



## Inner Circle 4th September 2016 - Notes

When creating your Average Perfect Day (APD) it's really all about the little things that make it special: the time for a beautiful breakfast with your partner or friends, time for exercise or meditation, time for YOU or your dog...

Your 'average' day can contain more of the things that you want.

### **The 60 Day Goals**

What do you want to achieve in the next 2 months? Do you have fitness goals? Do you want to lose weight? Do you want to have an extra stream of income? Do you want to learn the basics of a language, a musical instrument, Indian cooking . . . What do you want?

Once you know what you want, what will it look like when you have achieved it, what will it feel like... Create a full sensory representation: Visual, Auditory and Kinaesthetic. Now it's time to make it a habit.

### **Success Swish**

- Close your eyes and imagine seeing yourself doing/taking action, (efficient action) to get you to your goal.
- Make the picture bigger, brighter, bolder. Make the colours richer and the sounds louder, feel how good it feels to be doing that activity that will get you more of what you want. Make the thought BIGGER :)
- Open your eyes, relax and feel the good feelings
- Then think about when you want to do this activity next? e.g. getting up at 6am tomorrow to go for a run or practice Yoga. Imagine (for example 6am tomorrow), where will you be, what will you see, what will be around you just before you do the activity you want to do...
- Open your eyes.

- Now close then and imagine seeing what you would see and hearing what you would hear at the time (e.g. 6am) you want to (leap out of bed and practice Yoga) do your chosen 60 day goal. Then very quickly have the image of you doing the activity expand and completely replace the the first image... feel how good it feels to be 'doing' the activity that will get you what you want... and open your eyes. Repeat 5 more times.
- Do this simple mental exercise everyday for a week! Easy. Two minutes a day focusing your mind on doing the thing that you want to achieve.

### **Keep it Secret**

Sure you can tell your wife or partner... but if you tell your sister, then your mother, then your best friend, your dad and brother etc the power starts to go. It becomes easier to simply find someone else to tell about your great achievement (that you haven't done yet) and get all the glory without ever doing it.