



## **SESSION #3 - PROPER GOALS + PROPER FOCUS = EXTRAORDINARY SUCCESS**

**and**

## **A TIME-LIMITED OPPORTUNITY OF A LIFETIME**

### **The Promise of 21st Century Psychology**

There's an ever-growing mountain of scientific evidence that confirms that you are the creator of your own reality, the master of your own destiny... your life, your way, is in your own hands.

Your brain is designed to enable you experience your own expectations. When we were hunter-gatherers, our primary expectation was that we would, despite the everyday life-threatening situations in which we could find ourselves, make it through the day. This is what the human brain is designed to do.

To make it through the day, your brain's autopilot needs programs - same as any autopilot! You learned yours through snapshot learning when you were young and impressionable. These snapshots provide you with your expectations. Your autopilot ensures that you live down to them.

### **Changing Your Expectations**

In Session #1 you learned how to "set your mind" to expect new things to happen. You do this by handwriting how the experience of the achievement looks and, most importantly, feels.

This changes your expectations and, with that change, everything changes - because your mind is not just fully focused on the outcome, it believes it to be your reality.

### **Proper Focus - Presence in the Here and Now**

In Session #2 you learned how to train your mind to focus - to focus properly... perhaps for the first time in your adult life. This enables you enter flow, be in the zone, live and experience the one and only place and time that you can be... the here and now.

This presence of mind flips how your brain works - no longer is it focused on threat, it is focused on seeking out the opportunities that will enable you get to where you want to go. And it is so focused that, in each now, you are bold enough and brave enough to do just what you need to do to grasp those opportunities.

## **Pulling It All Together**

Like absolutely everything else in life, the transformation you will see in your life comes from within. Yes, I know, all kinds of stuff goes on in the big bad world around us but what we make of it is down to us and us alone.

And if you've been standing in your own way for years, thinking useless thoughts, listening to your very own personalised set of self-limiting beliefs... I've two really exciting things to say to you right now:

1. If you've been the problem it also means you are the solution
2. And, now you know that the self-limiting beliefs are thoughts that originated in snapshots, you also know (all the way back in Session #1) how to give yourself new snapshots, new expectations...

And because we only perceive and achieve what we expect, changing your expectations changes absolutely everything.

But, you know from Session #2, your expectations are only one-half of what I call the two-piece jigsaw... you've got to get and stay focused.

When you're in flow and you know why you're there, everything clicks... like the high-performing footballer who appears to have more time on the ball than everyone else, he or she is playing the game to win... they know why they're there. That's how the whole thing fits together.

It could be summed up really simply:

Proper focus + Proper Goal-Setting = Effortless Success

## **You Need Both Parts**

Too many "self-help" programs focus on awareness and mindfulness. All that gives you is the ability to be focused and present in the here and now. If you don't know what you want out of the here and now (if you don't know your goals and objectives) then you will simply go around in circles, in the here and now, happy in the here and now... you'd be better off staying mindless!

Almost no programs on goal-setting tell you how to actually "instal" the goals in your mind in a way in which it can get its teeth into them, embrace them, run with them and enable you do the necessary to get there. But when you "set you mind" in the way in which you learned to do it in Session #1, you now "know" what you've turned up to the here and how.

These two "pieces" work hand-in-hand - you will not achieve the happiness and success you're really looking for if there two pieces are not working in tandem, moment-to-moment, in each here and now.

## **But What About...?**

Why haven't you heard this before? Well, you've definitely heard some of it, a lot of what we're exploring is in the public domain. However, you may not have heard it strung together in the practical way in which I have presented it.

On the other hand, you definitely haven't heard some of it - my own clients have only heard some of this stuff in the last few weeks - because the research and evidence just keeps coming - and some of the latest findings are breath-taking.

At the outset, many of my clients thought "It might work for you but it won't work for me..." I get this all the time: people keep saying "I can't" - yes you can, the facts confirm this works for everyone.

People say what they really, really want would be "unrealistic" or, even worse, that they "don't deserve to be happy and successful" - or, worse again people wonder "How would my friends feel if I was a success?"

All these "What About..." are nothing more than useless thoughts that come from your old psychological snapshots. What you learned in Session #2 will enable you ignore all your old pre-programmed useless thoughts.

