



# ***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!

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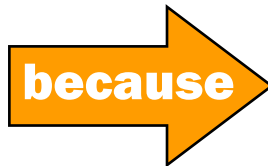
1. We can't stay  
focused or take  
consistent action



We are \_\_\_\_\_ to our  
\_\_\_\_\_ and our  
\_\_\_\_\_

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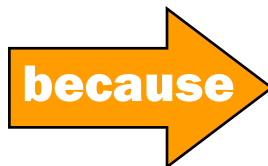
2. We can't stop  
procrastination  
and self-sabotage



We are \_\_\_\_\_ to our  
\_\_\_\_\_  
\_\_\_\_\_

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



We are \_\_\_\_\_ to our  
\_\_\_\_\_  
\_\_\_\_\_

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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:

\_\_\_\_\_?!

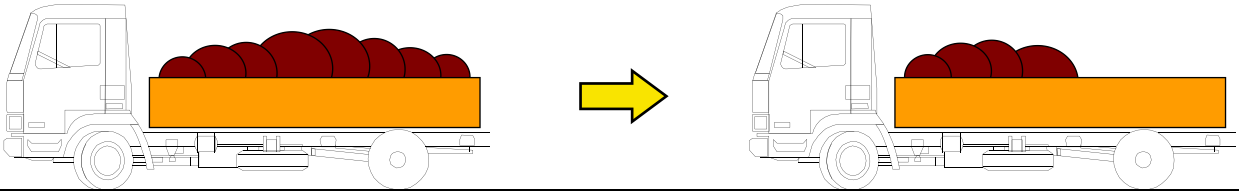
3. \_\_\_\_\_ and \_\_\_\_\_

4. Over-\_\_\_\_\_

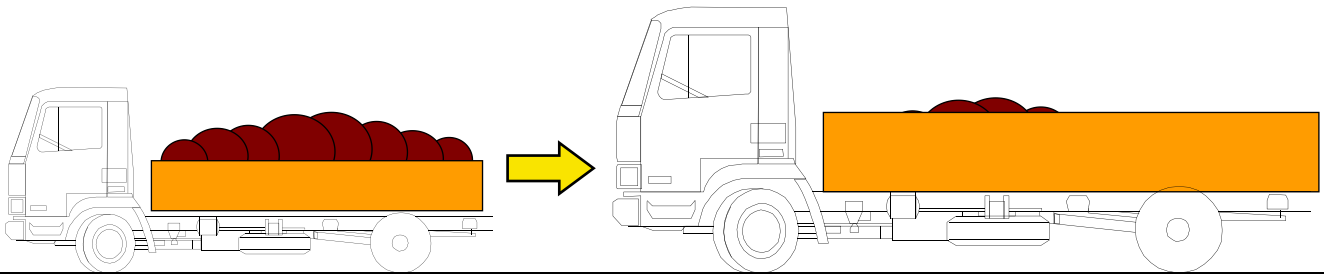
5. Ignoring the \_\_\_\_\_...

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](mailto:feedback@dirtsimple.org)**