



MindShift Training™

“How to Make Yourself Do Anything”

Why Change Seems So Hard, and What You Can Do About it!

Before the workshop...

- Print out these pages, and, if you’re calling in by telephone, the phone number and PIN for the call.
- If you haven’t already done so, print out the “Six Master Keys” booklet, too. You’ll want to have it handy during the call as well.
- Leave everything blank until you hear on the call what to write in (i.e., don’t fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.
- Call in to the conference line a few minutes before 6pm Eastern, to make sure that we can start on-time and you don’t miss anything!

How to Choose Goals and Commit to Them... Without Hesitation or Flip-flopping

1. You can't always _____ what _____,
but you can always _____ what _____!

2. You don't need to _____ before you
_____; you have to _____ to find _____!

3. The Rule of Life is this:

Take _____ you _____, as _____ as _____ first!

4. Would you rather be "_____" because
you did _____ the _____, or successful,
because you _____ the _____?

5. What's _____ is _____, what's _____
is _____ (if you want the _____!)

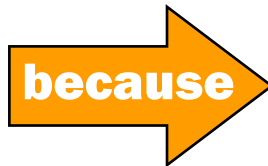
The Evolution Conspiracy, or Why Change Is Hard!

1. We can't stay focused or take consistent action



We are _____ to our _____ and our _____

2. We can't stop procrastination and self-sabotage



We are _____ to our _____ _____

3. We can't decide what will make us happy



We are _____ to our _____ _____

In short: we don't _____, our _____!
And the only way to _____ ourselves, is to _____ the _____ of _____.

How Most Habits and Resolutions Get Broken, and What You Can Do About It

“We tend to seek easy, single-factor explanations of success. For most important things, though, success actually requires **avoiding many separate causes of failure.**” — Jared Diamond

“**Things which matter most**, must never be at the mercy of **things which matter least.**” — Goethe

“Special cases **aren’t special enough** to break the rules.”
— Tim Peters

1. The _____ of _____

2. WAYMISH:

_____?!

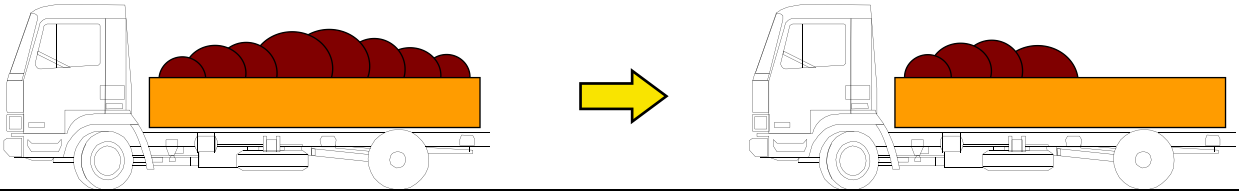
3. _____ and _____

4. Over-_____

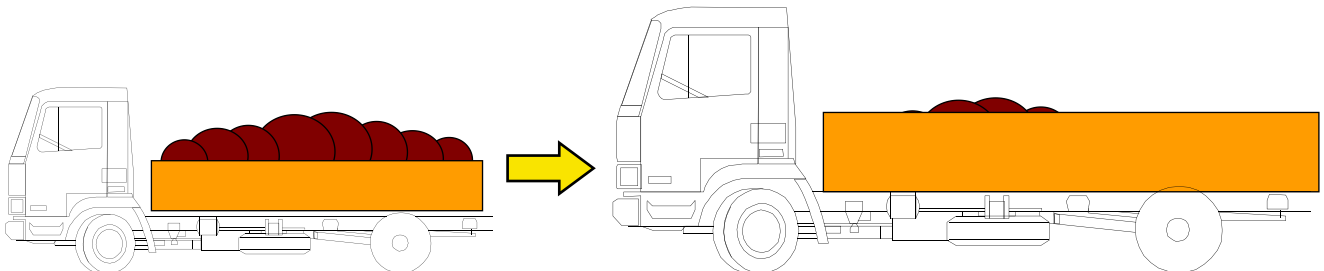
5. Ignoring the _____...

or not _____ it _____!

Two Ways to Accelerate Your Life, And Why You Need BOTH!



First, you reduce the dead-weight,
through the _____ of _____



Then, you make your engine bigger,
through the _____ of _____

Now, you have _____ to _____ MORE...
And then _____ !

How to discover what's **REALLY** Holding You Back... And Break Free!

1. Do the thing _____, even if you're _____ you'll _____
2. Separate your _____ from your _____; locate _____ in your _____, not your _____
3. Use the _____ technique
4. Remember that “_____ is for _____” -- you don't have to _____ something to **GET** it!
5. Ruthlessly eliminate all _____ and their _____ from your life, permanently.

How to stay focused and accomplish any goal, in far **less time**, with far **less stress** than you ever imagined possible:

“If you want to build a ship, don’t drum up people to collect wood, and don’t assign them tasks and work, but rather teach them to **long for the endless immensity of the sea.**”

— Antoine de Saint-Exupéry

“Things rarely get stuck because of lack of time. They get stuck because **the doing of them has not been defined.**”

— David Allen

1. Use The _____

2. Obey the Willpower Law:

Only The _____’s _____

3. Have a “_____”

4. A _____ isn’t worth the

_____ it’s _____ on — _____ your

_____ !

5. Nothing _____ a _____

The Five Things You Absolutely **MUST** Have In Your “Success Environment”

1. _____ to _____ and _____ to

2. Be _____ and _____

3. The _____ of your _____

4. A _____ of _____

5. _____ and _____ for _____

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org