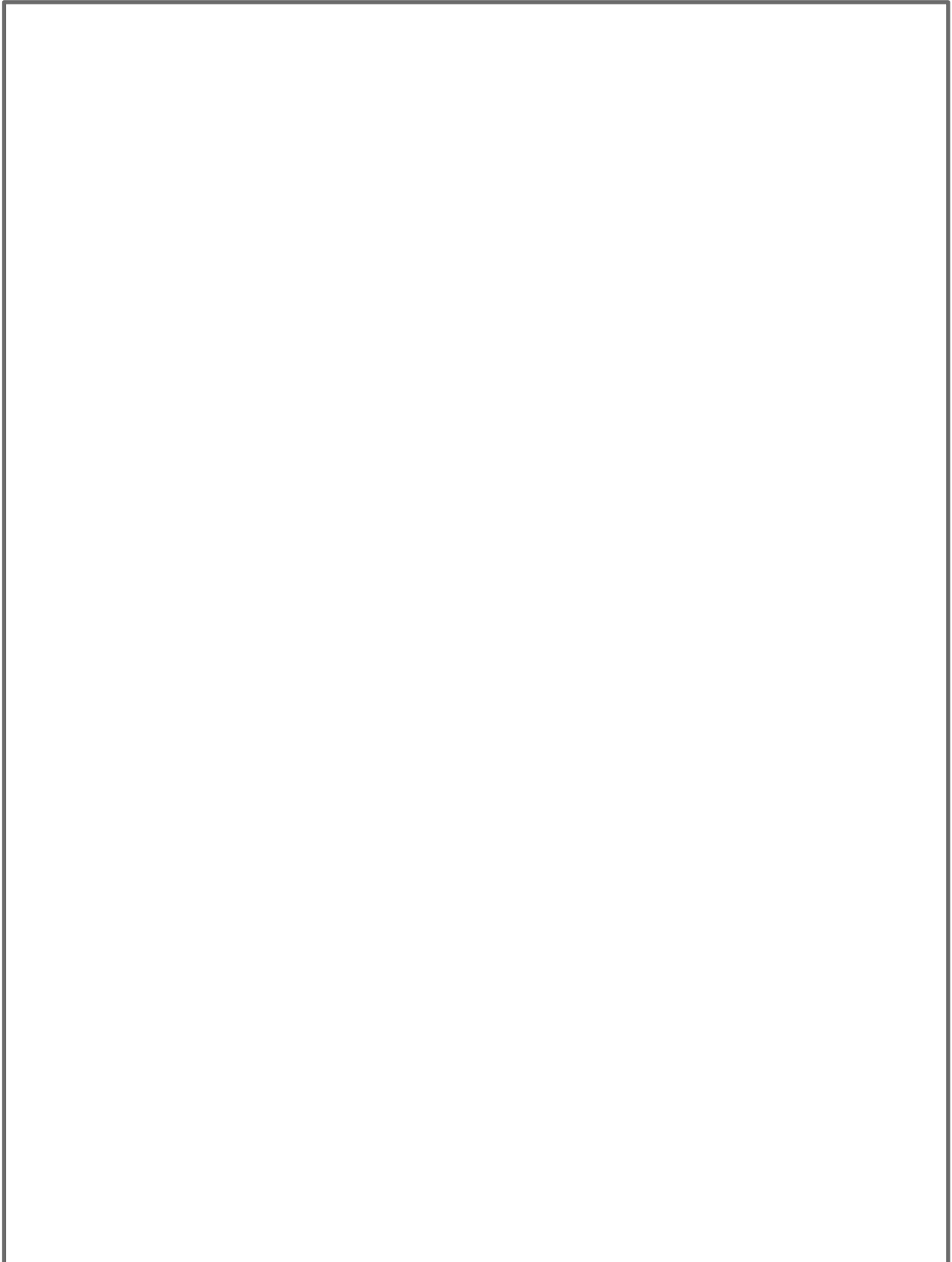
Experiments have been done where people had to fantasise about their perfect scenario and then later think about the possible hurdles and challenges. These people were more successful than those how focused on just the fantasy and certainly those who focused on some things or even everything going wrong.

The great aspect about this form of Mind Movie is that if something DOES go wrong in your initial Mind Movie shoot then you can re-script, re-choreograph and re-do a lot of things…until it plays out as you want it to. THEN…when you come across the scenario you've already been through in your mind…things are much more likely to go more smoothly than if you hadn't done anything beforehand…and you're much, much more likely to have a greater impact and benefit from it in a way others won't and you wouldn't have if you hadn't taken this third approach.

So, off you go and start making your own Mind Movies!

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