



SESSION #2 - MENTAL FITNESS THAT WILL CHANGE YOUR LIFE

A Quick Recap

To set your mind you've got to capture its undivided attention by exciting it. When you do, you make and leave an impression - you take a new psychological snapshot, you change your expectations - you cannot help but change your life.

Research in the fields of cognitive psychology and neuroscience has confirmed again and again that handwriting your objectives, as if you are already experiencing the excitement of their achievement, captivates the subconscious mind's attention.

That's what Session #1 was all about... if you haven't watched it, you should do that now.

But "setting your mind" is only half the battle because your life is not lived in the future, your life is lived here and now and what you do here and now will determine what happens in the next here and now. That requires focus - and that's what this second free training session is about.

Exciting Discoveries Are Emerging by the Week

What a time to be involved in psychology - pretty much every week not only do we get a deeper understanding of the power of the mind, we get to know exactly how to use that power for ourselves in our own life.

My clients - kept abreast of the latest research - find themselves on an increasingly exciting journey. The owners of The Psychology of Success find the Online Program regular upgraded to incorporate the very latest in how science understands that a properly focused mind operates and inter-communicates in a completely different way to the normal mind.

That is what this Session is all about.

Right Here, Right Now

The here and now is everything. It is the only place and time that you can be. It is in the here and now where all - absolutely all - the action is. You can't take action in the future - only in the present moment can you be the very best version of you.

A while back, one of my weekly free video viewers, asked me the following question: "I have two goals, one of which is dependent upon achieving the other. Which goal should I focus on?"

My answer was “Neither!”

Goals are objectives that we “set” for ourselves. You understand from our first free training session that I use this word very deliberately. In my reply, I explained that we should never attempt to focus our mind on our goals - to do so is to divorce us from the one place and time that is most important to us living our lives... the here and now.

Our goals must be “installed” in our minds but never the focus of our attention. How could they be? The definition of focus is “deliberately paying attention to the task in hand in the here and now”.

Armed with our goals, set in our minds, we must ensure that we focus in the here and now, for it is in the here and now that we must do what we need to do to get what we want out of life, starting with the here and now.

There’s One Really BIG Problem

Unfortunately, the human mind isn’t designed for this at all. In fact, it is designed to “get us through” the task in hand, whilst fully focused itself on our making it through the day. Your brain is designed for survival.

Modern psychology confirms that you can repurpose your mind and, in doing so, you don’t simply train your mind to operate differently, you actually restructure your brain... that’s the excitement of modern psychology.

Your mind is designed to pay attention to your thoughts - not what’s actually going on - the only thing that your mind is designed to focus on is threat (that’s the survival bit!) and, as a result, the thoughts you’re designed to most focus on are the negative ones... there’s little point (from a survival point of view) on thinking that the glass is half full... if you think it’s half empty you’ll be more inclined to do something about it.

You use your thoughts to make sense of what is going on in the here and now. Unfortunately, the thoughts you use for this purpose are pre-programmed - you learned them through the snapshot learning we explored in our first training session - and repetitive. Each day is, therefore, much like any other... but you probably know this already - otherwise you wouldn’t be reading this!

You already know that you don’t actually pay attention to your senses - whatever attention you do pay is paid to the negative thoughts you use to make sense of what your senses are telling you... simply crazy!

Making “Sense” of Now

You have five senses... and you don’t pay a blind bit of attention to them. Instead, you filter what your senses are telling you through your thoughts. How else could you ascribe any meaning to the raw data coming from your five senses, how else could you make “sense” of the here and now?

In attempting to make sense of “reality”, you make nonsense of it. That said, this is how you make it through the day, this is how the day you make it through today is pretty much the same as yesterday... and how tomorrow will be pretty much a repeat performance.

We could talk for the rest of the week about how the normal mind is designed, how the modern brain evolved. But that's not what interests me - not how you evolved or why - but what you can do to bring about the next steps in your own personal evolution.

I mean that - we've already talked about restructuring the brain. And, as it turns out, you don't have to do an awful lot to completely transform the piece of equipment between your two ears... let's find out what's required.