### **Doing It Right**

Changing your life requires only two key steps - what you learned in each of our earlier sessions. But changing your life requires discipline. In particular, you need to engage your mind through regular mental training... preferably every day. For that, you need support and structure... proper discipline that will develop your commitment.

Knowing what you want out of life is just as challenging... or, for many of my clients at the outset, even more so! The problem is that they've never been told the good news... that you can have exactly what you want out of life, no holds barred.

As we already said, you need to be careful what you wish for because, when you set your subconscious mind, your subcortical brain will set to the task and bring what you want about, through your own focus and your own resultant actions.

But you need guidance and support to ensure that you use your mind in a way that, ultimately, brings about what's best for you... not what you think you want based on normal definitions and ideas of what constitutes success.

### **The Psychology of Success Online Program**

Since November 2018 I've been providing the guidance, support and structure that my clients need to change their lives, through *The Psychology of Success Online Program*.

Now, before we go any further, let me reiterate... This current training is FREE - in these three sessions I have given you the two key pieces that you need to change your life.

But, as I mentioned in each of our previous sessions - some people do go on and work with me and this is your opportunity to go all the way - whatever "all the way" means for you. If, for whatever reason, you don't want to grasp this opportunity right now, you and I can still keep in touch - I'm on Facebook Live every Tuesday (and that's free!). And I send out a free video and tip (and plenty more) to anyone and everyone... been doing it since 2008.

But, if you do want to grasp this opportunity... let me explain to you just what an opportunity it is:

*The Psychology of Success Online Program* takes you through - at your own pace - how your mind works: how (until you do something about it) your mind is actually working against you (remember your mind is only designed for survival).

Once you understand how the piece of equipment between your two ears works, two key things are going to dawn on you: your mind is so powerful and you can harness that power to transform your life; in harnessing that power you actually change the structure of your brain... for good.

*The Psychology of Success Online Program* is for life - yes, it is for your life (to change it) and you have lifetime access to it - because it is for life!

You will learn how to train your mind - and you'll actually enter into what might best be described as an on-the-go mental fitness program, supported by a whole range of mental fitness exercises: ones you can do each morning (before the day gets going - like the exercise you downloaded with Session #2); and ones that you can do on the go, that's when the going can get tough and that's when you need to be in the zone.

Once you've got up and running with your mental fitness regime, *The Psychology of Success Online Program* will enable you dig deep into understanding the kind of happiness and success you really really want... I know this sounds strange but most of my clients aren't all that sure what they're looking for when I first pose the question to them.

The key thing is, success is not defined by how we ordinarily measure success... because we ordinarily measure using our ordinary minds and, even with a little mental exercise, you're going to equip yourself with an extra-ordinary mind.

*The Psychology of Success Online Program* is not a mindfulness program - your mental exercises will enable you to stop the ordinary everyday mindlessness but mindfulness alone never put bread on anyone's table. *The Psychology of Success Online Program* is the full works - to paraphrase what I said earlier:

Mindfulness or Proper Focus + A Set Mind or Proper Goals = Extraordinary Success.

### ***The Psychology of Success Online Program***

Briefly, *The Psychology of Success Online Program* comprises the following key elements:

- 83 Training Videos - of which 72 are core program videos
- 51 core program exercises which are completed as the Program progresses
- Over 18hrs audio playback of live video group conversations or webinars
- Monthly live video interactive webinars
- 69 individual mental fitness exercise for regular everyday use
- 45 "on-the-go" short mental fitness exercises to keep you in the zone
- A range of online quick Check-Ins to enable you take your "mental temperature"
- A comprehensive context-sensitive knowledge base of all the underlying science
- Audio downloads of all videos
- Private Facebook Group exclusive to owners of *The Psychology of Success Online Program*

*The Psychology of Success Online Program* retails for €795 - this is the price per user that my corporate clients pay, for example, for individual members of a leadership team.

***The Psychology of Success Online Program - Time-Limited Special Offer***

Two to three times each year, I make *The Psychology of Success Online Program* - available to anyone who wants to change their life. I only do this two or three times because I take each group through a series of live webinars where we can all discuss the ins and outs of doing what it takes to change your life.

Right now, *The Psychology of Success Online Program* - is open. It will remain open but only until Saturday night.

And, right now, *The Psychology of Success Online Program* - is being offered to you at a 50% discount. This means that, instead of €795, the price for you is €397.

But this offer will only be available until this Saturday night. After that, *The Psychology of Success Online Program* will no longer be available.