How to Repurpose Your Brain

Each morning - preferably every morning - you need to set aside just six or seven minutes a day to pay attention to what's actually going on - without thinking about it. This "mental training" enables you develop your innate ability to pay attention to what you are seeing, feeling, hearing, smelling and tasting without reinterpreting what your senses are telling you.

I am providing you with a downloadable mental exercise to enable you get a feel for what should be done each morning.

This type of mental exercise was first developed in a scientific way by University of Massachusetts Medical School where the lead researchers described it simply as "coming to your senses".

The Impact of Not Thinking

In this session's video, you will hear some of my clients talking about the absolute "slowdown in the thought process" and how the first-time experience of this is a "real eye-opener".

The real impact of this, however, is best summed up by one such client who confirms that "once you get out of your own way, everything becomes so much easier".

But the really lasting impact is actually taking place at a physical level in the subcortical brain - what we referred to in our first session as the fear, motivation and reward pathway of the brain.

Regular mental exercising restructures these key neural structures in a way that enables them communicate with each other in a completely different way from the way in which the normal everyday mind works.

These mental exercises, such as those you can download with this free training session, literally flip this key neural equipment - the subcortical brain goes from being geared up to deal with threat (and how to survive it) to being focused on opportunity - the opportunities that will change your life, the opportunities that you won't even notice if you're mind is not tuned in to the here and now.

At the Risk of Repeating Myself!

I need to repeat myself... because some suspect that I'm simply going to try to sell you something at the end of all this. Yes, you'll have your opportunity to dig deeper. But this FREE training provides you with the key pieces you need to know to start changing your life straight away. Yes, some do go on to work with me, most don't, many stay with me on

FB Live (every Tuesday) and my weekly free videos and tips (every Thursday) of which there are well over 600 online since 2008.

The Ease With Which You Can Change Your Life

Very often, when I first explore how the mind works with my clients - and how they can get it working for them - I'm confronted with a pretty normal reaction: "It couldn't be this easy".

However, since 2013, research in different parts of the world repeatedly confirms that, by practicing daily mental exercises such as that you can download with this free training session will transform the structure, connectivity and inter-communicativeness within the key structure of your brain... in just eight weeks. Very recent research research strongly suggests that five days is enough (but you have to keep it going!)

Once you change your brain, you fundamentally alter the way in which your mind operates. This changes your perception of the present moment enabling you to act instead of react. This changes everything.

Even more to the point, what we learned in our first free training session, allied to your newly reconfigured brain, enables you to act in a goal-congruent fashion... you simply start doing what you need to do to get to where you want to go.

Your Efforts to Change

I often hear the objection that "my past experience proves that, no matter how much I want to change or how hard I try, nothing much ever changes". And this will forever be true unless you repurpose your brain - because our brain ensures that our daily life is experienced in line with our expectations.

But what you learned in Session #1 enables you change your expectations. And, on the basis that cognitive psychology has known for a very long time that we perceive and achieve according to our expectations, when you change your expectations, everything changes. In short, expect something different and something different is guaranteed to happen.

In other words, your past experience cannot be used as a guide to the future!

A Few Concluding Words

We started these sessions with a promise - that you would learn how to change your life. You now know what the two key steps to changing your life are... focus (what we covered in this session) and a clear understanding of what you expect out of life - that's what we learned in Session #1.

However... there's always an "however"! In Session #1 you learned that, once you've impressed yourself with your new expectations you cannot help but change your life. That means you need to be awful careful what expectations you give yourself... what if, using your normal mind, you thought you wanted X and, when you get it, you realise that that isn't what you wanted at all?

Be careful what you wish for. That's what we're going to explore in Session #3 when I pull the two key steps together and present you with a blueprint for living your life, your way.

Don't Forget to Share

I've pulled together something that nobody else has access to... a set of six case studies that you can explore and download. This exclusive free bonus explains exactly how the goal-setting that we've been talking about actually works for real, in practice. My clients have been achieving way-out results with this approach - in their business and personal lives - for over twenty years and I have first hand information that will enable you fully "get" what we've actually been talking about in this Session.

So make sure you share with all your friends. And make sure that you use your personalised share link. Because that will enable me confirm to you, the minute five of them have joined our little gang online, that you can unlock these six case studies. And I promise - sharing is the only way to get them!